



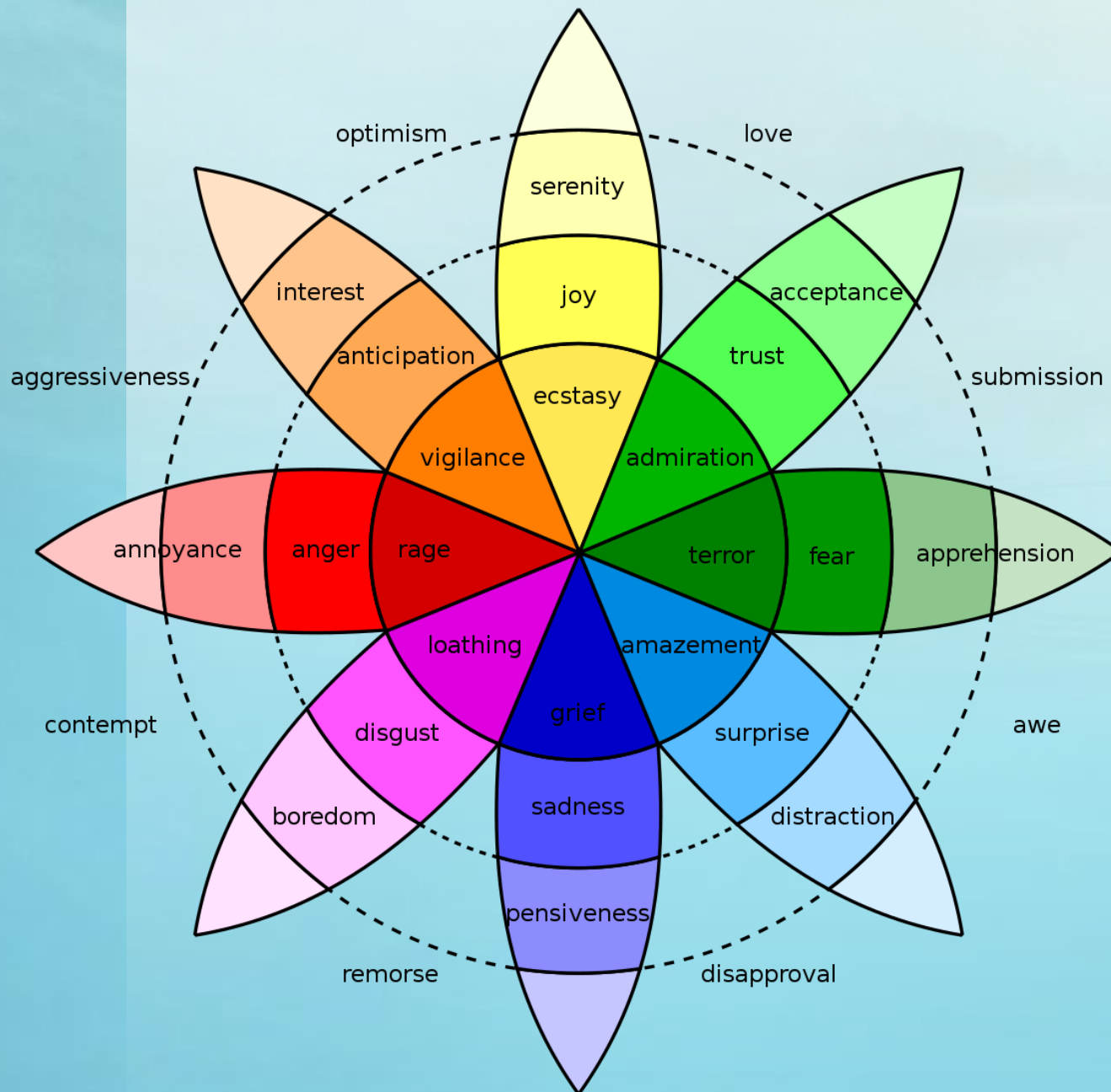
Taking Care of Ourselves

A Brief Compilation of Strategies to Manage Stress

Linda Schmidt MD
May 21, 2021



How are you?



