

Transform Stress: Make Choices

Domains of Responsibility for Self Management

- All stress and external demands can't be stopped, but you can **make choices in the areas you have control – yourself.**
- Manage the internal demands we make of ourselves – practice self control.
- The following are suggestions and choices for strategies to manage stress. Check (✓) the strategies that you believe will be helpful for you.

PERSONAL CHOICES

BODY	MIND	HEART	SPIRIT
<input type="checkbox"/> Exercise	<input type="checkbox"/> Reframe 'self talk'	<input type="checkbox"/> Do something you enjoy every day.	<input type="checkbox"/> Identify your heart's desire
<input type="checkbox"/> Take the stairs	<input type="checkbox"/> Examine your expectations	<input type="checkbox"/> List what you are grateful for.	<input type="checkbox"/> Participate in a spiritual community
<input type="checkbox"/> Get enough sleep	<input type="checkbox"/> Use positive messages to yourself and others	<input type="checkbox"/> Release emotions appropriately	<input type="checkbox"/> Meditate
<input type="checkbox"/> Eat and drink sensibly	<input type="checkbox"/> Reframe perceptions	<input type="checkbox"/> Talk to friends	<input type="checkbox"/> Study and practice relaxation techniques
<input type="checkbox"/> Drink water	<input type="checkbox"/> Focus on desired outcomes	<input type="checkbox"/> Calm, Breathe	<input type="checkbox"/> Take time to be in nature.
<input type="checkbox"/> Muscle relaxation	<input type="checkbox"/> Mental imagery relaxation.	<input type="checkbox"/> Build positive relationships	<input type="checkbox"/> Pray
<input type="checkbox"/> Take body breaks throughout the day.	<input type="checkbox"/> Don't work at lunch	<input type="checkbox"/> Spend quality time with loved ones	<input type="checkbox"/> Chant
<input type="checkbox"/> Walk at lunch	<input type="checkbox"/> Take a break from work/ "doing" once a week.	<input type="checkbox"/> Ask for help	<input type="checkbox"/> Take prayer walks
<input type="checkbox"/> Deep breathing	<input type="checkbox"/> Watch a movie	<input type="checkbox"/> Spend time with pets.	<input type="checkbox"/> Mantras
<input type="checkbox"/> Biofeedback	<input type="checkbox"/> Read a book	<input type="checkbox"/> List your strengths and successes	<input type="checkbox"/> Spend quiet, peaceful time alone
<input type="checkbox"/> Dance wildly		<input type="checkbox"/> Listen to music	<input type="checkbox"/> Attend retreats
<input type="checkbox"/> Take a bath			<input type="checkbox"/> Read inspiring books
<input type="checkbox"/> Walk the dog or play with a pet			
<input type="checkbox"/> Laugh a lot			