

Dealing with Stress

It's Important for YOU!

How *You* Feel is ***REAL & Important!***

- However you feel is OK, its how you feel!
- It's not about judgment, its about support!
- Acknowledge the feelings...
- Then decide what to do about it...
- Is it what you want to feel?
- IF YES, go with it...
- If NO, work to change it!

If They are having a **HARD** **TIME...**

- Think about...
 - What **HELPS** you
 - What you **NEED**
 - What is **MISSING**
 - What you are struggling with
 - Who else might help
 - What will happen if you don't do something
 - What might happen if you do...

Some Ideas for changing...

- Pick one thing
- Plan on baby steps
- Get support for the change
- Build a routine
- Check in on your feelings
- Add something before giving something up
- Believe it - Not everyone is meant to do hands on care
- Give it a try... not permanent... just try

A Few More Ideas for You

- Set aside a few minutes – use a timer!
- Breathe
- Smile ... Laugh! – look for some funnies
- Remember a good time
- Ask: What do you get out of the relationship?
- Use at least one of the STRESS TAMERS

What is There is Laugh About?

- What the person says
- What the person does
- What the person says VERSUS what is done
- Personal mistakes and OOPS
- Personal moments of joy
- Personal moments of insight
- Their moments of insight... awareness... or humor
- Other people and their behaviors or words
- Things you see, hear, read...

History According to Kids

- Ancient Egypt was old. It was inhabited by gypsies and mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate Of the Sarah is such that all the inhabitants have to live elsewhere.
- Solomon had three hundred wives and seven hundred porcupines. He was an actual hysterical figure as well as being in the bible. It sounds like he was sort of busy too.

- Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of hemlock which is apparently poisonous. After his death, his career suffered a dramatic decline.
- In the first Olympic games, Greeks ran races, jumped, hurled biscuits, and threw the javelin. The games were messier than they show on TV now.
- Madame Curie discovered radioactivity. She was the first woman to do what she did. Other women have become scientists since her but they didn't get to find radioactivity because they were already taken.

- Sir Francis Drake circumncised the world with a 100 foot clipper which was very dangerous to all his men.
- Johann Bach wrote a great many musical compositions and had a large number of children. In between he practiced on an old spinster which he kept up in his attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian, and half English. He was very large.

10 Minute Stress Tamers

- ***Sit quietly*** in calm surroundings with soft lights and pleasant scents.
- ***Aromatherapy*** – lavender, citrus, vanilla, cinnamon, peppermint, fresh cut grass.
- ***Breathe deeply*** – rest your mind & oxygenate
- ***Soak*** - in a warm bath, or just your hands or feet
- ***Read*** - Spiritual readings, poetry, inspirational readings, or one chapter of what you like...
- ***Laugh and smile*** - Watch classic comedians, Candid Camera, America's Funniest Home Videos, look at kid or animal photos...
- ***Stretch*** – front to back, side to side, & across
- ***Garden*** – work with plants

10 Minute Stress Tamers

- ***Beanbag heat therapy.*** Fill a sock with dry beans and sew or tie closed. Heat bag and beans in a microwave for 30 seconds at a time. Place on tight muscles and massage gently; relax for ten minutes.
- ***Remember the good times*** - Record oral memories - scrapbooks, photo journals, keepsake memory picture frames. Just jot!
- Do *a little* on a favorite ***hobby***.
- Have a ***cup of decaffeinated tea or coffee***
- Play a ***brain game*** – crosswords, jigsaws, jeopardy, jumbles...
- Look through the ***hymnal*** and find a favorite – hum it all the way through...

10 Minute Stress Tamers

- ***Books on Tape*** - Rest your eyes and read
- ***Soothing sounds*** –
 - Music you love
 - Music especially for stress relief
 - Recorded sounds of nature
- Listen to ***coached relaxation recordings***
- ***Pamper Yourself*** – think of what you LOVE and give yourself permission to do it for 10 minutes
- ***Neck rubs or back rubs*** – use the ‘just right’ pressure
- ***Hand Massages*** – with lotion or without – its up to you...

10 Minute Stress Tamers

- ***Take a walk.***
- ***Sit*** in the sun.
- ***Rock*** on the porch.
- ***Pray*** or read a passage from scripture
- ***Journal*** - Take the opportunity to “tell it like it is.”
- Cuddle and stroke a ***pet***.
- Have that cup of coffee or tea with ***a special friend*** who listens well.
- Pay attention to ***your personality***.
 - If you rejuvenate being alone, then ***seek solitude***.
 - If you rejuvenate by being with others, ***seek company***.

BREATHE!!!

- Take a deep breath in
 - BLOW it all the way out
 - Take another breath in
 - BLOW it out
 - Take one final breath in AND
 - SING IT OUT....
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- Feel what happened to you...
 - Look at what happened to the people around you...
 - Think about how and when you might do this...

Let Go:

- How it “used to be”
- How it “should be”
- How you “should be”