Happy

Adored
Alive
Appreciated
Cheerful
Ecstatic
Excited
Grateful
Glad
Hopeful
Jolly
Jovial
Joyful
Loved
Merry
Optimistic
Pleased
Satisfied
Tender
Terrific
Thankful
Uplifted
Warm

Mad

Aggravated
Accused
Angry
Bitter
Cross
Defensive
Frustrated
Furious
Hostile
Impatient
Infuriated
Insulted
Jaded
Offended
Ornery
Outraged
Pestered
Rebellious
Resistant
Revengeful
Scorned
Spiteful
Used
Violated

Sad

Alone
Blue
Burdened
Depressed
Devastated
Disappointed
Discouraged
Grief-stricken
Gloomy
Hopeless
Let down
Lonely
Heartbroken
Melancholy
Miserable
Neglected
Pessimistic
Remorseful
Resentful
Solemn
Threatened

Scared

Afraid
Alarmed
Anxious
Bashful
Cautious
Fearful
Frightened
Horried
Lost
Haunted
Helpless
Hesitant
Insecure
Nervous
Petrified
Puzzled
Reassured
Reserved
Sheepish
Tearful
Uncomfortable
Useless

Surprise

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

Disgust

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



“Name it to tame it.”

– Daniel Siegel MD

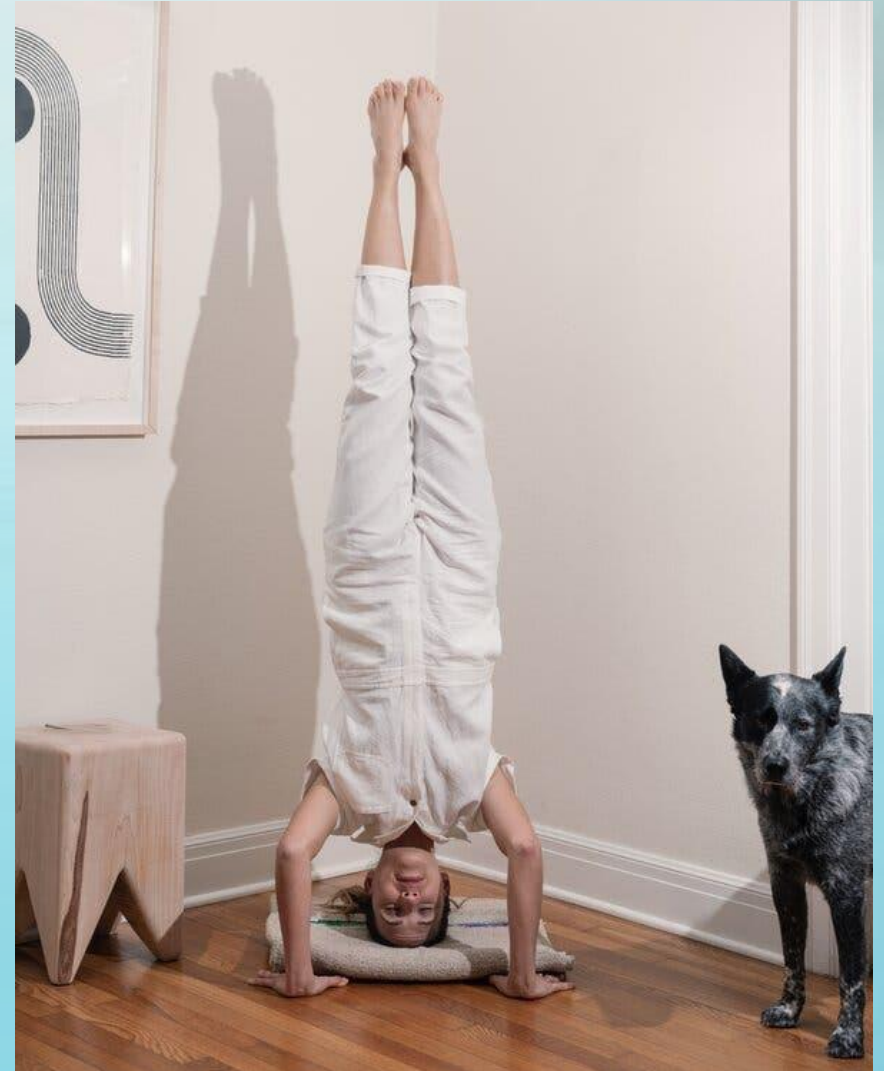


Have a snack

An exercise snack, that is!

