

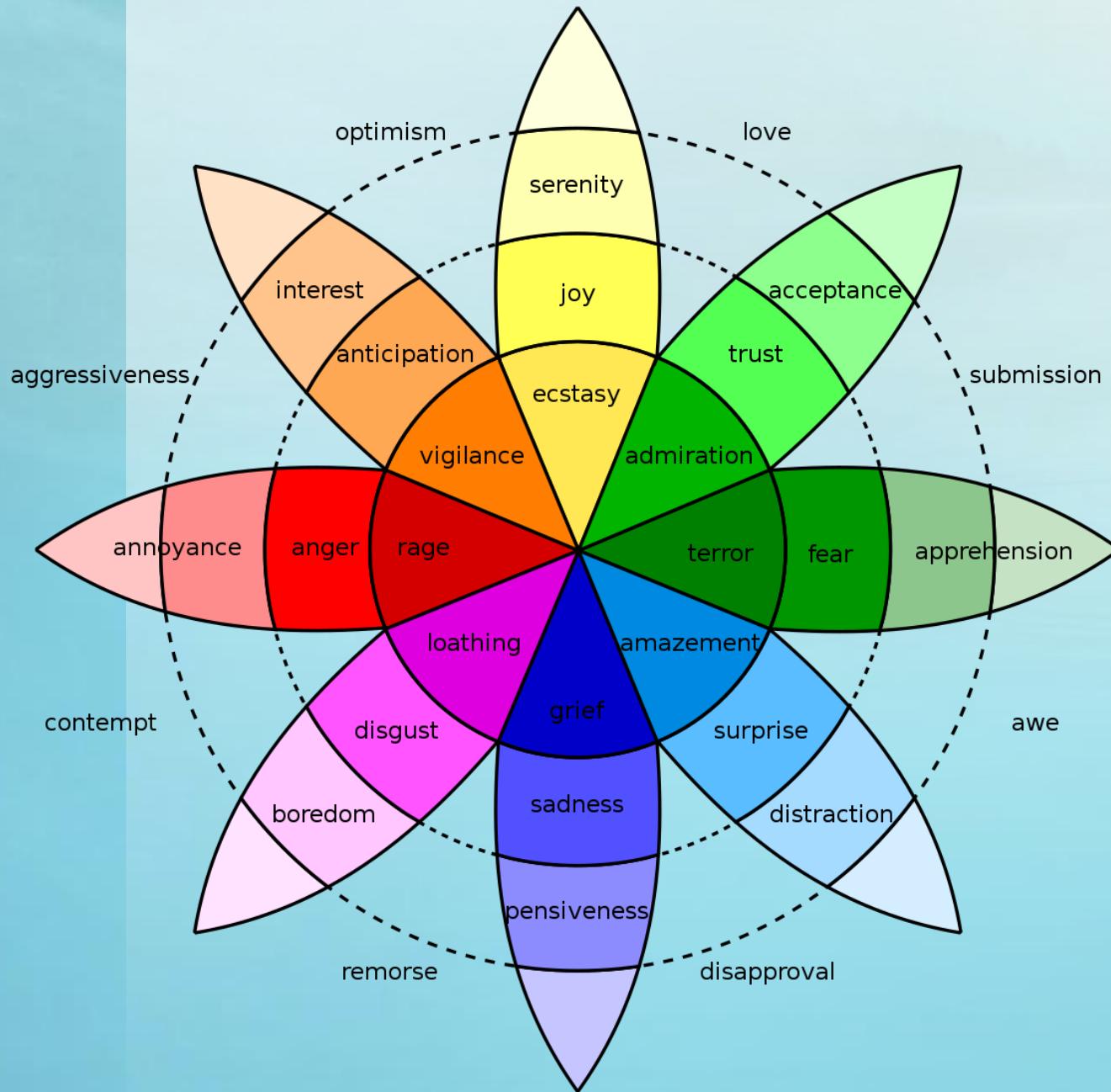
Taking Care of Ourselves

A Brief Compilation of Strategies to Manage Stress

Linda Schmidt MD
May 21, 2021

A blurry, out-of-focus photograph of a landscape. In the foreground, there's a body of water, possibly a lake or river, with a slight reflection. Behind it are several green, hilly slopes that fade into a misty background.

How are you?



Happy

Adored
Accused
Alive
Appreciated
Cheerful
Ecstatic
Excited
Frustrated
Grateful
Glad
Hopeful
Impatient
Jolly
Hostile
Infuriated
Insulted
Joyful
Loved
Merry
Optimistic
Pleased
Satisfied
Tender
Terrific
Thankful
Uplifted
Warm

Mad

Aggravated
Accused
Alive
Appreciated
Cheerful
Ecstatic
Excited
Frustrated
Grateful
Glad
Hopeful
Impatient
Jolly
Hostile
Infuriated
Insulted
Joyful
Loved
Merry
Optimistic
Pleased
Satisfied
Tender
Terrific
Thankful
Uplifted
Warm

Scared

Afraid
Alarmed
Anxious
Bashful
Cautious
Fearful
Devastated
Depressed
Disappointed
Discouraged
Grief-stricken
Horrified
Lost
Haunted
Helpless
Hesitant
Insecure
Playful
Replenished
Splendid
Shocked
Stunned

