

CREATING BALANCE

DEALING WITH STRESSORS	CALMING YOURSELF	DOING THE BASICS	CREATING & LIVING A LIFE OF MEANING
Benefits	Benefits	Benefits	Benefits
Brings a sense of control & mastery Increases knowledge about stressors	Brings a sense of self-control Can induce relaxation Can stop or decrease intensity of stress reaction	Brings structure & predictability to life	Brings meaning & purpose to life Brings increased balance to life Offers opportunities to experience pleasurable activities & be creative
Coping Skills	Coping Skills	Coping Skills	Coping Skills
Talk to & spend time with supportive people Ask for help Delegate responsibilities when appropriate Learn about the stressor and its effects Problem Solve Choice <ul style="list-style-type: none"> - Do what you can to address the stressor - Choosing is empowering Avoiding stressful people & situations when appropriate Increase acceptance <ul style="list-style-type: none"> - Change what you can - Accept & cope with the rest 	Deep breathing <ul style="list-style-type: none"> - Use 5-second Breath handout Rapid Stress Management STOP – BREATHE - REFOCUS Relaxation Techniques <ul style="list-style-type: none"> - Deep Relaxation - Relaxation response - Mindfulness - Meditation - Yoga - Tai Chi - Guided Imagery - Deep muscle relaxation Prayer Walking Music Nature Decrease negative & practice positive thinking Humor	Eating healthy foods Sleep Hydration Taking any prescribed medications Management of any health conditions Personal hygiene Cooking Cleaning & household chores Work Travel & errands Time management Monitor your attitude about stressors Decrease negative & practice positive thinking Schedule time for self-care & fun Schedule social time Utilize & capitalize on your strengths	Hobbies Art Music Nature Pets Volunteer work Work Travel Reading Movies Learning professionally & personally Exercise Sports Spirituality Attending religious services Parenting Relationships, affection Having a cause on which to work Creativity