

Adult Life Change Scale

Instructions: Circle the life change UNIT for each life change EVENT that has occurred in your life in the past 12 months. Total the values circled.

RANK	LIFE CHANGE EVENT	LIFE CHANGE UNIT
1	=> A parent dying	98
2	=> Brother or sister dying	95
3	=> Close friend dying	92
4	=> getting divorced or separated	86
5	=> Being arrested by the police	85
6	=> Family member (other than your self) having trouble with alcohol	79
7	=> Getting into alcohol & other drugs	77
8	=> Losing a favorite pet	77
9	=> Parent or relative in your family (other than yourself) getting sick	77
10	=> Losing a job	74
11	=> Breaking up with a close partner	74
12	=> Quitting school	73
13	=> Daughter getting pregnant	69
14	=> Getting badly hurt or sick	64
15	=> Hassling with Children	64
16	=> Trouble with your child's teacher or principal	63
17	=> Having problems with any of the following: acne, overweight, underweight, too tall, too short	63
18	=> Going back to school	57
19	=> Moving to a new home	51
20	=> Change in physical appearance	47
21	=> Hassling with Family	46
22	=> Starting menopause	45
23	=> Having someone new move in with your family	35
24	=> Starting a job	34
25	=> Close friend getting pregnant	31
26	=> Starting to date again	31
27	=> Making new friends	27
28	=> getting married	26

SCORING

TOTAL _____

0 TO 150 .low stress; 150 TO 300 .moderate stress; 300 & ABOVE .high stress

50 THINGS THAT REPLENISH YOU

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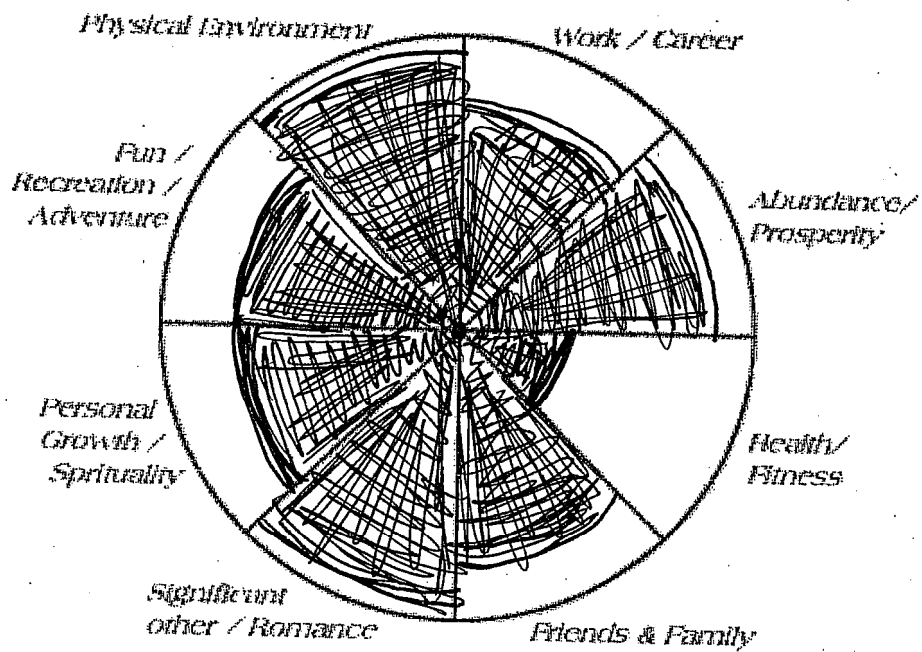
101 SELF-NURTURING IDEAS

1. Take a nap
2. Go for a quiet walk
3. Read a good book
4. Listen to some of your favorite music
5. Talk with a friend
6. Take a long, warm bath
7. Reach out and touch someone you care about - get or give a hug
8. Meditate or pray
9. Exercise
10. Eat a healthy snack
11. Quiet yourself and listen to the silence
12. Sit back, breathe deep and relax for 15-20 minutes
13. Talk positively to yourself
14. Daydream or fantasize about something
15. Buy yourself a special gift
16. Take a vacation
17. Laugh
18. Cry
19. Stretch all of the stress out of your muscles
20. List your successes and accomplishments
21. List your positive attributes
22. Identify the people who care about you
23. Attend a support group
24. Take the time to smell the flowers, watch the sunset, enjoy the sunrise
25. Write a poem or other creative piece
26. Sing a happy song
27. Skip down the hall/street
28. Go to a good movie
29. Attend an exciting athletic event
30. Write your thoughts and feelings in a journal or diary
31. Make something for yourself
32. Pet an animal
33. Send yourself a bouquet of flowers
34. Watch your favorite T.V. show
35. Go to a museum or art gallery
36. Try something new
37. Work in your garden
38. Go for a bike ride
39. Draw or paint or sculpt
40. Relax in a hot tub or sauna
41. Go to a concert
42. Do some yoga
43. Give thanks for all of the blessings in your life
44. Read a positive book or article or listen to a self-affirming/inspirational tape
45. Play like a child in a sandbox or at a playground
46. Buy yourself a toy
47. Visit your favorite park or spot in the woods
48. Go on a spontaneous picnic
49. Enjoy a hot cup of tea, cocoa, coffee
50. Look in a mirror and say, "I love you. You're great."
51. Dance
52. Forgive someone - including yourself
53. Reflect on some of your most enjoyable experiences