Disgust

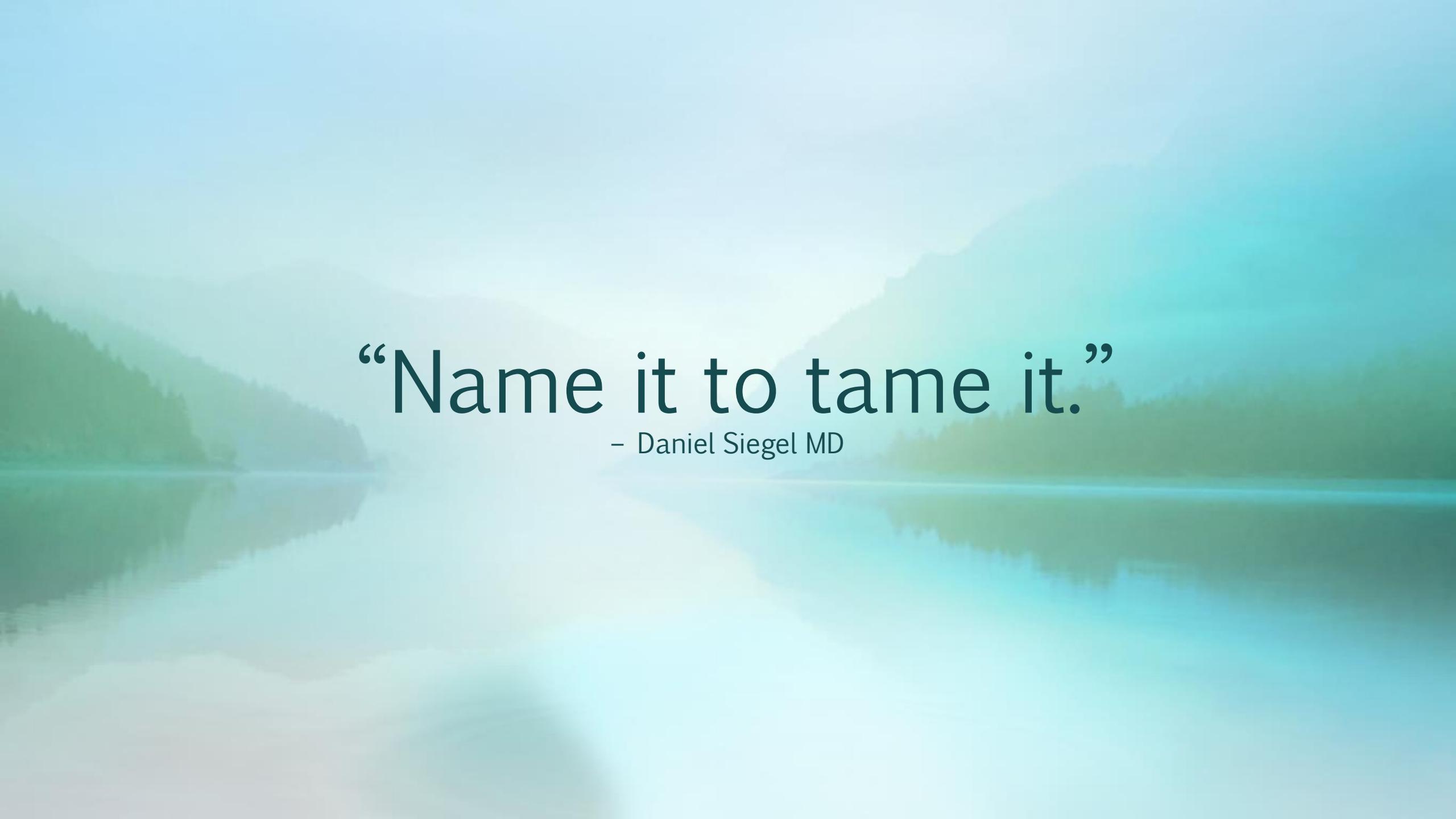
Embarrassed
Exposed
Guilty
Ignored
Inadequate
Incompetent
Inhibited
Inept
Inferior
Insignificant
Sick
Shame
Squashed
Stupid
Ugly
Unaccepted

Sad

Alone
Blue
Burdened
Depressed
Devastated
Depressed
Disappointed
Discouraged
Grief-stricken
Horrified
Horrified
Lost
Haunted
Helpless
Hesitant
Insecure
Playful
Replenished
Splendid
Shocked
Stunned

