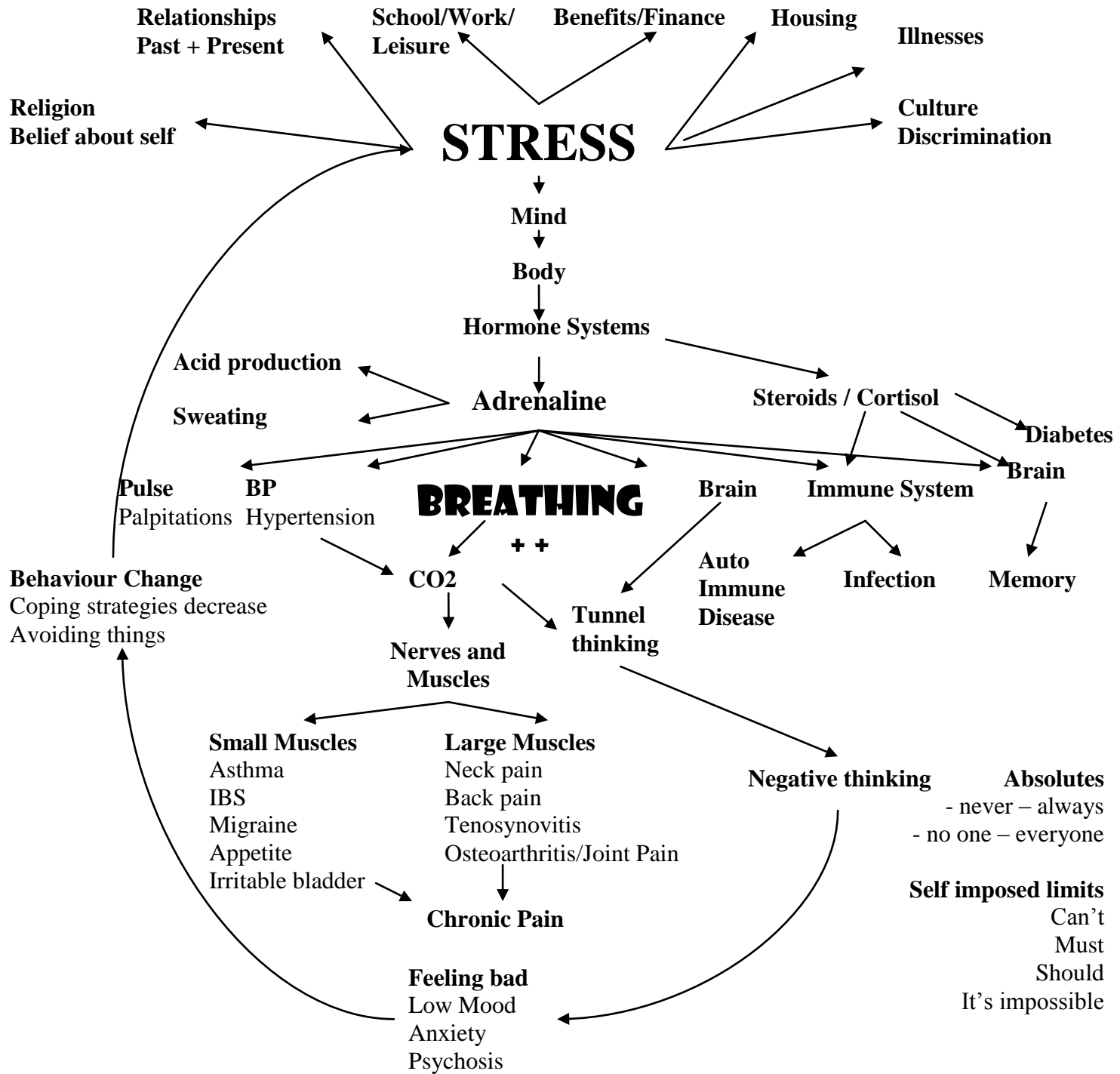


STRESS FLOWCHART



Multi Level Solutions – Creating Stress Resilience

- Problem Solving**
- Options - leave it
 - change
 - accept
 - reframe
- Consequences
Tincture of Time
Choose not to choose
Structured worry time
- Interpersonal Therapy**
- Counselling**
- Feelings and Needs**
- Solution Finding**
- Breathing 7/11**
- Yoga, Meditation, Mindfulness**
- Alexander Technique**
- T'ai Chi**
- Self Hypnosis**
- Positive Mental Training CDs and App**
- Writing 3 pages a day**
- Diet**
- Massage**
- Exercise**
- Physiotherapy**
- Acupuncture EFT/Tapping**
- Medication**
- CBT**