



ANGELA RUSS –AYON

RESTRUCTURE, REFRESH, RENEW AN INTERACTIVE SELF-CARE EXPERIENCE

AbridgeClub.com
a Russ InVision site

P: 562-421-1836

E: info@abridgeclub.com

©2024 All Rights Reserved.

Stressopathy, a made up word to describe a silent epidemic that...

- sucks the joy out of life
- can cause depression
- lurks within to-do lists and the daily grind
- enslaves you in a cyclone of busyness
- robs you of the best parts of your day, week, month, year...

50% of workers leave their jobs because of physical and emotional stress.

Stress is one of the leading causes of health care issues.

We cause stress with...

- ...what we put in our bodies
- ...what we put on our bodies
- ...what we do or don't do with our bodies
- ...what we say to ourselves
- ...our negative, ruminating thoughts
- ...the choices we make

What is Self-Care?

- Self-care is not about eliminating negative feelings; it is about handling them.
- Self-care is not that one gift you give yourself occasionally.
- It is not one vacation a year. You can have an occasional self-care experience or indulgence, but does it really restore you?

How do you really feel the day you come back to work after a vacation?

Self-care involves ups and downs, and finding what helps in different moments, whether it's rest, action, social support, giving back, or solitude.

When your job involves looking after others, it's hard to focus on yourself. You have to recharge yourself, or your battery will run dry.

It doesn't matter...

- how smart you are
- how talented you are
- how much money you have
- how popular or famous you are
- how many likes you have
- how many followers you have
- or how successful you are in your career

Benefits of Self-Care

1. Improves Mental Health
 - Reduces stress and anxiety
 - Promotes mindfulness and relaxation
2. Enhances Physical Health
 - Better sleep, exercise, balanced diet, water consumption, vitamins
3. Boosts Productivity
 - Increases focus and concentration
 - Enhances creativity and problem-solving skills
4. Builds Stronger Relationships
 - Promotes better communication
 - Encourages patience, empathy, and understanding
5. Promotes Personal Growth
 - Fosters a positive self-image and self-worth
 - Enhances resilience and adaptability

What we tell ourselves matters!

Personal Affirmations

Affirmations are short, encouraging statements you can use to achieve a more positive frame of mind.

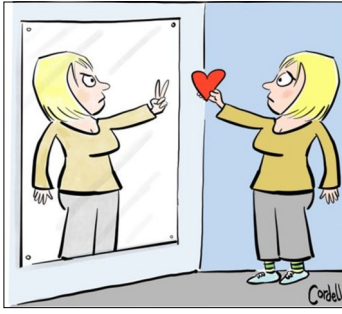
Positive Self-Talk

Self-talk is the internal dialog that goes on in your mind. Sometimes your inner critic tears you apart when something goes wrong or you have a challenge ahead. You become fluent in negativity.

"I can't do this."

"I'm not good enough."

Become a constructive mentor for yourself. You are capable of learning. You ARE enough!



Take personal ownership of your physical health.

Build positive connections with others. Research shows that making meaningful connections can have a positive impact on your overall health.

“Our strength lies in differences,
not in our similarities.”
- Stephen Covey

Use music to regulate your feelings.

- Separate your songs by feelings on your playlist.
- Soothing songs that help you relax have a calming effect on the nervous system.
- Songs that energize can stimulate the release of dopamine. (chemical messenger in the brain related to pleasure & reward)

Compartmentalize:

Compartmentalization is the act of dividing your life, activities, and tasks into distinct, separate compartments and closing the lids so you can focus on one issue at a time.

How does one compartmentalize?

- Prioritize tasks
- Allocate time for each task
- Create appealing physical spaces for each activity
- Set clear boundaries
- Schedule your care
- Use to-do lists or task mgmt. apps
- Reflect and adjust your approach
- Stay flexible

Take a magnifying glass to your finances

- Why don't you have any money?
- Are you living beyond your means?
- How are you spending money?
- How much are you saving?