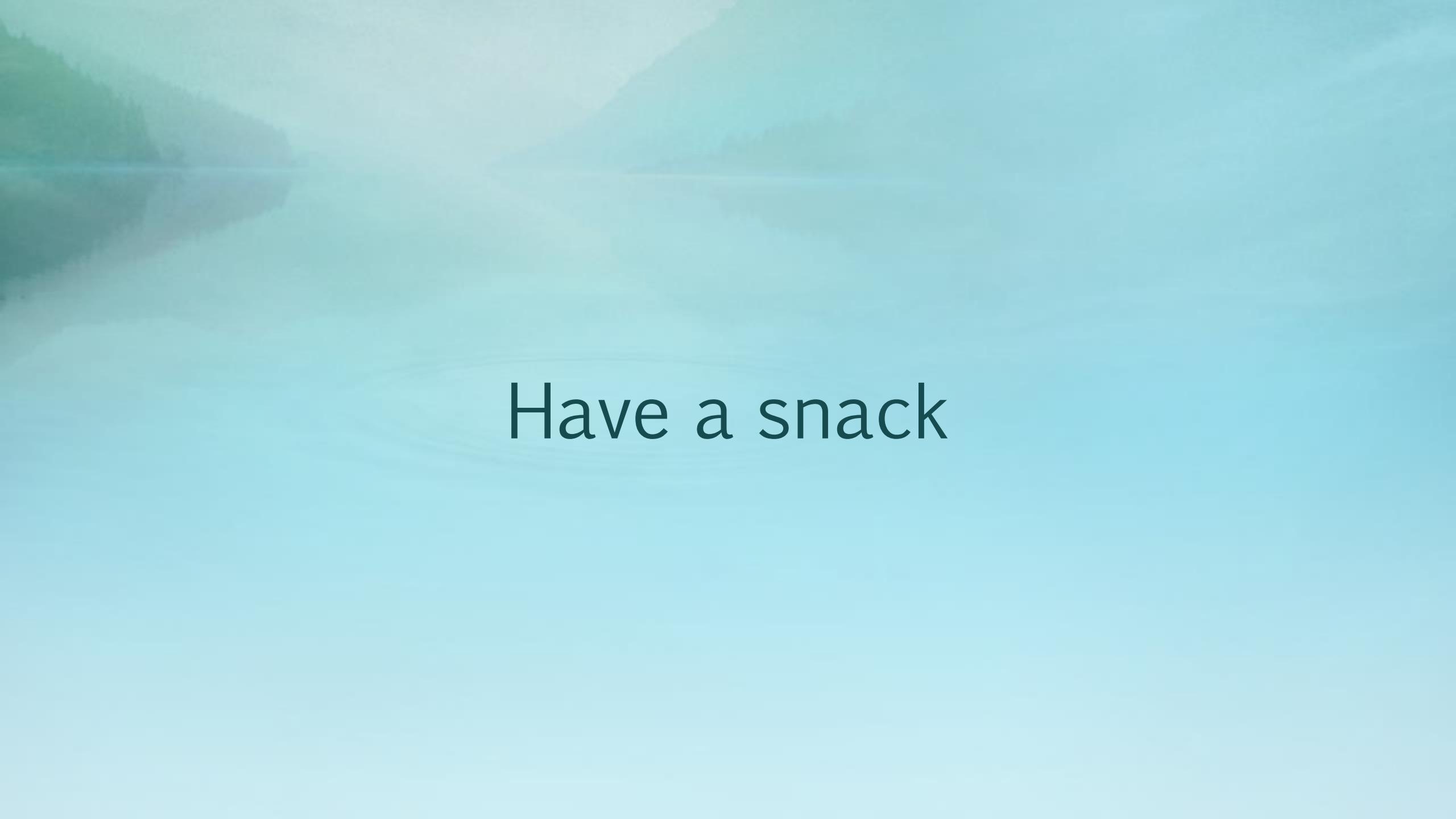
Surprise

Astonished
Curious
Delighted
Enchanted
Exhilarated
Incredulous
Impressed
Inquisitive
Impressed
Mystified
Passionate
Playful
Replenished
Splendid
Shocked
Stunned



“Name it to tame it.”

– Daniel Siegel MD

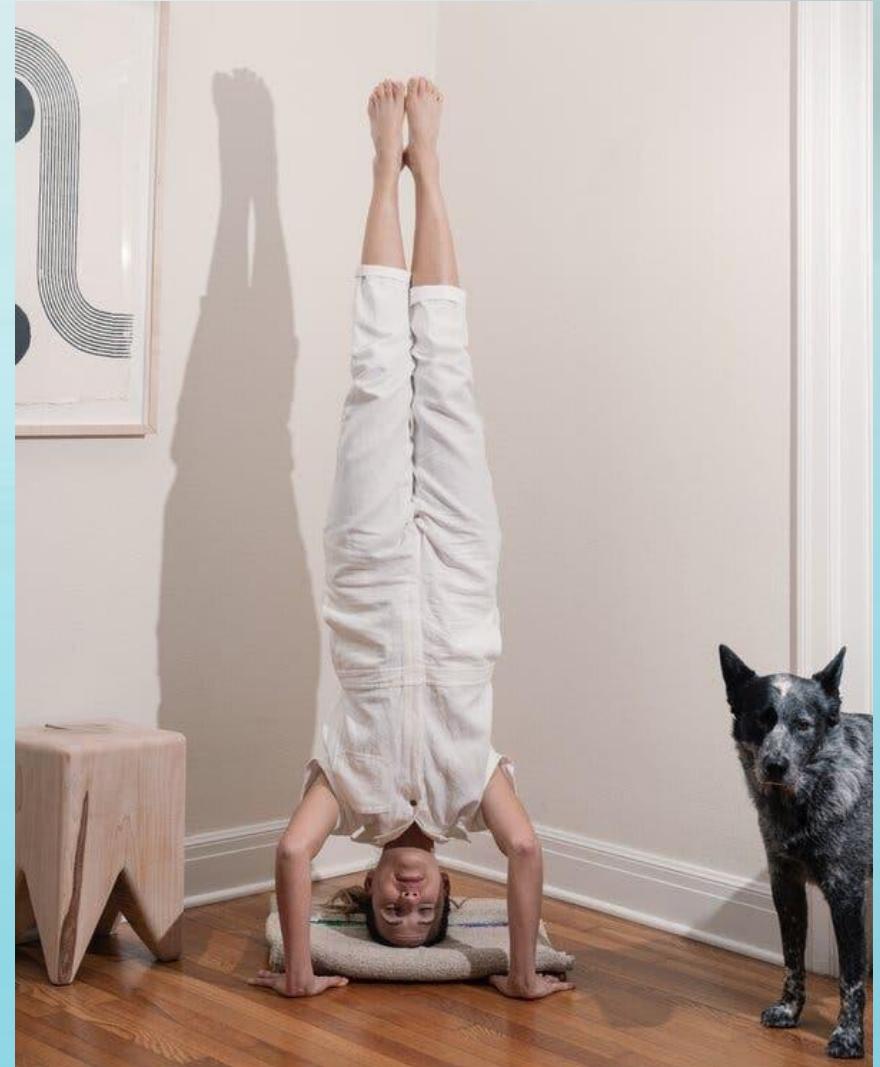


Have a snack

An exercise snack, that is!

