Shrink Stuff #1

INDIVIDUAL Rx.

"Prescription for Keeping Yourself on Track"

Here are some issues and ideas you will find very useful exploring.

1. **Exercise**: stretching; walking; running; gym; aerobic activities

2. **Quiet time**: meditation; controlled breathing; music; massage;

relaxation techniques; visualisation; guided imagery;

yoga; Pilates; Tai Chi; acupuncture; mindfulness

3. **Nutrition**: minimise - caffeine; alcohol; tobacco; sugar; fats; salt

maximise - healthy foods; plenty of water; vitamins

4. Sleep: quality; quantity; timing

5. Communication: express feelings and needs clearly; explore and

change negative thoughts; address conflicts; regularly

write a journal; ask for, and grant, forgiveness

6. Problem solving: identify problems; set goals; generate options; test

solutions; try other solutions if necessary

7. Connections: time with partner; socialise with friends; talk to

colleagues; family support; intergenerational links;

use a mentor; count your blessings (show gratitude)

8. Lifestyle: have fun; use humour; be optimistic and kind; get

involved with hobbies & creative activities; pets;

explore **purpose** & happiness in life; study; de-clutter

9. Wellbeing: spirituality; community; self-help info; sport; work;

gardening; nature; culture; art; theatre; literature;

movies; music; holidays; volunteer; donate; travel

10. Networks: consult with your GP (i.e., health, medication); dietician;

religious minister; medical specialist (e.g., psychiatrist).

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