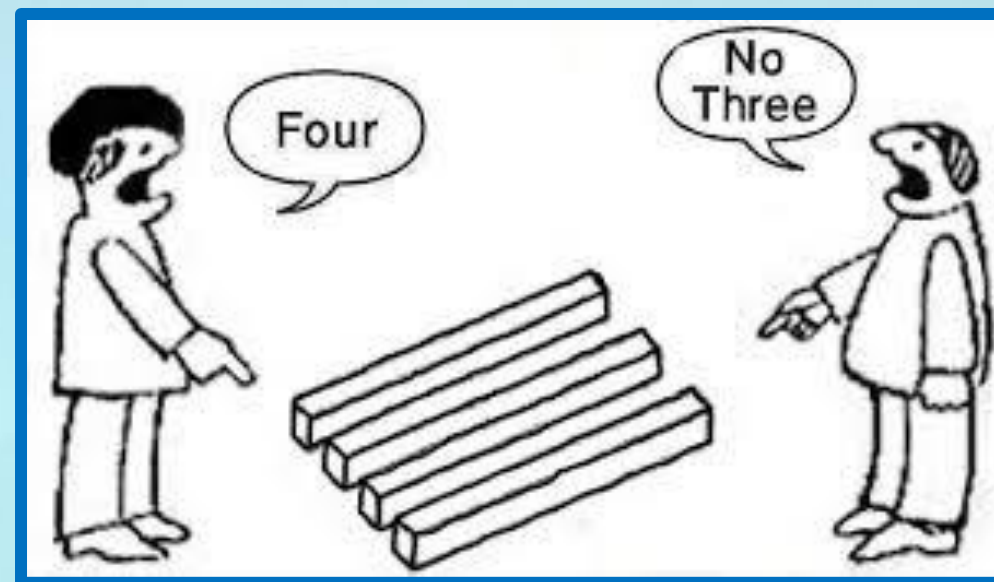
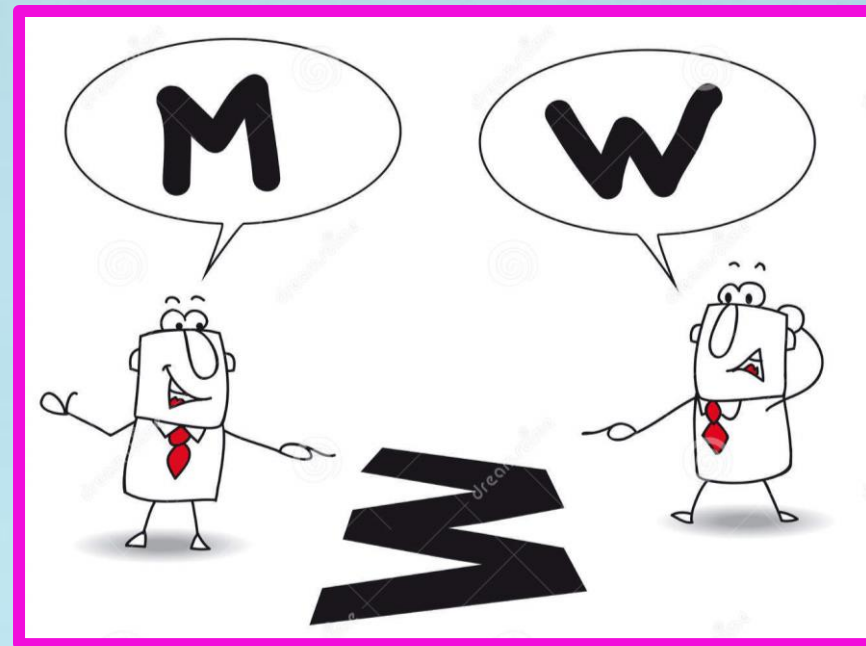