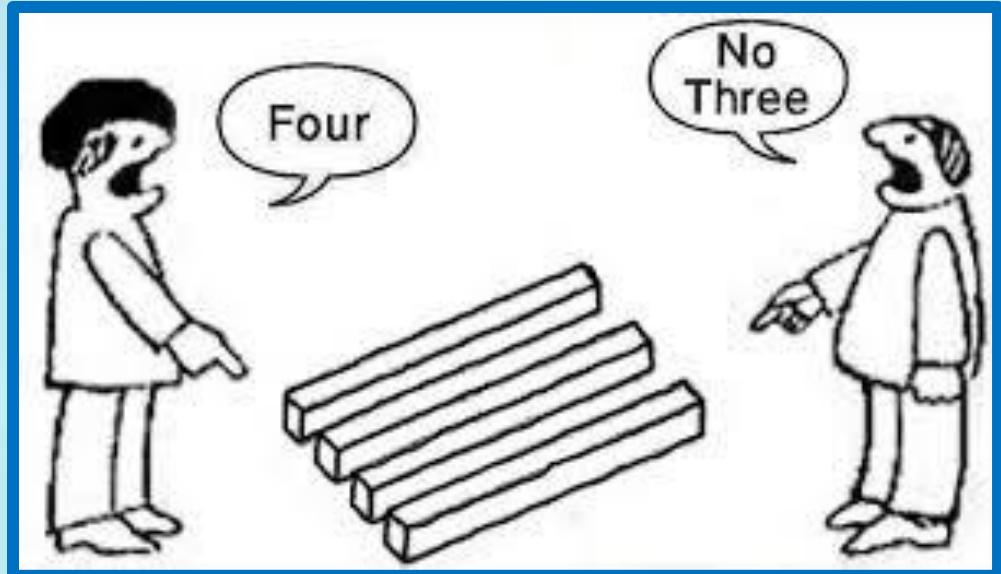
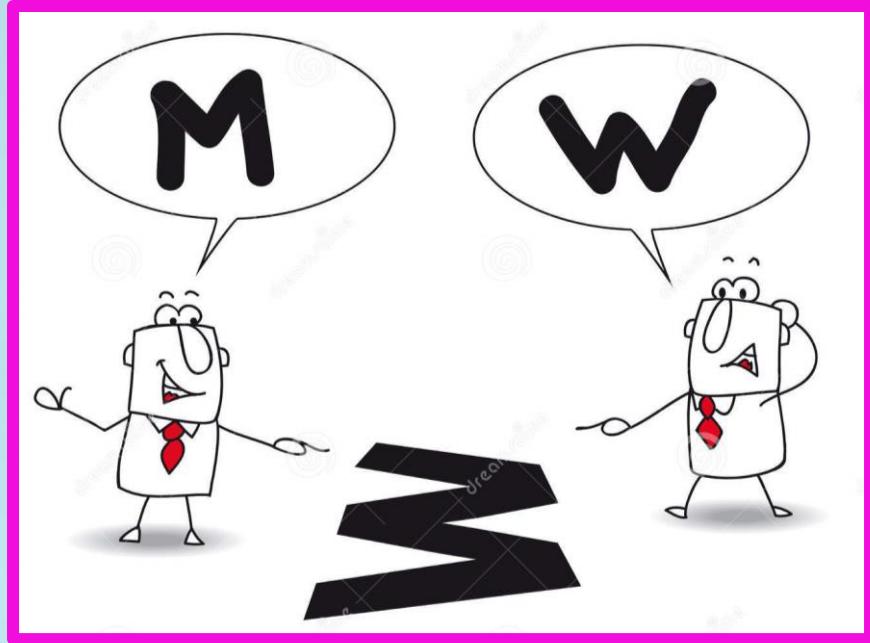
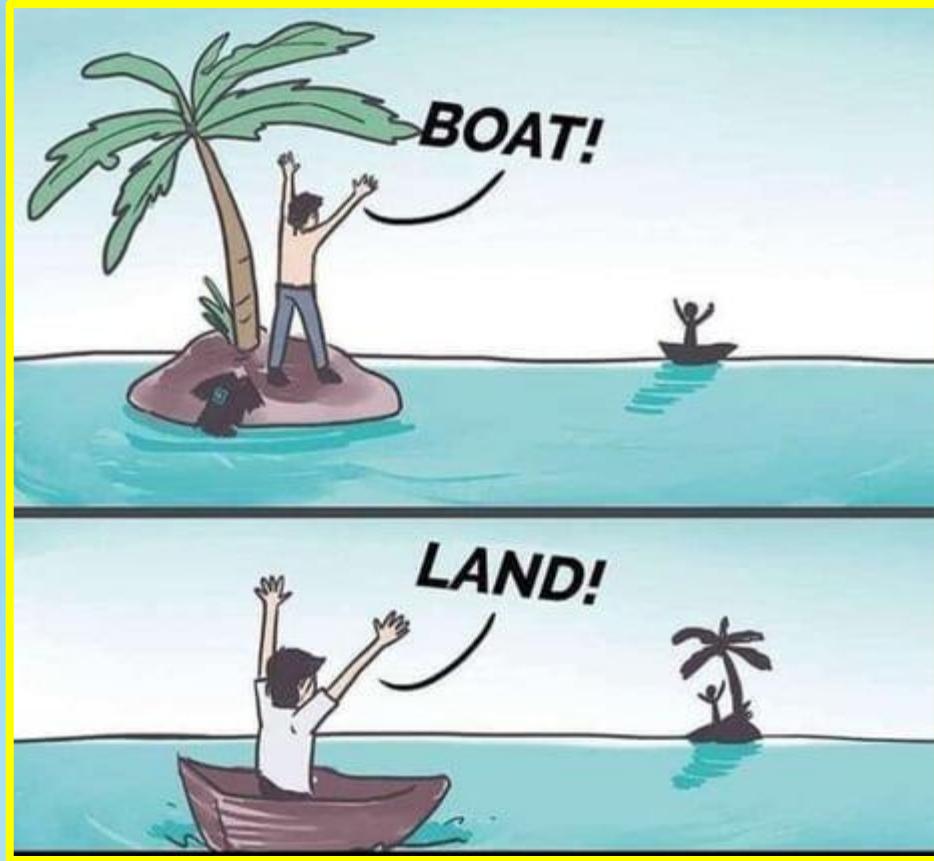
The Standing 7-Minute Workout

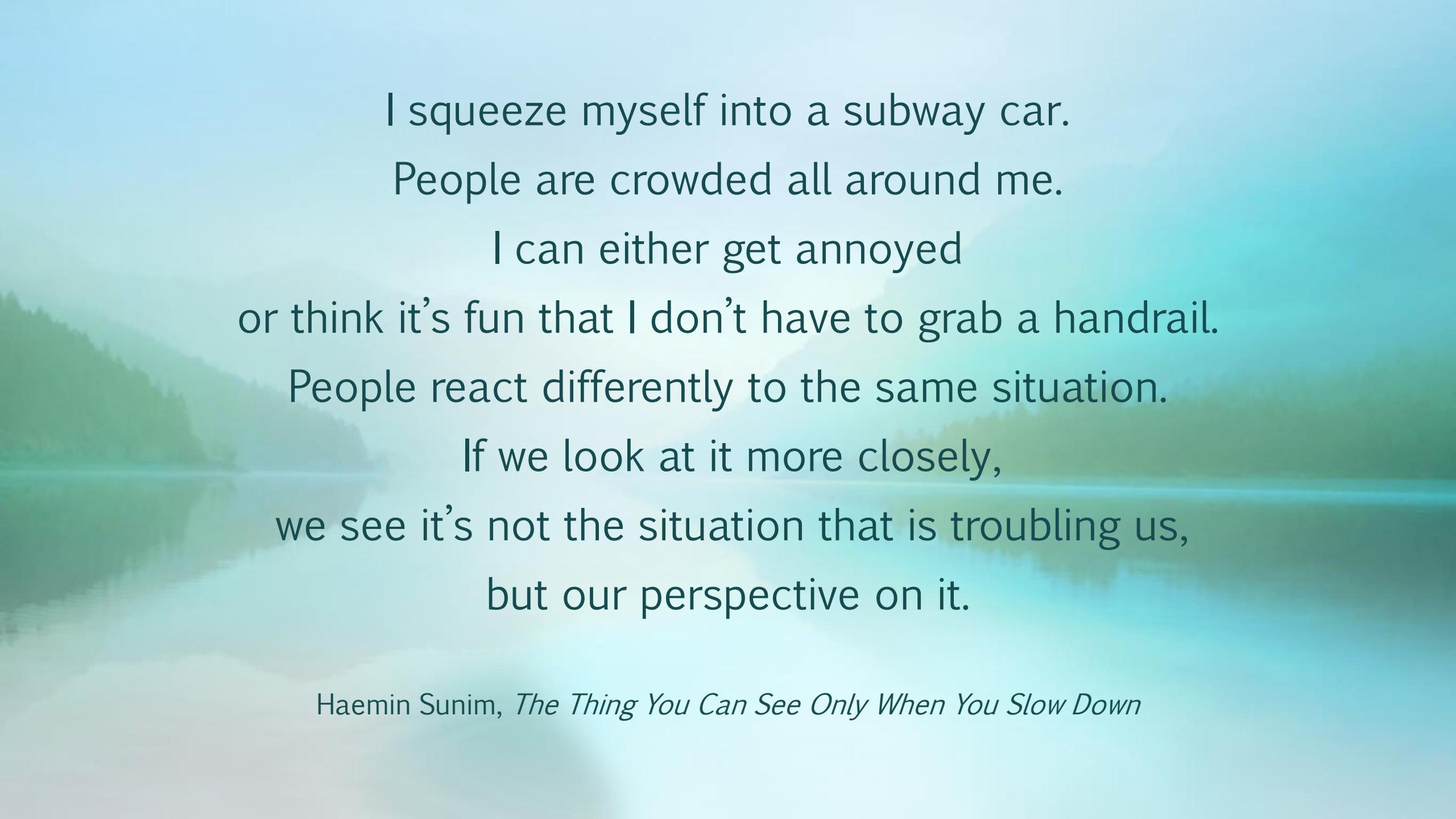
A gentler version of a popular workout keeps you moving while keeping your body off the floor.



