

Relaxation Techniques and Ways to Handle Too Much Stress

- ♥ Take deep breathes /Practice deep breathing exercises
- ♥ Watch your thoughts/think positive
- ♥ Find time to relax-and cool out
- ♥ Pray or read something inspirational
- ♥ Visualize what you want to happen
- ♥ Use pressure points to reduce headaches
- ♥ Talk problems over with friends or a counselor
- ♥ Don't dwell on your weaknesses
- ♥ Feel proud of your accomplishments
- ♥ Exercise daily
- ♥ Do muscle tension relaxation techniques
- ♥ Punch a pillow, scream, or kick a can
- ♥ Prepare for tests early
- ♥ Eat a nutritious meal or snack
- ♥ Take/one thing at a time
- ♥ Set realistic goals
- ♥ Stop worrying about things that may never happen
- ♥ Forgive yourself and others
- ♥ Get involved with things you like to do
- ♥ Make time for fun
- ♥ Do something for others
- ♥ Spend an hour listening to your favorite kind of music- with no other distractions
- ♥ Expose yourself to different smells and notice how they effect your mood
- ♥ Have you ever danced alone in your living room when nobody else is around?
- ♥ Give a close friend or your partner a massage, and then take your turn.

- ♥ Take a half-hour walk outside- breathe fully, move your body with conviction, and think about little else.
- ♥ Gardening is one of life's pleasures -immerse yourself in growth and beauty.
- ♥ Eat a scrumptious meal from time to time
- ♥ Plan a day just to indulge yourself in whatever you want to do
- ♥ Laugh whenever you can and surround yourself with people who like to laugh
- ♥ When you need a good cry, indulge in one- this is one of life's greatest pleasures
- ♥ Take a sauna or steam bath (if your blood pressure is normal)
- ♥ Go out into nature and spend some time alone. Treat yourself to a view of water, mountains or natural vegetation
- ♥ Spend a couple of hour's playing cards or board games with a close friend
- ♥ On a stressed out day, take a half-hour nap
- ♥ Buy or pick a bouquet of flowers and put them in a prominent place in your living area
- ♥ Learn a craft - pottery, painting, furniture refinishing, sculpture, holiday gifts, etc...
- ♥ Go to a movie, play, or concert
- ♥ Do some volunteer work in the community
- ♥ Learn from the masters- children and pets. Play with a child or an animal...on their level, not yours.

Provided by the JBFCS Partners in Caring (PIC) Program and Town and Village Synagogue



SELF CARE ASSESSMENT

NAME: _____

Rate the following areas in frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

A. Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner) _____
- Eat healthily _____
- Exercise _____
- Get regular medical check-ups _____
- Take time off when sick _____
- Get Massages _____
- Physical activity (dance, walk, play sports) _____
- Take time to be sexual _____
- Get enough sleep _____
- Take vacations _____
- Take day trips _____
- Make time away from the phone _____
- Go to the country/be in nature _____
- Time for rest _____

Other: _____

B. Psychological Self-Care

- Make time for self-reflection _____
- Meditate _____
- Write in a journal _____
- Read books unrelated to work _____
- Learn something new (language, activity) _____
- Practice receiving from others _____
- Notice your inner experience (thoughts, feelings) _____
- Engage your creative side (art, theatre, music) _____
- Identify something you are passionate about _____
- Cultivate a new interest _____

Other: _____



C. Emotional Self-Care

- Spend time with friends / family you enjoy _____
- Stay in touch with important people in your life _____
- Identify your strengths _____
- Praise yourself _____
- Praise others _____
- Express your outrage in social action, letters, donations, marches and protests _____
- Identify comforting activities, places _____
- Laugh (movies, shows, friends) _____
- Allow yourself to cry _____

- Other: _____

D. Spiritual Self-Care

- Notice what brings feelings of awe (magic tricks, sunsets) _____
- Notice what brings feelings of inspiration (music, poetry) _____
- Focus your optimism and hope _____
- Identify the non-materialistic in your life _____
- Be open to not knowing (cultivate beginners mind) _____
- Pray or meditate _____
- Sing _____
- Find a spiritual connection in your community _____
- Find a spiritual connection within yourself _____
- Spend time being quiet (in quiet environment) _____
- Other: _____

E. Workplace/Professional Self-Care

- Eat lunch outside of your office _____
- Take a break during the workday _____
- Make quiet time to complete tasks _____
- Identify projects that are rewarding/exciting _____
- Arrange a comfortable work space _____
- Negotiate for your needs (benefits, pay raise) _____
- Communicate with your co-workers & supervisor _____

- Other: _____

