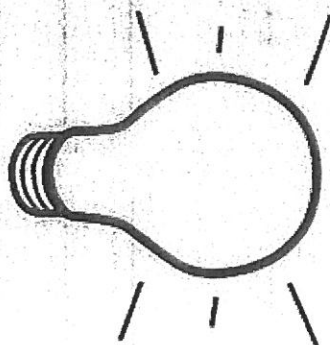




**WELLNESS**





# MY REFLECTION JOURNAL



# YEARLY GOALS

3



... JAN ...

... FEB ...

... MAR ...

... APR ...

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... MAY ...

... JUN ...

... JUL ...

... AUG ...

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... SEP ...

... OCT ...

... NOV ...

... DEC ...

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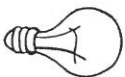


## events

positive mood

negative mood

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



# THE IDEAL DAY







# MY NOTES

## TO DO LIST





# Weekly Reflection

This Week Was:

What's Going Well?

What's Not Working?

Notes:

Week:

3 Wins This Week

1.	
2.	
3.	

How Did I Grow This Week In:

Professional Development:	
Leadership:	
Diversity:	
Wellness:	



# 30 DAY ABS CHALLENGE

START DATE

CRUNCH

[illegible]

LEG PAISE

[illegible]

THURSDAY

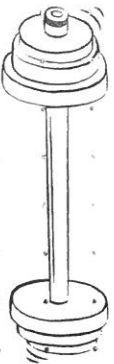
[illegible]

# PLANK

[illegible]

## KEY COLOR

1





# FITNESS GOALS

START

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

GOAL

## GOALS

## MONTHLY

## WORKOUT TRACKER

## FOR JANUARY

CRUNCH

LEG RAISE

PLANK

## RESULTS



# WORKOUT MOTIVATION

BEFORE

AFTER


SONGS

QUOTES



## BODY PROGRESS

WAIST

ARMS

W1

W1

W2

W2

W3

W3

THIGHS

HIPS

W1

W1

W2

W2

W3

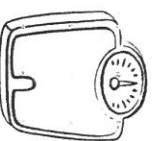
W3

## ACTUAL WEIGHT

W1

W2

W3







*habit tracker*

**wake up  
before 8**

[illegible]

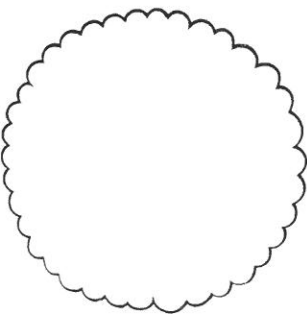
**drink enough  
water**

[illegible]

**meet  
with friends**

[illegible]

Notes



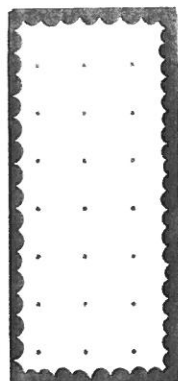
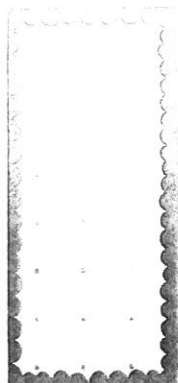
brain dump list