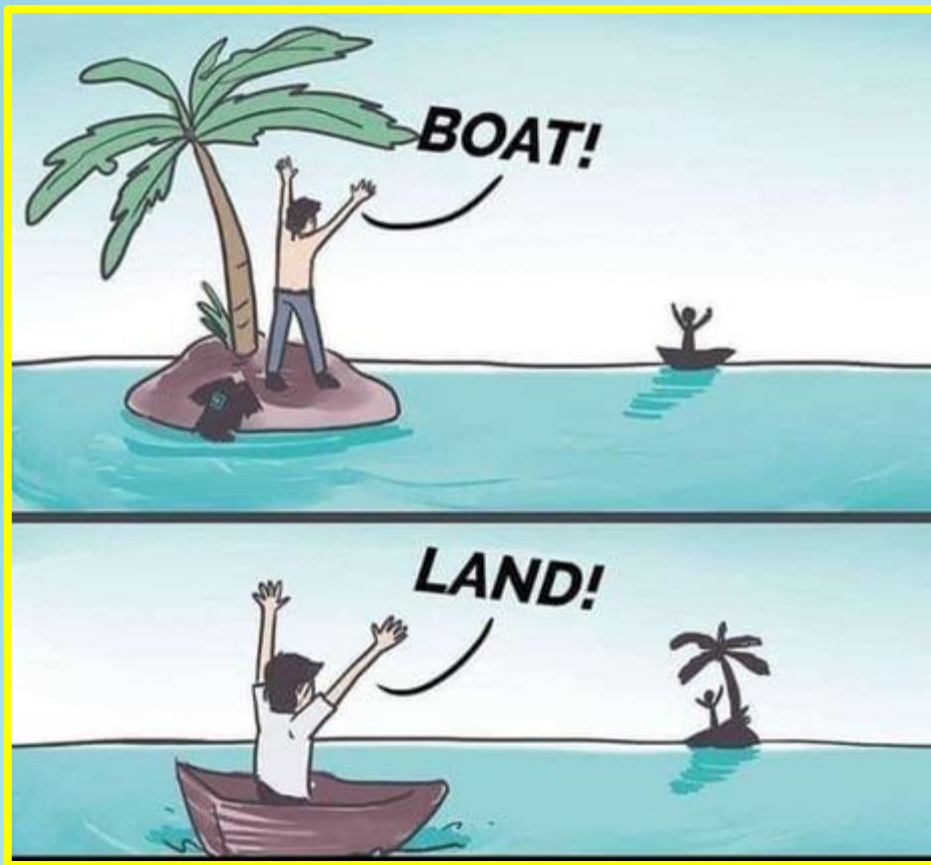
The Standing 7-Minute Workout