- What spending habits can you change?
 - ◊ car too expensive
 - ◊ housing costs too much
 - ◊ friends or family syphoning
 - ◊ stores out of your range
 - ◊ budget better
 - ◊ start a side-hustle
 - ◊ go after that job or promotion

Restorative Activities & Healthy Coping Strategies

- Make plans and follow through.
- Go to bed & get up at a reasonable hour (7-9 hours of sleep).
- Breathe deeply and meditate for 5 mins.
- Take regularly scheduled breaks (at least 10 mins.).
- Get physically active. (5-10 min. walks).
- Play with children.
- Go outside & connect to nature for 20 mins.
- Wear colors that enhance your mood.
- Wear comfortable clothing made of natural fibers.
- Positive self-talk. Avoid ruminating.
- Post and read affirmations.
- Seek to solve your problems and overcome your challenges.
- Compartmentalize tasks.
- Get organized - declutter.
- Change your environment.
- Designate play, relaxation, and workspaces.
- Write in a positivity or gratitude journal.
- Prepare your favorite healthy meal.
- Look to your spirituality.
- Forgive.
- Minimize interruptions.
- Understand what is expected of you. Ask and reconfirm.
- Minimize exposure to media outlets, news, and social media that might promote fear or panic.
- Take a break from technology.
- View photos of beautiful images (guided visualization) and positive memories.
- Use aromatherapy with essential oils or scented candles.
- Listen to music that calms, motivates, and inspires you.

- Learn a new skill or language.
- Watch movies, shows, and comedians that make you laugh.
- Give back – Volunteer (mentor, tutor, shelter, orphanage, hospitals)
- Consider an emotional support animal.
- Set boundaries and hold to them. Just say NO.
- See failures and mistakes as learning opportunities. Celebrate them and take a bow!
- Innovate or make suggestions for improving what's broken.
- Ask for help when you need it.

- ◇ **What habits would you like to change?**
- ◇ **What would you like to try?**
- ◇ **What is working for your friends and peers?**
- ◇ **What is stopping you?**

1. Make a list of coping strategies based on these questions.
2. Cross off the strategies that you are already doing, or that aren't possible at the moment.
3. From what remains, choose one strategy that is most appealing to start for a few weeks.
4. Then decide if the strategy has helped or not. If it has, add it to your daily routine on a permanent basis - commit, and try another.

Create a Vision Board, which is collection of images, words, and phrases that reflect your positivity, goals, and ideas for self-care from magazines, books, drawings, online, and photos. Collect images, words, and phrases that benefit your mental, emotional, and physical health.

- Affirmations
- Bucket list activities
- Promises to yourself
- Goals
- Dreams

Music Reference List:

- | | |
|---|--|
| – “I’m Growing”
CD: <i>Smart & Yummy 1</i> | – “Clap One to the Left”
CD: <i>Smart Songs 1</i> |
| – “Farmer’s Market”
CD: <i>Smart and Tasty 1</i> | – “Good to be Alive”
Artist: Andy Hammer |

Holly Butcher posted her advice to the world, 24 hours before she died from Ewing's Sarcoma, a rare form of tumor. This was her message...

A bit of life advice from Hol:

“It’s a strange thing to come to terms with your own mortality at 26. We go through life expecting tomorrow, planning for the future, and imagining growing old. I dreamed of a life filled with love, children, and laughter—but cancer had other plans.

Now, I see how fragile and precious life is. Each day is a gift, not a guarantee. I didn’t write this to make anyone fear death, but to remind you not to sweat the small stuff. Appreciate the now.

Be grateful for your body—move it, feed it well, and don’t waste energy hating it. Stop fixating on flaws that won’t matter in the end. Instead, breathe in fresh air, soak in nature, and take in the beauty of simply being alive.

Spend your time on experiences, not things. Don’t miss a beach trip because you bought another dress. Cook a meal for a friend, write them a heartfelt note, and say “I love you” often. (Brittany’s story-when was the last time you told someone you love them?)