Find perspective

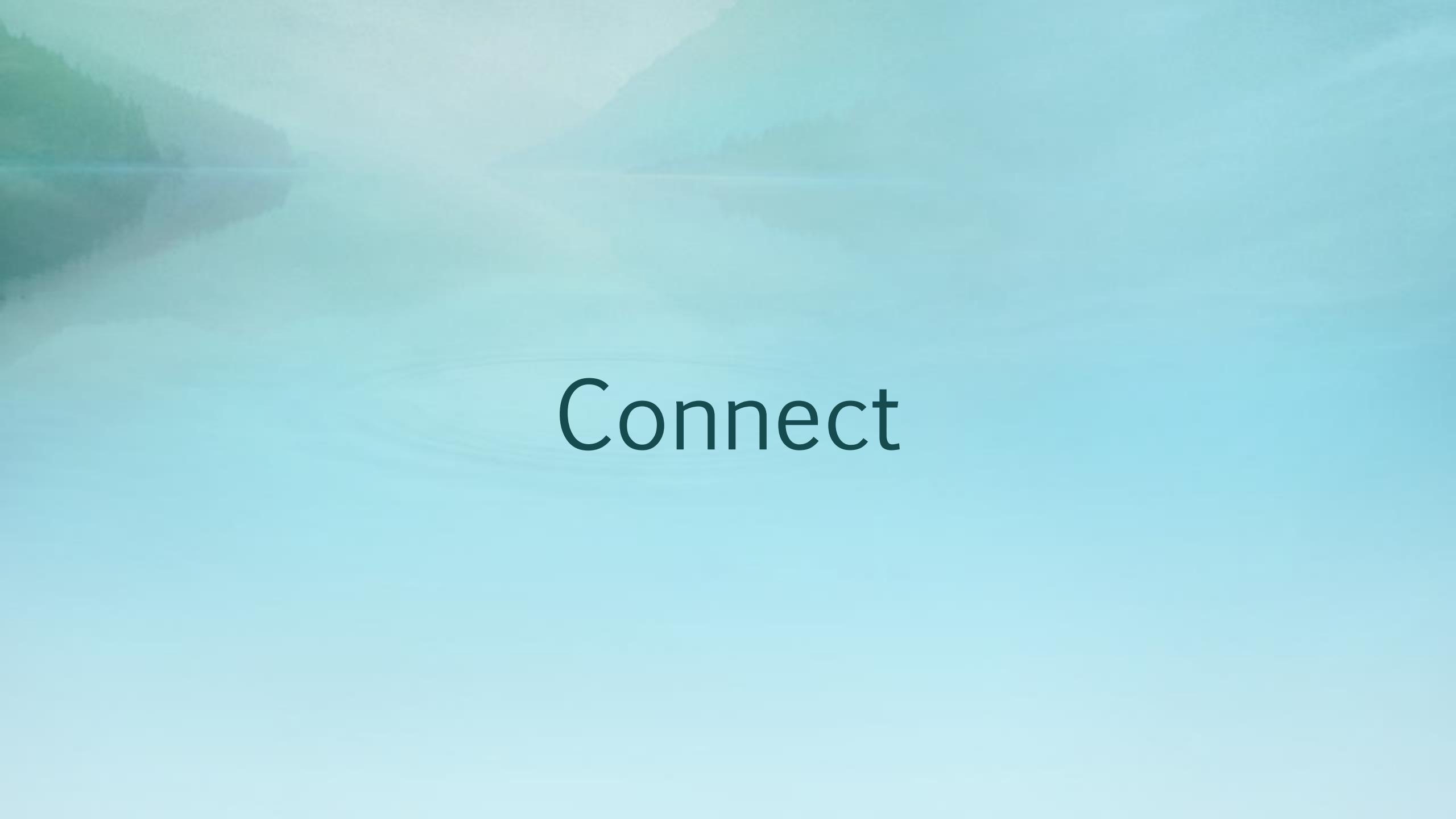




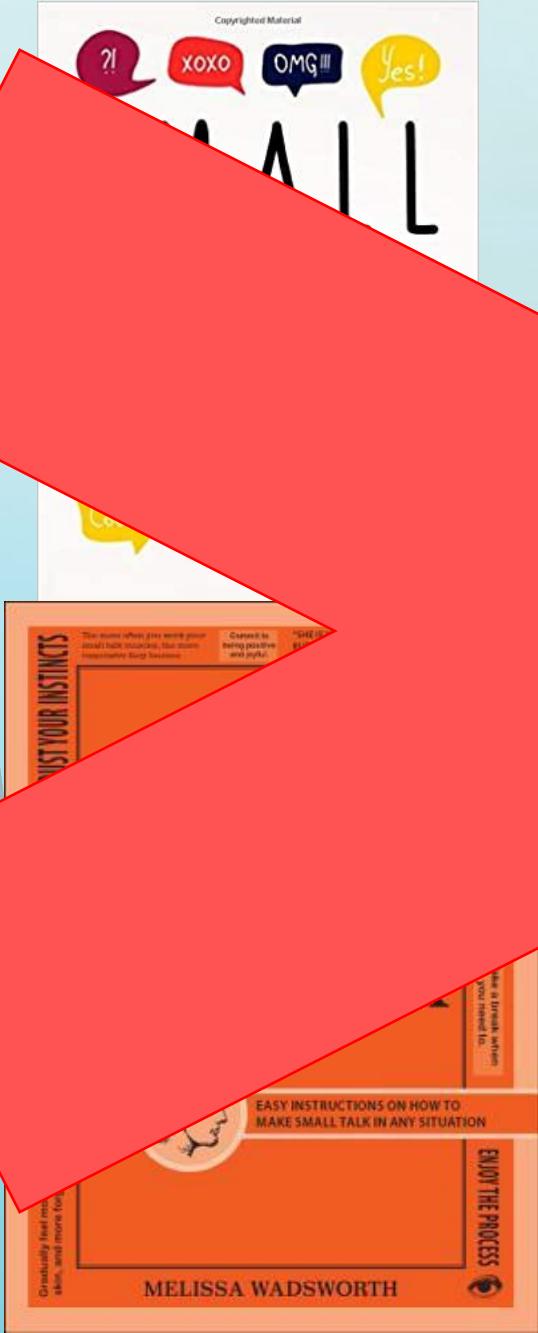
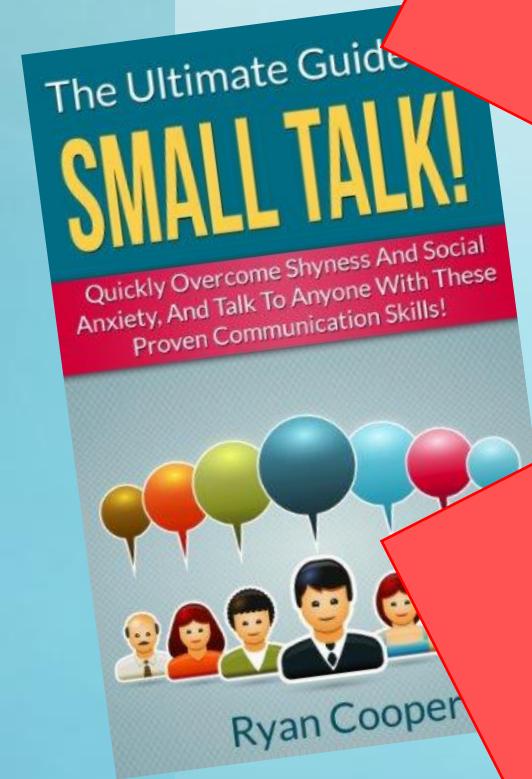


I squeeze myself into a subway car.
People are crowded all around me.
I can either get annoyed
or think it's fun that I don't have to grab a handrail.
People react differently to the same situation.
If we look at it more closely,
we see it's not the situation that is troubling us,
but our perspective on it.

Haemin Sunim, *The Thing You Can See Only When You Slow Down*

The background of the image is a soft-focus photograph of a natural landscape. It features a calm body of water in the foreground, with a dense line of trees along its left edge. In the middle ground, there are more trees and what