54. Go out to eat at your favorite restaurant
55. Go to church
56. Let someone take care of you for an hour or two or a day
57. Sleep in
58. Treat yourself to a massage
59. Soak your feet in warm water
60. Play a sport or game you enjoy
61. Remember compliments others have given you
62. Write a story about who you are or make a collage of the real you
63. Take 5 minutes and brag about yourself
64. Create several affirmations about yourself which you can repeat when you need to uplift yourself
65. Identify and write out your own life purpose or mission statement - what you believe your life to be about
66. Send yourself a card
67. Go for a scenic drive
68. Write a letter to someone you've been meaning to contact
69. List your goals for the next 5 years
70. Say something positive about yourself and the day you are going to have as soon as you wake up
71. Before you go to sleep, think about your day and congratulate yourself for your successes and forgive yourself for your mistakes
72. Breathe into any body tension you feel and let it go
73. Ask for help/support/nurturing
74. Tighten all your muscles, then loosen them and relax
75. Put a heating pad on your back
76. Believe in your decisions
77. Stand or sit in a confident posture
78. Listen to someone else
79. Say "NO"
80. Give yourself a pep talk or let someone else give you one
81. See yourself handling a situation in a positive and effective way
82. Take time to do nothing
83. Tell yourself a joke
84. Tell a funny story about yourself
85. Window shop
86. Attend a class or workshop on a topic of interest
87. Go to bed early
88. Trust yourself
89. Don't worry
90. Lower your expectations of yourself
91. Go watch children play at a park
92. Swim or float in a pool
93. Sunbathe or relax in the sun's warmth
94. Drink a cool refreshment
95. Get a facial, manicure or pedicure
96. Phone a friend on your birthday - collect
97. Keep a good picture of yourself (and loved ones) on display
98. Thank yourself each day for all you made it through
99. Water/tend to house plants
100. Play a musical instrument
101. Add to this list

The Balance Wheel

Directions: The eight sections in the Wheel of Life represent Balance. What does the perimeter of your wheel look like? How smoothly do you roll along?

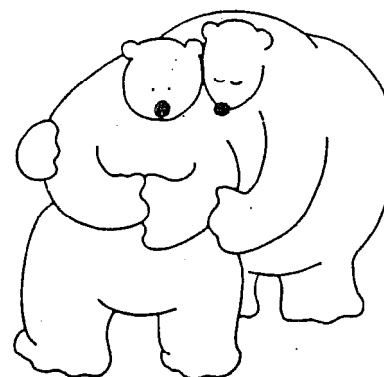


What one thing could you do to bring more balance into your life?

MORE HUGS...

CHEEK HUG

A very tender, gentle hug that often has a spiritual quality. It can be experienced comfortably sitting down, standing up, or even with one hugger sitting or one standing. Press the sides of your faces together, cheek to cheek. Breathe slowly and deeply. within a few seconds you will feel relaxed. The cheek hug often stirs deep feelings of kindness, especially when participants are close friends. A cheek hug is a tasteful way to greet an elderly friend or relative who is seated; say a wordless "I'm sorry" about a friend's disappointment; share a friends joy at a happy occasion.



HEART-CENTERED HUG

Many consider this the highest form of hugging. It begins with direct eye contact as the two huggers stand facing each other. Then they wrap arms around each other's shoulder or back. Heads are together, and there is full bodily contact. The hug is firm, yet gentle, as the huggers focus on the compassion that is flowing from one heart into the other. The heart-centered hug is full and lingering, caring and tender. It acknowledges that place at the center of each of us where pure, unconditional love may be found.

DEEP BREATHING

Take five or ten minutes once or twice a day to practice the abdominal breathing method below until it becomes habitual. Just before lunch and sometime in the last afternoon when you begin to slump are good times. It is best to practice seated upright. Once this breathing becomes routine, it can be used to reverse the stress response whenever it is triggered.

