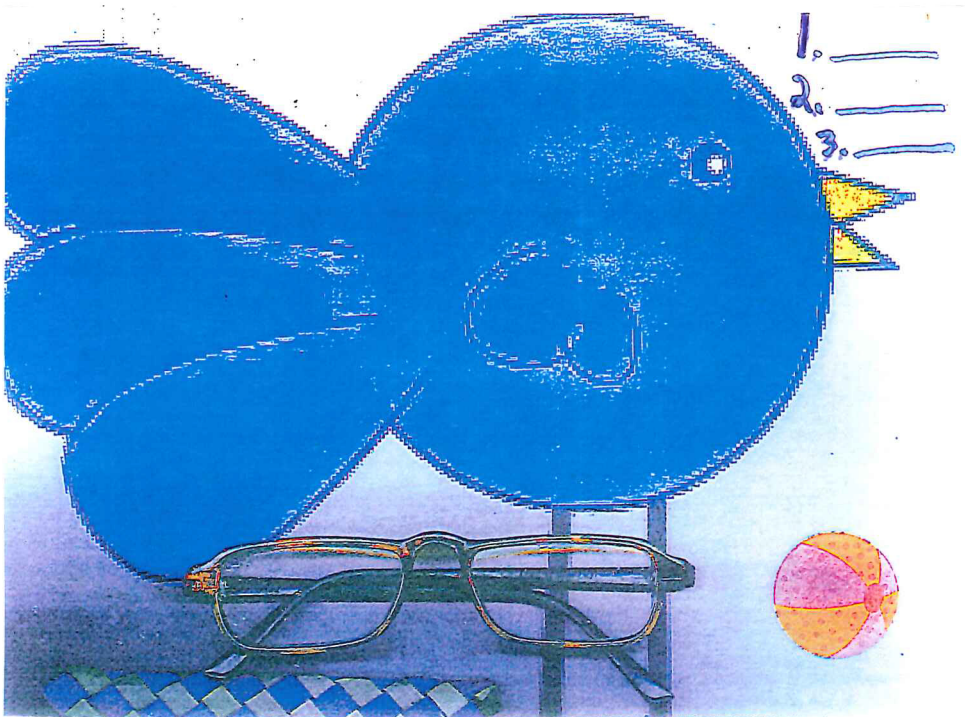


“Stress hardiness-resiliency”

Live Better Series: “I can live a vital and meaningful life.”

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Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

What is the difference between responding and reacting?

How does our attitude create stress or make stress worse? _____

Circle stress symptoms you have recently experienced:

headaches, back pain, indigestion, racing heart, stomach aches, restlessness, sleep problems, tiredness, forgetful, increased worry, inability to make decisions, not able to get things done, compulsive eating, alcohol-drug abuse, frequent crying, edgy, angry, bored, easily upset, other _____

Are you concerned about your stress level? Yes No

Has the way you have managed your stress negatively affected your physical-mental health? How?

The "Stress Iceberg": What are your current stress triggers: life out of balance, death of a person close to you, not trusting, afraid of _____, changes in family or close relationships, finances, job, personal illness, no life meaning, etc.

Low cost-No cost Stress Management

___ medical checkup ___ exercise 30 minutes 5-7 daily ___ sleep 7-10 hours

___ avoid self-medicating ___ do something fun ___ someone to talk to-share joys-problems

___ accept someone-something I cannot change ___ have the courage to change _____

___ do something for others _____ ___ stop rushing

___ improve nutrition: stop or decrease _____ start eating this _____

___ journal for 10-15 minutes daily ___ make a 3-5 point daily gratitude list

___ start saying "no" to _____

___ meditate 10-15 minutes daily ___ learn to meditate

___ learn to _____ ___ listen to good music

___ do something meaningful to me _____

___ do this to improve my relationships _____

___ take medications as prescribed ___ brush my teeth daily

___ daily hygiene ___ something I enjoy _____

The "ripple effect": starting off with one small, healthy change can lead to profound, long-term changes.

Dr. Andrew Weil states that there are 3 requirements for successful change:

1. Motivation to change ---"This would be good for and I'm going to do it."

2. Determination to start---NIKE Therapy—"Here I go!

3. Keep practicing the change---practice, practice and don't get discouraged

- How I hope my life will improve with change _____
- One change I will begin this week _____
- When I will start _____
- Resources I need to begin -education, book, mentor, finances etc. _____
- What could keep me from accomplishing this change? _____