appears to be a clearing or a path. The background is dominated by large, misty mountains that fade into a light blue-grey sky. The overall atmosphere is serene and slightly mysterious.

Connect



Ask a Connection Question!

What was your most embarrassing moment?

What superpower would you want?

What are three things you and the person you're talking to appear to have in common?

What is your most treasured memory? What is your most terrible memory?

What's bringing you joy these days?

Is there something you've dreamed of doing for a long time? Why haven't you done it?

Before making a telephone call, do you ever rehearse what you're going to say?

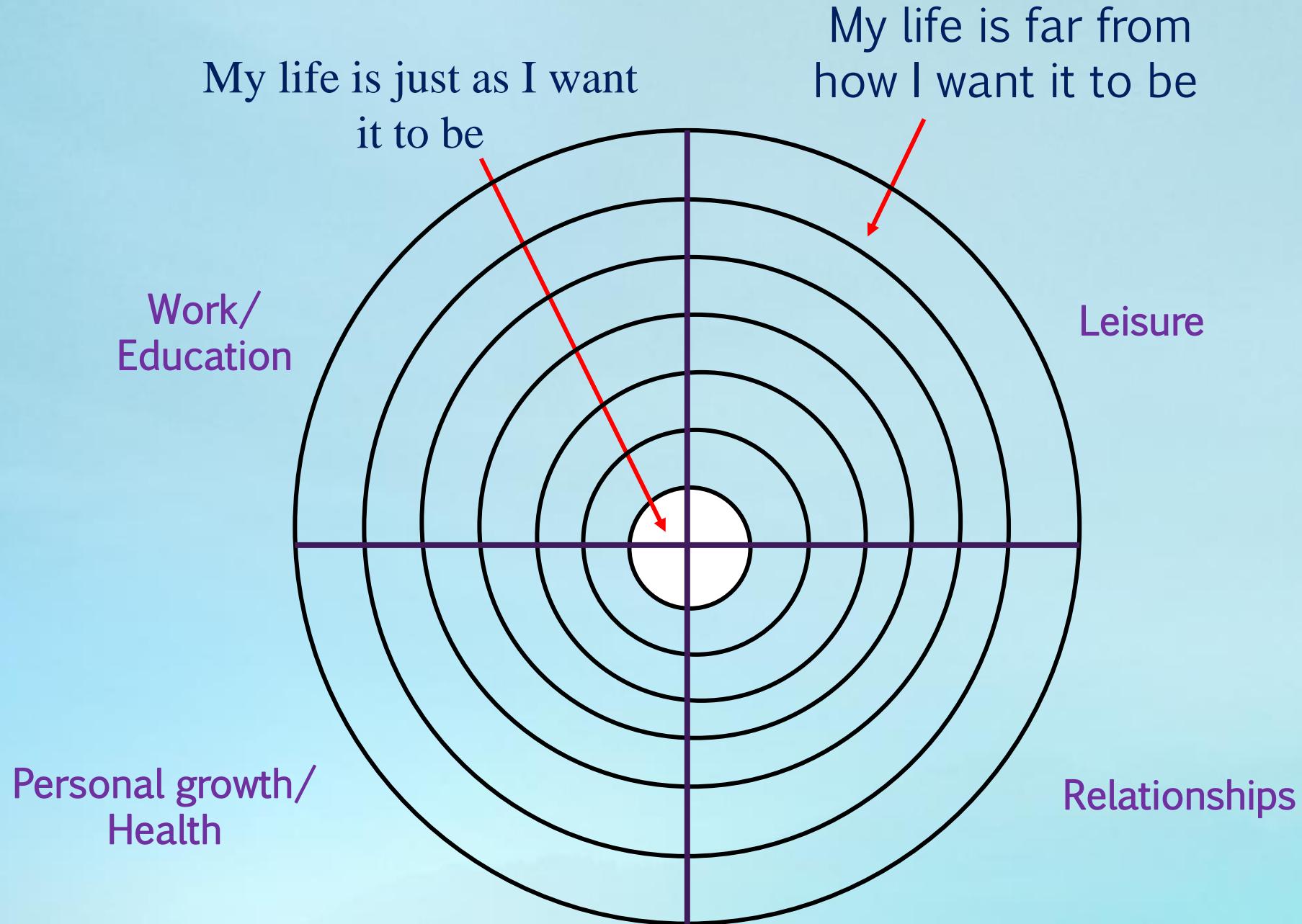
For what in your life do you feel most grateful?

