Taking Care of Ourselves
A Brief Compilation of Strategies to Manage Stress

Linda Schmidt MD
May 21, 2021
How are you?
“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*
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 Power of Personal Values
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<th>Authenticity</th>
<th>Achievement</th>
<th>Community</th>
<th>Happiness</th>
<th>Loyalty</th>
<th>Respect</th>
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<td>Competency</td>
<td>Honor</td>
<td>Humor</td>
<td>Meaningful Work</td>
<td>Responsibility</td>
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<td>Fun</td>
<td>Love</td>
<td>Wealth</td>
<td>Trustworthiness</td>
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</table>
My life is just as I want it to be

My life is far from how I want it to be

Work/Education

Personal growth/Health

Leisure

Relationships
Mindfulness and Acceptance

Mind Full, or Mindful?
“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
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 ...