*month in review*

— BEST —

— WORST —

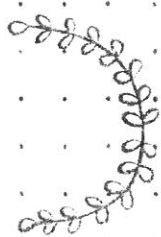


GOALS

MOOD

HABITS

SLEEP



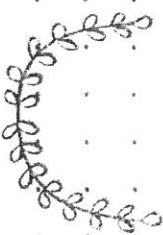
*social posts*

*music*

*mood log*

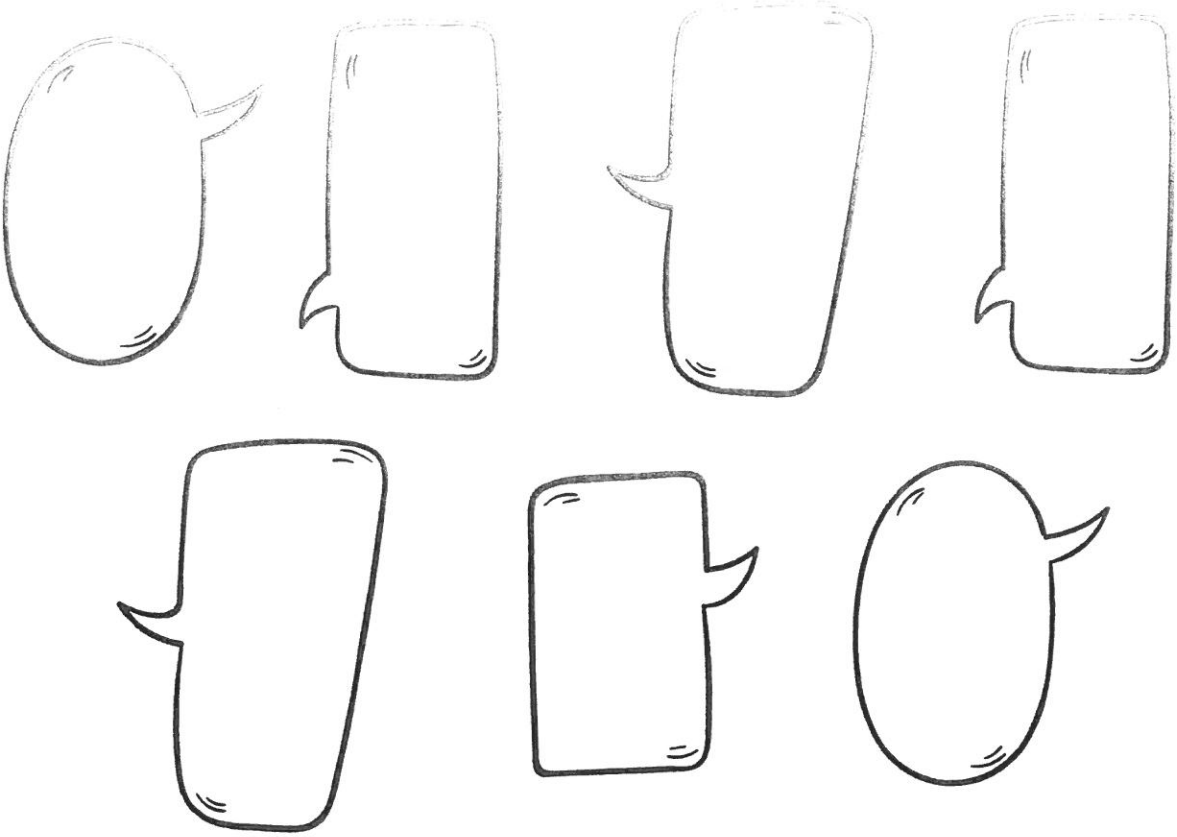
*goals*

*books*

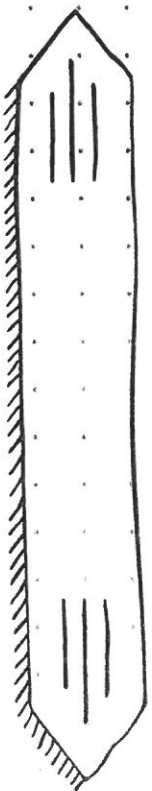




thoughts to keep in  
mind



gratitude log





# When the Whistle Doesn't Blow Your Way:

## Techniques for Acute and Chronic Stress Management

Elisabeth Fewlie Mock, MD, MPH

mockdoc, LLC-Healthcare Consulting & Education | Holden, Maine | [mockdoc2@gmail.com](mailto:mockdoc2@gmail.com)



### Objectives/Take Aways:

- 1. Recognize my role in stress creation: linking thoughts, behavior and emotion.
- 2. Appraise various coping strategies for regaining control.
- 3. Create my individualized action plan for managing stress.

### Physical response to stress "Fight or Flight"

- Quick energy obtained from stores of sugars & fats.
- Heart rate increases.
- Digestion slows.
- Skin becomes clammy.
- Pupils dilate.
- Muscles tighten.

Response generally helpful, but not if repeated/frequent.

### Our thoughts influence our behavior and both are flavored by our emotion:

We stress about things that happen.

We stress about things that might happen.

We stress about things that don't happen.

We stress about things that happened a long time ago.

Stress management starts with taking responsibility for and managing thoughts, emotion and feelings: by learning how to RESPOND (adapting to the situation) as opposed to REACT (acting instinctively while feeling fearful or threatened).



### Did you know?

Children laugh out loud up to 400 times a day while adults laugh 15 times per day (on average)!



