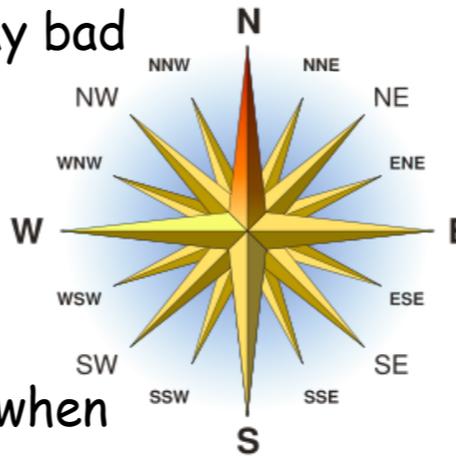


The Journey of Life

Ten Fundamental Principles for Reducing Stress in our Lives

(95% of the Stress in your life is self-induced)

- 1 Focus more on the positive aspects of your life and spend less time exaggerating the negative.
- 2 Stuff happens, learn from it but do not replay bad experiences over and over again.
- 3 Choose to function with a resilient attitude whenever possible.
- 4 Learn to break out of your reactive modes.
- 5 Be aware of the quality of your own self talk.
- 6 Learn to create positive images in your mind when you face new challenges.
- 7 Learn to let things go.
- 8 Eat right, sleep and get regular exercise.
- 9 Take ownership of your day and your life before you leave home.
- 10 Never lose your sense of humour.



A COMPASS

- 1 | will deal with whatever surprises life sends me today.
- 2 | will rise above any negativity in my life.
- 3 | will catch myself before I react and seek the means to respond wisely.
- 4 | will smile often.
- 5 | will constantly remember all I have to be grateful for.
- 6 | will always remember that we are all doing the best we can, with what we got at the time we are doing it.
- 7 | will accept people for what they are and endeavor to refrain from judging, criticizing, attacking or discouraging.
- 8 | will try to leave this world better off than when I woke up this morning.
- 9 | Though it will be a struggle "I will constantly attempt to improve the depth of my sleep, the quality of my food, the care of my body, and the state of my mind."
- 10 | will forgive myself and seek greater wisdom when I struggle, slip or fail at these!

"As much as 25% of your day is lost in reacting to what is going on in your day."

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Personal Resiliency in Challenging Times