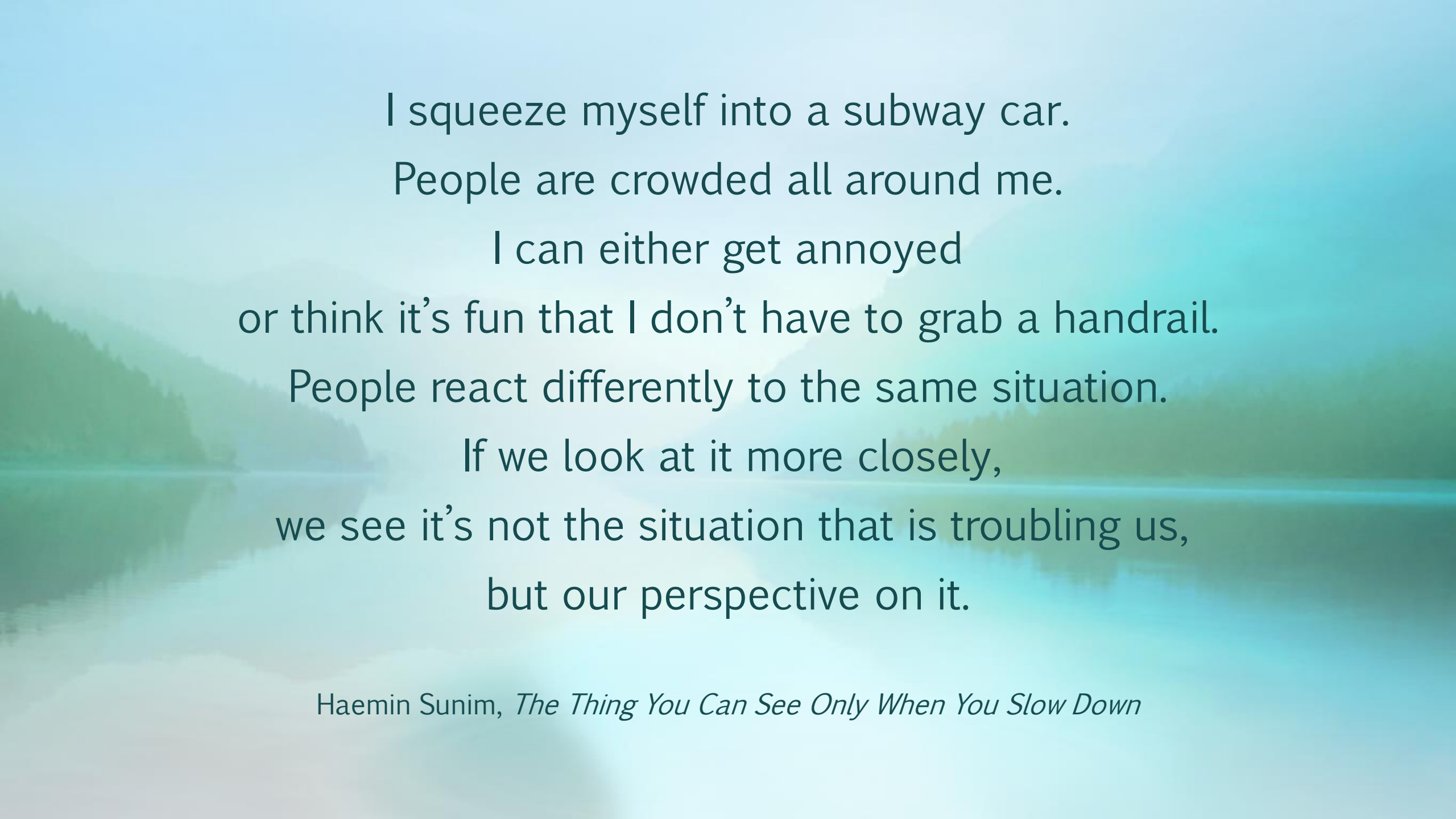
A gentler version of a popular workout keeps you moving while keeping your body off the floor.



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?

