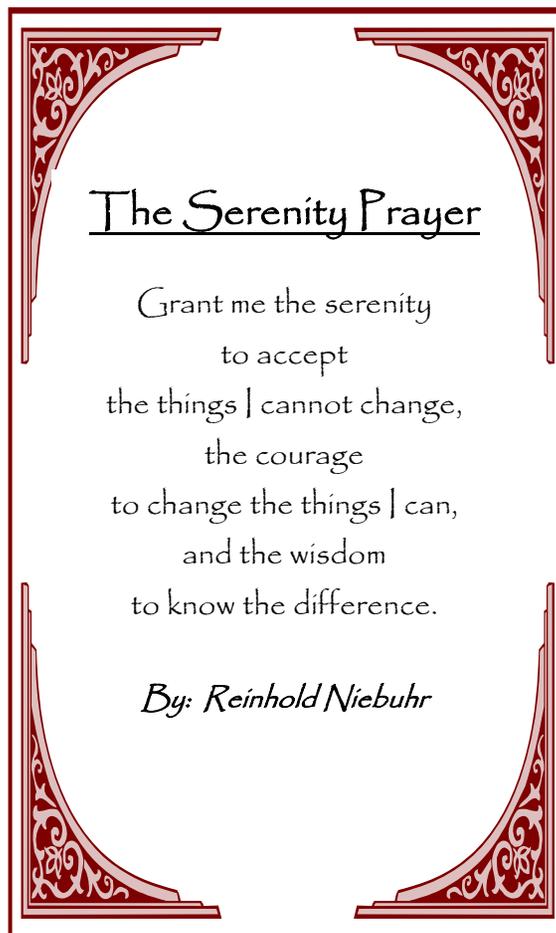


10 Ways to Cope With Tension

1. **Talk out your problems.**
Share the burden and you will relieve the strain.
2. **Escape for awhile.**
A change of scenery can be good medicine.
3. **Work it off.**
Chop some wood, take a walk; give your mind a rest.
4. **Give in now and then.**
Sometimes it is better to yield, even if you know you are right.
5. **Do something for others.**
Often, it will take the pressure off your own situation.
6. **Tackle one thing at a time.**
Doing several things at once is a sure road to building tension.
7. **Don't try to be a superman or superwoman.**
Aiming for the unattainable ends in failure and sometimes in ulcers as well.
8. **Give the other person a break.**
Competition is valuable, but so is cooperation.
9. **Don't withdraw** from the problem; that usually compounds it.
10. **Schedule your recreation** to make sure you get it, especially if you tend to drive yourself.



Spiritual Care Services



Spiritual Care Services

SELF CARE

Managing Your Needs



SELF CARE - Managing Your Needs

A WORD ON SELF-CARE

Self-Care is little more than being a good steward of some rather special gifts . . . A physical body with its enormous resilience and beauty, the capacity to nurture others and be nurtured in return, the capacity to be aware of our lives as we are living them, the capacity to enjoy immense sensual pleasure through such simple things as the splash of orange juice in our throats in the morning or a child sitting on our lap.

Self-Care can become self-indulgence if we are not careful to strike a balance. Striving for the best that we can be given our age, genes, liabilities, disabilities and life experience provides motivation for self-care.

Optimum health means managing our lives in such a way that we consistently maintain our physical, emotional, intellectual, and spiritual well-being . . . In other words we need to take care of ourselves in all areas of our lives . . . This is self-care.

SELF-CARE STRATEGIES

1. *Living in the Tension:*

Change, ambiguity, chaos are a part of life. There are things in life we cannot control. There are things in life we can. It helps to know the difference. (refer to Serenity Prayer)

2. *Time Out:*

We need time for ourselves. We also need time for our partners (if we have one) and kids too. (All work and no play does make Jane a dull girl)

3. *Support Systems:*

There is nothing like a good friendship. They tend to be rare. Our partners are our friends, but the support of wider community and family can be life-saving in dealing with the stresses and strains of life. We need to cultivate friendships.

4. *Body Work:*

Our bodies, mind, and spirit are intimately connected. Hopefully our body does not let the other areas of ourselves down. It's proven now that an active body supports all other areas and interests in our life.

5. *Time Management:*

We've just got to learn to say NO!
(refer to #1)

SELF-CARE STRATEGIES Con't

6. *Monitoring Food Intake:*

This relates to body-work. The adage "we are that which we eat" makes sense. Too much fat, sugar, alcohol, (you know the drill) can wreak havoc with the way we think and feel.

7. *Psychotherapy Tune Up:*

At some point in all our lives we could use the help of a professional counselor or therapist (no you are not nuts!) But we all carry personal issues from the cradle that can get in the way of living a happy, healthy life. Or we may be struggling with a major loss in our lives. Counseling or therapy is an option we cannot ignore.

8. *Spiritual Considerations:*

The deeper 'meaning' questions of life are always there, but become more prevalent during difficult personal times. Resources are available. Consult your local clergy, spiritual guide or chaplain.

9. *Lighten Up:*

Norman Cousins (Anatomy of an Illness) was a man who literally laughed himself to health after a major illness. Seeking the 'light-hearted' path is surely one that leads to health and happiness. Even in the midst of the most difficult circumstances there can be a lighter side.