If you could change anything about the way that you were raised, what would it be?

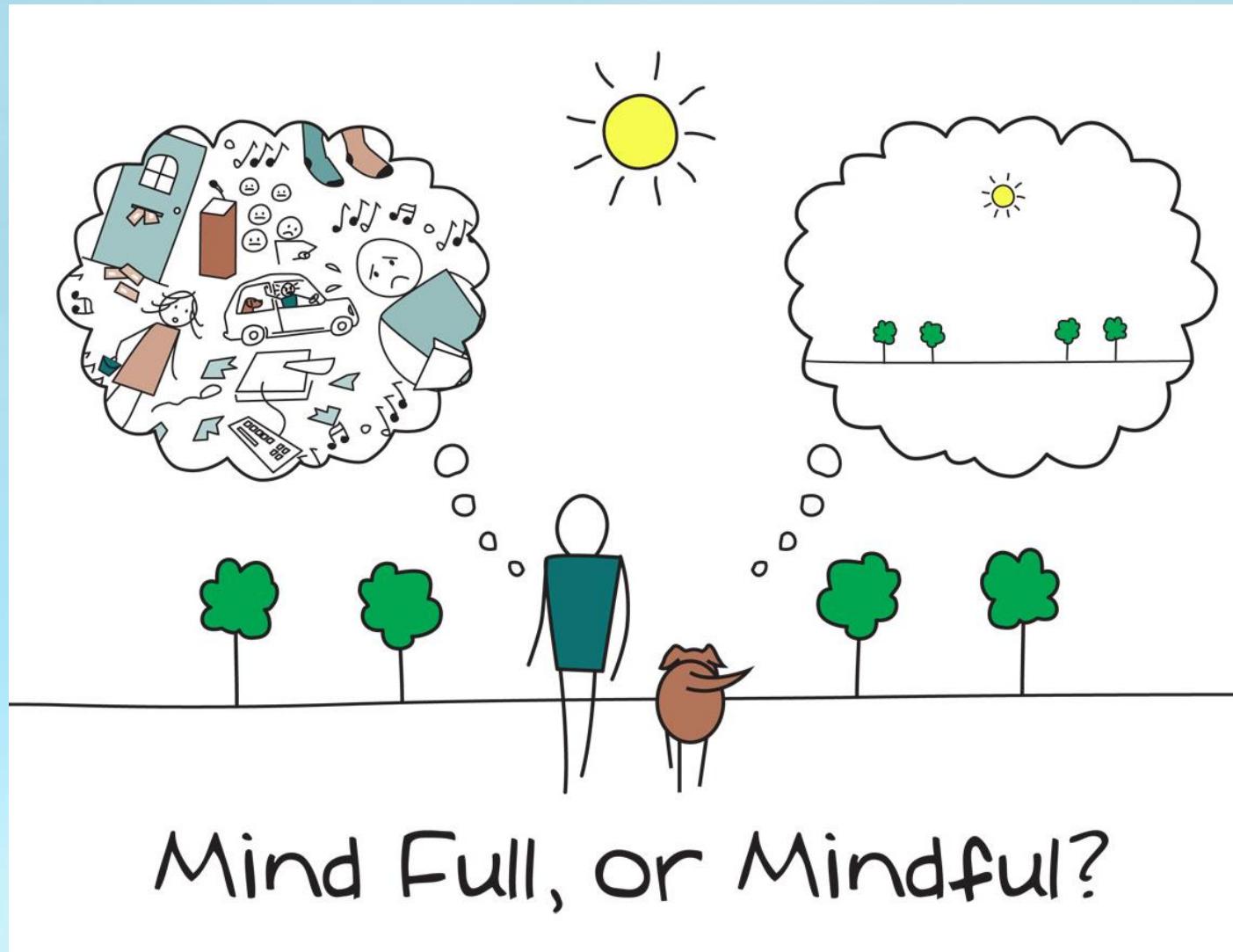
The background of the image is a soft-focus photograph of a natural landscape. It features a body of water in the foreground, likely a lake, with a dark green forest visible along its left bank. In the middle ground, several mountain peaks rise, their slopes covered in dense green trees. The sky above is a pale, hazy blue, suggesting either early morning or late afternoon light. The overall effect is one of tranquility and natural beauty.