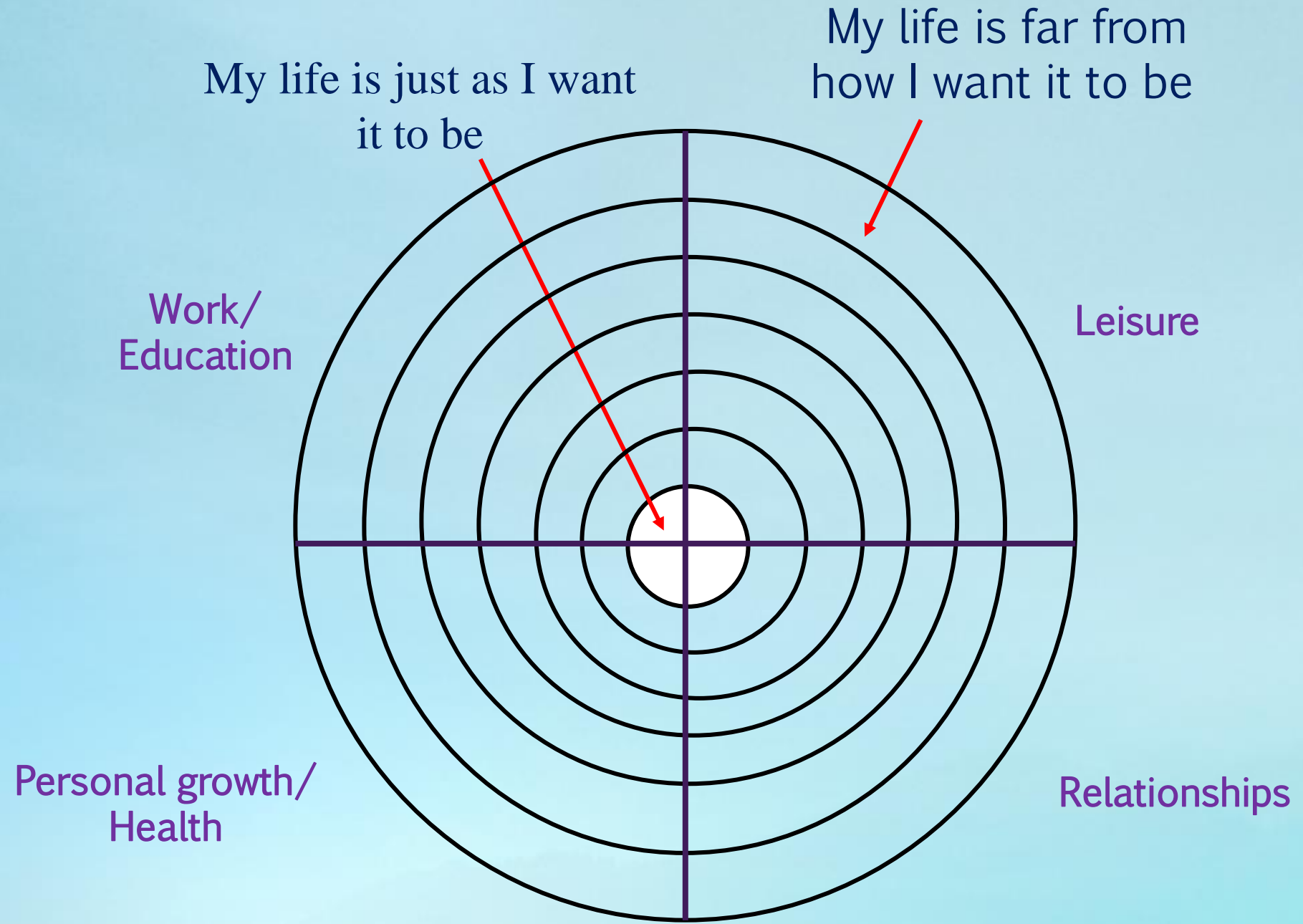
For what in your life do you feel most grateful?