For practice purposes, place your hands on your abdomen, right below the navel. The fingertips of each hand should touch one another.

Breathe through your nose; many people habitually breathe through their mouths, an almost sure sign of stress over-load, and not nearly as healthy.

Inhale very slowly; as you do, push the abdomen out as though it were a balloon expanding. Your fingers should separate.

As the abdomen expands, your diaphragm will move downward, allowing fresh air to enter the bottom part of the lungs. Keeping your back straight will aid the process of maximizing inhalation.

As the breath continues, expand the chest. More air should now enter, filling the middle part of the lungs.

Slightly contracting the abdomen, raise your shoulders and collarbones. This should fill the upper part of the lungs.

At this point, the entire respiratory mechanism has been employed and no portion of the lungs is left unfilled. Hold the breath for about five seconds.

Exhalation is as important as inhalation. Proper exhalation not only expels all used air, it opens space for fresh new air to enter. After holding the breath, begin slowly to exhale through the nose. As you do so, draw in the abdomen. This will lift the diaphragm. The expanded rib cage will return to its normal position, and the lungs will empty.

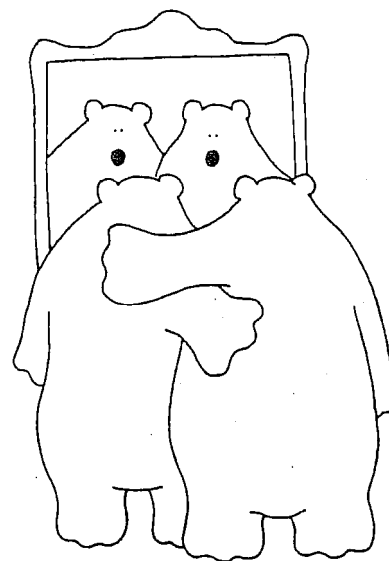
Remember to exhale slowly; and let all the air empty out. If comfortable, hold it a second or two before beginning the inhalation again. When you resume, remember to inhale slowly and completely. Repeating the word "calm" or "relax" as you exhale is also helpful.

Your first few practice sessions may leave you with a slight dizzy feeling. That is normal. Don't strain to retain the breath or go any slower than is comfortable.

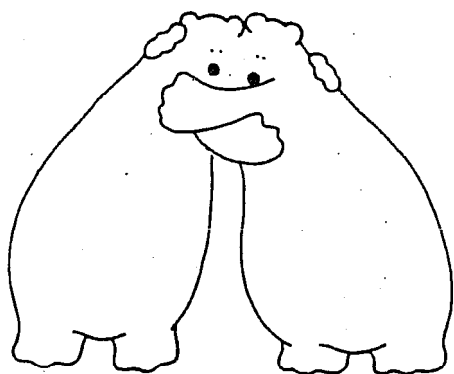
A HUG FOR ALL REASONS

By Kathleen Keating

Hugs are not only nice, they're needed. Hugs can help relieve pain and depression, make the healthy healthier, the happy happier and the most secure among us even more so. Hugging feels good... overcomes fears... eases tension... provides stretching exercises if you are short...provides stooping exercises if you are tall... Hugging also does not upset the environment... saves heat...is portable...requires no special equipment...makes happy days happier... makes impossible days possible.



HERE ARE SOME MAIN TYPES OF HUGS:



THE A-FRAME HUG

Stand facing each other, arms wrapped around each other's shoulder, sides of heads pressed together, bodies not touching below the shoulders. The length of time spent this way is usually brief, since this is often a "hello" or "goodbye" hug. The A-frame hug is most appropriate for situations that require a degree of formality. Since it is relatively non-threatening, it is comfortable for shy or unpracticed huggers. An A-frame hug is particularly apt for a great-aunt you haven't seen since you were a toddler; your husband's boss's wife; your former academic adviser.

BACK - TO - FRONT HUG

In the back-to-front hug(also known as the waist-grabber) the hugger approaches the other from the back, folds arms around his or her waist and gives a gentle hug. The waist-grabber is the perfect hug to give someone who is peeling potatoes, scrubbing pans over a kitchen sink or otherwise engaged in some stand-up chore. The feeling behind it is happy and supportive. (Even more supportive would be the back-to-front hug followed by the picking up of a dish towel and applying it to the pans.) Back-to-front hugs are for househusbands, housewives and other live-ins; coworkers on an assembly line; friends whose occupations require facing mostly in one direction like rasperry-pickers or mail sorters.

