

A Personal Time for Healing

Scheduling time for yourself.

Minimum of thirty minutes every day.

Quiet.

No phones. No noise. No distractions. Nobody.

Relaxation, Meditation, Music, Silent walk, or a Stress reduction exercise.

Stress Reduction List Exercise

- 1) Relax ...
- 2) Invite your stressors (limit to 5 to 10)
- 3) Evaluate for ownership and control, return those you don't own, and let go of those you don't control.
- 4) Prioritize the remainder (if I could only do one?, if I could only do two?, if I could only do three? ... Etc..)
- 5) Always starting with highest priority, solve completely all that you can.
- 6) Next, solve partially all that you can. If you can do something, do it now.
- 7) Next for those you can't solve at all, make a plan to find solutions, and *schedule* a time to revisit and address those stressors later.
- 8) Let go ...
- 9) Repeat this exercise once or twice a week.