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

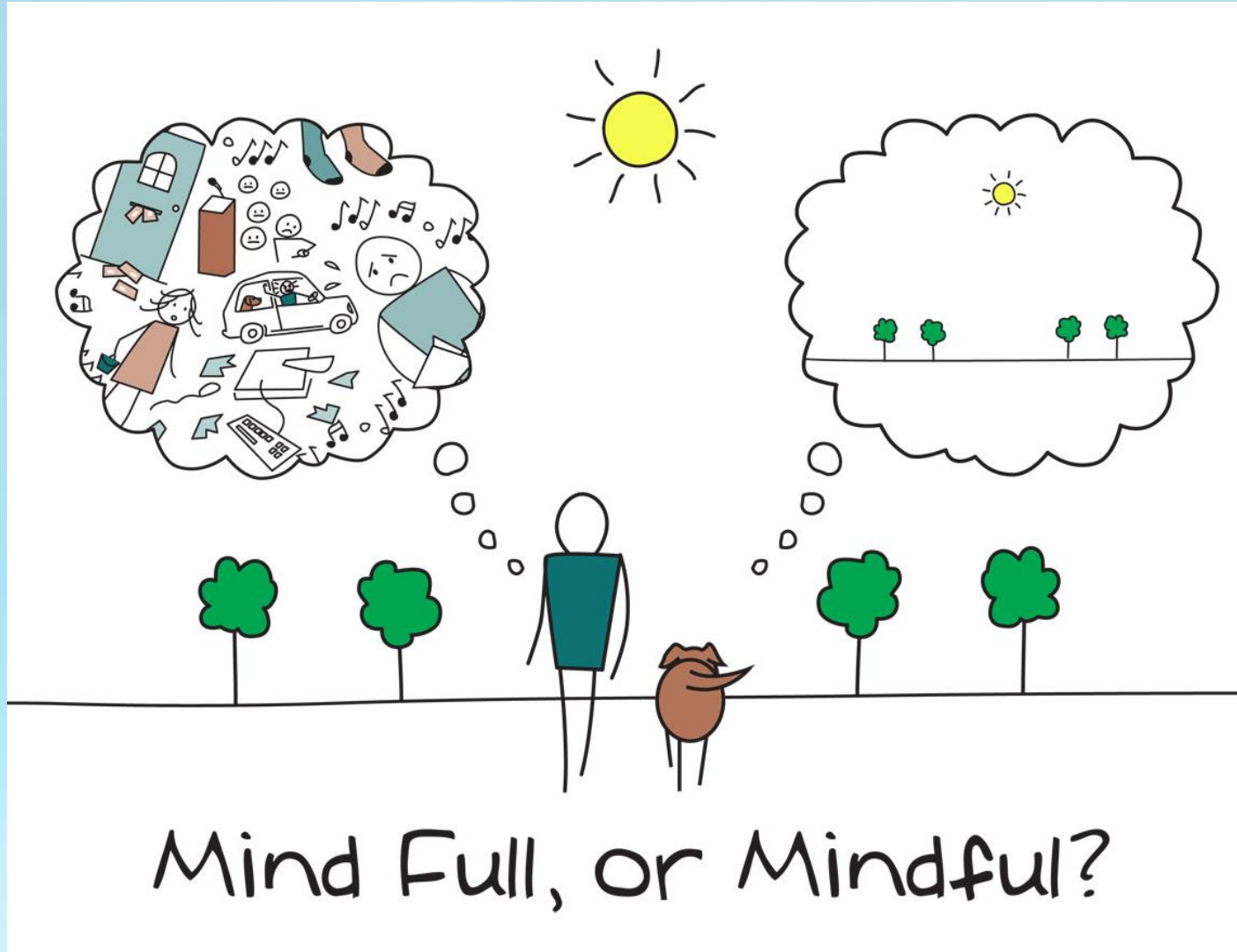
A serene landscape featuring a calm body of water, likely a lake or a wide river, which perfectly reflects the surrounding environment. In the background, a range of mountains is visible, their peaks and slopes softened by a thick layer of mist or fog. The sky above is a pale, hazy blue, suggesting a quiet time of day like dawn or dusk. The overall color palette is dominated by cool tones—blues, greens, and greys—contributing to a peaceful and contemplative atmosphere.