## Focus clusters of "coping strategies"

Before game	During game	After game	For recovery
Have a routine	Build a few second "gap" into timeouts and stops in play (do a quick self-assessment, take a deep breath, focus on any physical tension)	Use simple bio-feedback devices to calm	Healthy diet: particularly fresh fruits & vegetables
Anticipate & prepare ("What can I do if...?")	Immediate solution ("What can I do right now to improve the situation?")	Restorative coping ("What can I do now that....?")	Regular exercise (aerobic and strength)
Plan for the unexpected	Speak slowly	People watch for a few minutes	LAUGH
Relaxation techniques: deep breathing, visualization, prayer ("Jesus" prayer)	Relaxation techniques: deep breathing & visualization	Relaxation techniques: progressive muscle relaxation	Relaxation techniques: yoga, meditation, intentional stillness
Drink black tea (may decrease cortisol response to stress) or eat a dark chocolate	Attend to your posture	Remember the 24 hour rule: wait to deliver negative feedback	Improved time-management skills
Go outdoors briefly	Adopt a quick go-to stretch	Turn your head-phones up and dance a few steps	SLEEP
Drink water	Develop your co-coaches into "rapid stress-reducers," talk face to face with a relaxed and balanced listener		Schedule "me" time or a small reward daily
Listen to nature sounds involving water (Trickle Effect)	Roll your shoulders and neck		Adopt a hobby—preferably one that involves kinesthetic energy
Eat nuts, especially almonds; berries; complex carbs	Adopt a stuffed team mascot for quick taps (not so much for luck as for the calming effect of 'petting')		Give and receive regular physical affection with loved ones
Perform a repetitive physical activity 10 times (jumping jack, push-up, lateral jump, squat jump) or a 20 pace power walk	Develop your own "keep cool" motor stereotype—a rhythmic, repetitive, fixed, predictable movement (such as squeezing the tips of your thumb and forefinger together)		Power off for a set period daily
Wear comfortable, soft clothes	Keep a stress ball on the bench		Journal and/or color



## incorporating the senses

See	Sound	Smell	Taste	Touch
Look at a cherished photo or memento	Listen to favorite music	Bring scent with you in the form of a small scented candle	A piece of sugarless gum	Bring a swatch of a fuzzy soft blanket
Bring an item from nature indoors (ocean stone, pine cone, feather)	Listen to a relaxation track	Keep an item from nature that retains its natural scent	Dark chocolate	Pat a pet (or a substitute stuffed animal when traveling)
Choose an accessory with your favorite color (or place item in pocket)	Develop and recite a mantra	Carry a handkerchief that was worn or slept with by a loved one	Sip a cold or hot drink	Hold any comforting object
Close your eyes and picture your "happy place"	Sing or hum a favorite tune	Step outside and breathe deeply	Pack a healthy, crunchy snack (carrots, celery, trail mix)	Take a warm bath or shower
	Recite a line or two of a favorite poem		Eat a piece of fresh or dried fruit	Give yourself a hand or neck massage

## Methods for mindfully de-stressing:

- 1 Practice letting go—start with something trivial that makes you annoyed or angry and consciously choose not to become angry or upset.
- 2 Practice deep-breathing at certain intervals or with certain triggers, even during non-stressful times.
- 3 Reframe—as you feel yourself becoming upset by something or someone, view the situation from a different angle.
- 4 Catalog a few key memories from childhood/your family of origin which are calming, happy and relaxing.
- 5 Inquire to co-workers and colleagues about their techniques for staying focused under pressure. Verbalize your work and progress—everyone can relate to the topic of stress.
- 6 Start small. Try one or two techniques on situations with low levels of stress.
- 7 Practice with family and friends. Make a game of it.
- 8 Identify one low-level stressor that occurs several times a week and target that stressor with a quick stress-buster. And a new stressor after a couple of weeks and so on.
- 9 Experiment and "test-drive" different sensory inputs—try a new one each day for a while.
- 10 Be flexible. If one technique is not right for you, move on.



# PERSONAL ACTION PLAN FOR DECREASING STRESS (p.17, 2016)

	Before game	During game	After game	The rest of life
<b>Stressors</b>				
<b>My reactions</b>				
<b>Desired outcome</b>				
<b>Techniques I will try (including sensory experiences)</b>				
<b>Timeframe for testing/ implementing</b>				

## Action Planning

Is a process to help you to focus your ideas and to decide what steps you need to take to achieve goals.

## Write down your plan

Write down your commitments: you tend to abide more with what you've written down as written commitments require more effort to make than verbal ones.

## Goals

Set clearly defined goals which are realistic & achievable.  
Break tasks down into steps. Don't worry about the order at this stage. Arrange the steps in a logical order. Break down any large steps into smaller components.  
Focus on one step at a time.

## Keep a to-do list

These mini action plans will help you to organise your life effectively: update it every day.  
Set up a reminder system.

## Action Planning

Free word and image diary for a personal goal.  
How to use the word and image diary for action planning.  
Used by permission.

## Avoid procrastination

Start your plan NOW, not in 6 months.  
Don't spend too long time planning: this is a way of procrastinating.

## Prioritise

Do urgent & important tasks first not the easy ones. Efficiency & effectiveness are not the same: effective people focus on the important tasks.

## Rewards

Give yourself a small treat for completing of each step: the bigger the step the bigger the reward!  
List the benefits you'll gain by reaching your goal!

## Commitment

Tell friends & relatives about your goals to provide support when the going gets tough & you'll feel embarrassed if you have to tell them you've given up! Mix with positive people who will encourage you to keep going.

## Persevere

Consider potential problems & how to overcome these: Have a contingency plan if things don't work out: map several paths to your goal & build flexibility into your planning.

## Review your progress

Revise plans as appropriate.  
Map several routes to your goal!  
Have a contingency plan.

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