

Hand out #1

Feeling Good about who we are

We are the only ones who have to live with us 24 hours per day, 7 days per week for the rest of our lives. Understanding how we feel about who we are is the first step in dealing with the stressors in our lives and how we deal with them.

Activity: Identify 8 items in your life that are important to you. (people, places, possessions etc.) Next, evaluate each item, using the below scoring grid, as to how you feel about that particular aspect of your life.

(1) Excellent (2) Good (3) Fair (4) Needs attention

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Determining Control

Being aware of what parts of your stressors you can control and the parts you cannot is important in dealing with stress. By focusing on those things you can control and understanding the stressors over which you have no control, you are in a better position to overcome the dangers of stress.

Primary

Stressor: _____

What aspect can you control?

What aspects are out of your control?

TWO THINGS LIFE HAS TAUGHT ME:

- 1- You generally have more control than you think.
- 2- You can always control your attitude.

Stress Relief

Following are some general tips to help you gain control over the stress in your life, and start to turn the stress in your life into positive life changing habits.

- Get organized
- Be flexible
- Get up earlier
- Get plenty of sleep
- Eat healthy
- Exercise
- Learn to say NO
- Take a humor break
- Forgive and forget
- Learn to vent in a healthy way
- Delegate
- Communicate with those around you
- Learn to listen
- Seek spiritual nourishment
- Schedule your priorities
- Post positive reminders in familiar places
- Go to a favorite spot
- Get a massage
- Take up a new hobby
- Write a letter to a friend
- Learn to laugh at yourself
- Schedule time for yourself
- Learn to appreciate the little pleasures in life

