

Practicing "Safe Stress"

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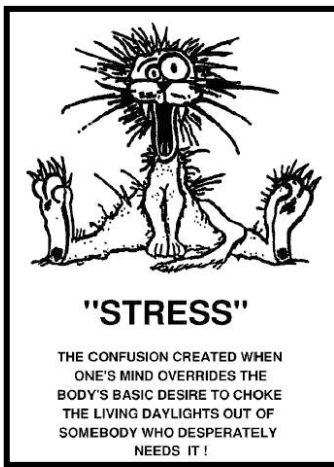

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Practicing "Safe Stress"

Signs That You're "Stressed Out" Checklist:

- Headaches
- Irritability
- Fatigue
- Feelings of hopelessness
- Depression
- Anxiety
- Boredom
- Ulcers
- Frequent Colds
- Sleeplessness or too sleepy
- Pain in neck and back
- Pain in joints and muscles
- Weight gain/ loss
- Cardiovascular problems
- Gastrointestinal problems
- Absenteeism
- Apathy
- Disregard for appearance
- Lack of energy
- Mood swings
- Paranoia
- Increased use of drugs or alcohol
- Loss of sense of humor





How To Tell If You Are a Stress-Prone Personality?

Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers.

4-always 3-frequently 2-sometimes 1-never

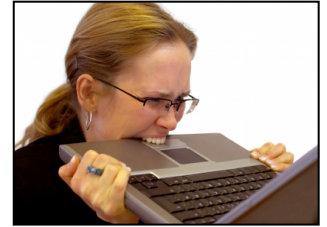
- 1. Do you try to do as much as possible in the least amount of time?
- 2. Do you always have to win at games to enjoy yourself?
- 3. Do you find yourself speeding up in the car to get through yellow lights?
- 4. Are you unlikely to indicate you need help with a problem?
- 5. Do you constantly seek the respect and admiration of others?
- 6. Do you have the habit of looking at your watch or clock often?
- 7. Do you spread yourself "too thin" in terms of your time?
- 8. Do you have little time for hobbies or time by yourself?
- 9. Do you have a tendency to talk quickly or hasten the conversation?
- 10. Do you feel vaguely guilty if you relax and do nothing during leisure?

How Vulnerable Are You to Stress?

(Adapted from the work of Dr. Lyle H. Miller and Alma Dell Smith, reprinted with permission)

Score each item either 1 (almost always), 2 (a lot), 3 (sometimes), 4 (almost never), or 5 (never) according to how each statement applies to you.

- ___ 1. I eat foods that are healthy.
- ___ 2. I get 7 to 8 hours sleep at least four nights a week.
- ___ 3. I give and receive affection regularly.
- ___ 4. I have at least one relative within 50 miles on whom I can rely.
- ___ 5. I exercise to the point of perspiration at least 3 times a week.
- ___ 6. I refrain from smoking.
- ___ 7. I take fewer than 8 alcoholic drinks a week.
- ___ 8. I am the appropriate weight for my height.
- ___ 9. I have an income adequate to meet basic expenses.
- ___ 10. I get strength from my religious beliefs.
- ___ 11. I regularly attend club or social activities.
- ___ 12. I have a network of friends and acquaintances.
- ___ 13. At work I feel capable and valued.
- ___ 14. I am in good health (including eyesight, hearing, and teeth).
- ___ 15. I drink less than 3 cups of coffee, glasses of tea, or colas a day.
- ___ 16. I am able to use my sense of humor to balance my reaction to boring and stressful situations.
- ___ 17. I do something for fun at least once a day.
- ___ 18. I am able to organize my time effectively.
- ___ 19. I am able to speak openly about my feelings when angry or worried.
- ___ 20. I take quiet time for myself during the day.



TOTAL: To get your score, add the figures. Any number over 50 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 60 and 75, and you are extremely vulnerable if it is over 75



Laughing WITH Others

1. **Going for the jocular vein.**
2. **Based on caring and empathy.**
3. **Builds confidence.**
4. **Involves people in the fun.**
5. **A person enjoys being the "butt" of the joke.**
6. **Amusing, invites people to laugh.**
7. **Supportive.**
8. **Brings people closer.**
9. **Leads to a positive repartee.**
10. **Pokes fun a universal human foibles.**
11. **Nourishing.**
12. **Icebreaker.**

Laughing AT Others

1. **Going for the jugular vein.**
2. **Based on contempt and insensitivity.**
3. **Destroys confidence.**
4. **Excludes some people.**
5. **A person does not have a choice in being made the "butt" of the joke.**
6. **Abusing, offends people.**
7. **Sarcastic.**
8. **Divides people.**
9. **Leads to one-down-manship cycle.**
10. **Reinforces stereotypes.**
11. **Toxic.**
12. **Ice maker.**

From "Laughing Matters" magazine published by The Humor Project, Inc. as quoted in Jump Start Your Brain by Doug Hall.

Before you open the door, put a smile on your face!

It doesn't matter how your day went. Or what you're doing next. Or if you're starving.

For 30 seconds, at least pretend that you're elated to see them.

Make them feel like you were looking forward to getting back home.

After all, they're your favorite people in the whole world. I hope.

But your attitude sets the tone for the rest of the evening within 15 seconds of walking in the door.

Coming home is the most important thing you do.

That's your whole life. Fix it.

Start today.



Benjamin Holmgren quoting Brené Brown

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