

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

Created by Dr Venetia Young,

The Lakes Medical Practice. The Health Centre, Penrith, CA11 8HW

E-mail: Imp.Reception@ncumbria.nhs.uk

web site: www.thelakesmedicalpractice.co.uk