The Power of Personal Values

Authenticity	Community	Happiness	Loyalty	Respect
Achievement	Competency	Honesty	Meaningful Work	Responsibility
Adventure	Contribution	Humor	Openness	Security
Authority	Creativity	Influence	Optimism	Self-Respect
Autonomy	Curiosity	Inner Harmony	Peace	Service
Balance	Determination	Justice	Pleasure	Spirituality
Beauty	Fairness	Kindness	Poise	Stability
Boldness	Faith	Knowledge	Popularity	Success
Compassion	Fame	Leadership	Recognition	Status
Challenge	Friendships	Learning	Religion	Trustworthiness
Citizenship	Fun	Love	Reputation	Wealth
	Growth			Wisdom



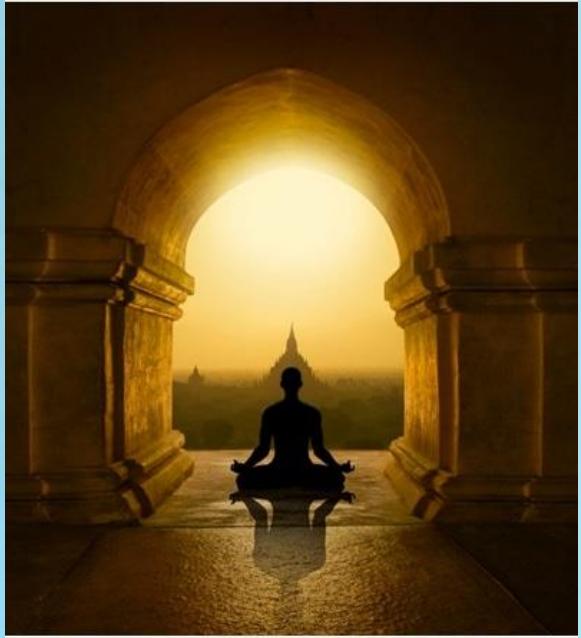
Mindfulness and Acceptance



“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, and non-judgmentally.”

Mindfulness is “a nonelaborative, nonjudgmental, present-centered awareness in which each thought, feeling, sensation that arises ... is acknowledged and accepted as it is.”

Practicing Mindfulness



A photograph of a serene landscape featuring a calm lake in the foreground. The lake's surface is perfectly still, reflecting the surrounding environment. In the background, there are several layers of mountains, their peaks obscured by a thick, white mist or fog. The overall atmosphere is peaceful and contemplative.

Gratitude

The more grateful we feel, the happier we become.

This is because gratitude helps us realize
we are all connected.

Nobody feels like an island when feeling grateful.

Gratitude awakens us to the truth of our
interdependent nature.

Haemin Sunim, *The Thing You Can See Only When You Slow Down*

PARTING THOUGHTS



May 21 (TODAY) is National Talk Like Yoda Day

“Many of the truths that we cling to depend on our point of view.”



“Named must be your fear before banish it you can.”

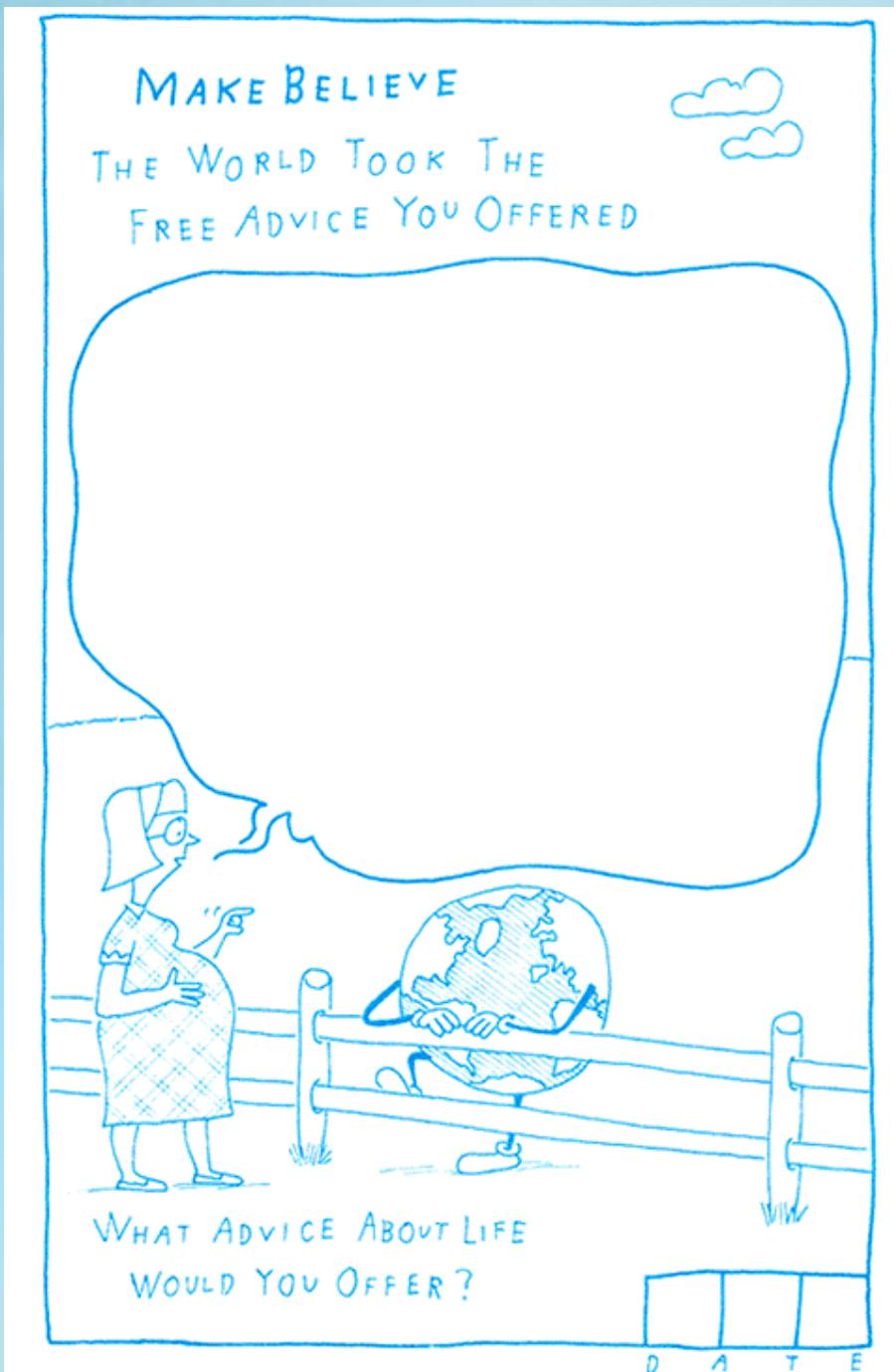
“Breathe, I can!”

“Exercise snack, I can!”

“Grateful, I am!”

“Connect, I will!”





Make believe that the world took the free advice you offered, what advice about life would you offer?



Thank you ...