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 serene landscape featuring a calm lake that reflects the surrounding environment. In the background, misty mountains rise, their peaks softened by a light haze. A soft, pastel rainbow is visible in the lower center of the image, its colors blending gently into the sky and water. The overall atmosphere is peaceful and ethereal, with a color palette dominated by soft blues, greens, and pinks.

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!”

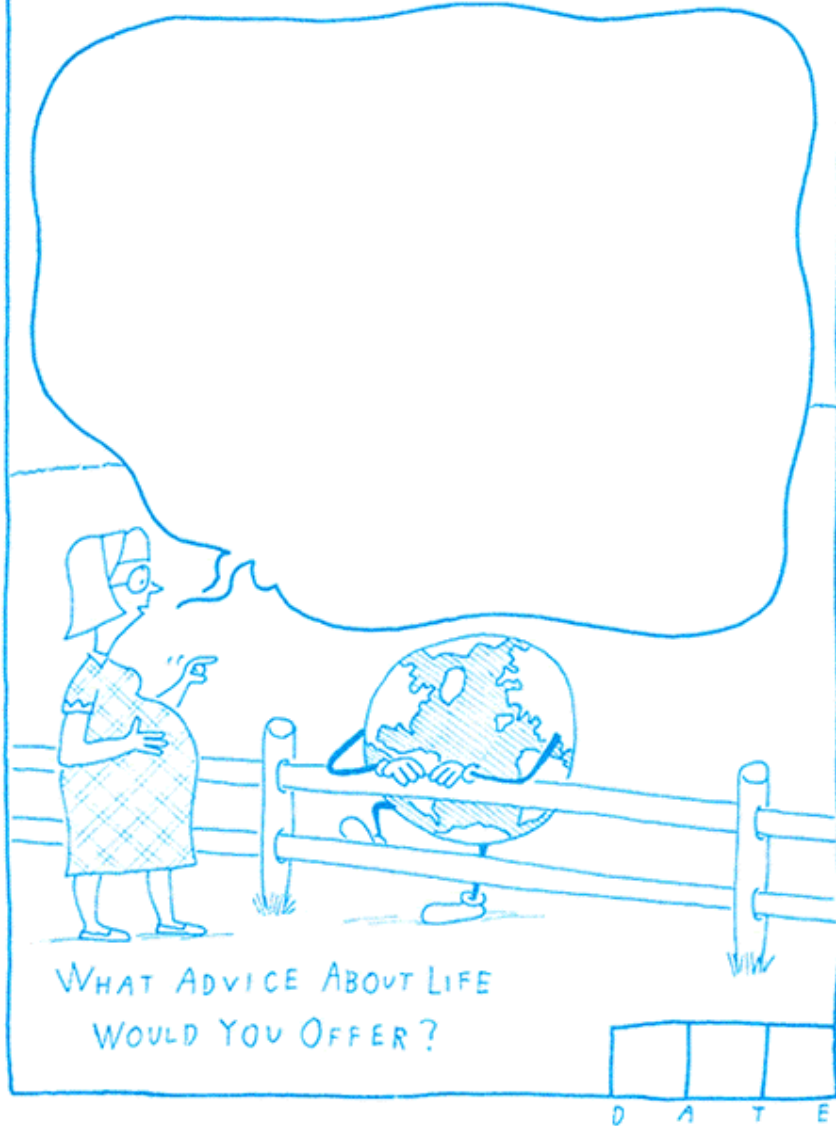
“Exercise snack, I can!”

“Grateful, I am!”

“Connect, I will!”



MAKE BELIEVE
THE WORLD TOOK THE
FREE ADVICE YOU OFFERED



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

A red envelope is open, revealing a cream-colored card with the words "Thank you ..." written in a black, elegant cursive script. The envelope and card are positioned in the center of the frame. The background is a soft-focus landscape featuring a calm body of water, likely a lake, with misty, forested mountains in the distance. The overall color palette is cool and ethereal, with shades of blue, green, and white dominating the scene.

Thank you ...