

EAS/EmployeeAssistanceServices
Employee Assistance-Psychotherapy
Tom Lavin MFT, LADC
557 California Avenue
Reno, NV 89509
775-323-3330
www.EASEAP.com

Stress-Hardy Lifestyle
Tom Lavin MFT, LADC

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“Responding rather than reacting to stress; learning to have our stress, without our stress having us.”

“Serenity is not freedom from the storm...but finding peace within the storm”.

A key question is: What changes do I need to make in my lifestyle, attitudes and relationships that will allow me to be at peace with myself, others and life?

In the course of a week, life offers us many invitations, challenges, and opportunities. When we calmly respond with confidence, trust and courage, we have a chance to address these life situations in a positive, healing way for ourselves and others.

When we are able to respond rather than react, we are able to “bounce back”.

Do One New Thing

A wise therapist will often recommend to a patient who wants to change; “just do one new thing”.

Following are the “Universal Resiliency Guidelines” that I give to students in the “Resiliency” classes. You might find it helpful to study the guidelines and ask, “If I started integrating this One New Thing into my life this week, would it improve my life in the long run?”

Choose one and begin to practice on a regular basis:

- ♥Enjoyable exercise - “blow off steam” physically with activities such as running, walking, or gardening.
- ♥Avoid self-medication - There are many chemicals, including alcohol, that can provide temporary relief; they do not help you adjust to the stress itself. Many are habit-forming.

- ♥Get enough sleep and rest - Most people need at least 7 to 9 hours of
- ♥Balance work and recreation - Schedule time for recreation.
- ♥Talk out your worries - (“A joy shared is a joy doubled; a problem shared is a problem cut in half”.) It helps to share “the good, the bad and the ugly”with someone you trust and respect. This may be a friend, family member, clergyman, teacher or counselor.
- ♥Learn to accept what you cannot change - If the problem is beyond your control at this time, decide to accept it. (Accepting does not mean “I like it.”)
- ♥Do something for others - Sometimes when people are distressed, they concentrate too much on themselves.
- ♥Take one thing at a time - Work on the most important thing and let the others go for now.
- ♥Nutrition - Minimize caffeine, sugar.
- ♥Journal - Write down your thoughts and feelings. This can help you let go of anger, anxiety and depression.
- ♥Make a gratitude list daily - Thank people: share your gratitude.
- ♥Learn to say “No” when you need to.

sleep. If you have persistent sleep problems, you should consult your doctor.

- ♥Have a “quiet place” you can go to relax and let go. (Even twice a day, for 10 minutes can help).
- ♥When you find yourself getting upset or worried, ask yourself, “How much does this really matter?”
- ♥Let go of wanting “more” things.
- ♥Take a class or join a group that will be fun or meaningful.
- ♥Take time to listen to good music.
- ♥Take a nature walk.

The Ripple Effect

Starting off with one small, healthy change can lead to more profound life-enhancing changes.

Resources

- ♥**EAS/EmployeeAssistanceServices** offer free, confidential counseling to employees and their families: Phone 323-3330.
- ♥**Full Catastrophe Living** by Jon Kabat-Zinn