Whine less, help more. Give generously—it brings more joy than anything money can buy. And value people’s time—show up, be present, and put down your phone.

You don’t need a perfect body, a high-paying job, or an Instagram-worthy life. Do what makes your heart happy. Say no to things that drain you, and if something makes you miserable, change it.

And please—donate blood. It gave me another year with my loved ones, a year filled with some of the best memories of my life. That gift meant everything.

*..’Til we meet again.
Hol... Xoxo*

**Thank you for listening,
and welcome to the CLUB!
AbridgeClub.com**



- ☐ I neglect my diet
- ☐ I don't move as much as I should
- ☐ I'm at an unhealthy weight
- ☐ I have health issues that affect my ability to do things
- ☐ I have trouble sleeping
- ☐ I use sleep aids
- ☐ I'm always tired
- ☐ I have a negative attitude
- ☐ I'm depressed
- ☐ I have headaches
- ☐ I get sick often
- ☐ I drink too much alcohol
- ☐ I use recreational drugs to feel better
- ☐ I follow where I'm led
- ☐ I am always nervous or anxious
- ☐ I don't like to be kept waiting
- ☐ I get easily frustrated with people situations
- ☐ I am easily angered by things that are out of my control
- ☐ I rarely speak up for myself when I should
- ☐ I am always critical of myself
- ☐ I don't like uncertainty
- ☐ I lack motivation
- ☐ I can't seem to get anything done
- ☐ I lack self-confidence
- ☐ I have high or unrealistic expectations
- ☐ I struggle with time management
- ☐ I feel my opinion doesn't count
- ☐ I try to do everything myself
- ☐ I don't like to ask for help
- ☐ I'm often criticized for the things I do
- ☐ I worry a lot
- ☐ I'm nervous when speaking in public
- ☐ I'm easily embarrassed
- ☐ I fear failure or making mistakes
- ☐ I don't like to draw attention to myself
- ☐ I have trouble concentrating
- ☐ I have few supportive relationships
- ☐ I don't have anyone to talk to
- ☐ I feel betrayed by someone close to me
- ☐ I keep everything inside
- ☐ I put important things off until later/forever
- ☐ I gossip (leads to a negative cycle of distrust)
- ☐ I spend time complaining about my past
- ☐ I rarely/never do anything for myself
- ☐ I'm financially unstable
- ☐ I'm always too busy
- ☐ I often fall short of my goals
- ☐ I have suffered loss
- ☐ My life is in turmoil
- ☐ I feel completely lost
- ☐ I fail to find time to relax
- ☐ I cry when I leave work

What is your score?

Just one can be the cause of your stress.

One of the first steps to reducing stress is identifying its cause.
Select from the list of coping strategies on the handout and utilize the ones that work for you on a regular basis.

50 WAYS TO TAKE A BREAK

TAKE A BATH

VISIT A BODY OF WATER

WATCH THE CLOUDS

LIGHT A CANDLE

WRITE IN A JOURNAL

TURN OFF ALL ELECTRONICS

DO SOME GENTLE STRETCHES

TAKE A COFFEE BREAK

READ/WATCH SOMETHING FUNNY

WALK OUTSIDE

LISTEN TO A PODCAST

FIND A RELAXING SCENT

TAKE A BIKE RIDE

PET A DOG OR CAT

PUT ON MUSIC AND DANCE!

MAKE A GRATITUDE LIST

TREAT YOURSELF

TREAT SOMEONE YOU LOVE

FLY A KITE

MEDITATE

DO SOME EXERCISE

EAT YOUR FAVORITE MEAL

PLANT A GARDEN

DRIVE SOMEWHERE NEW

LEARN SOMETHING NEW

LISTEN TO MUSIC

DO A RANDOM ACT OF KINDNESS

CALL A FRIEND

WRITE A LETTER

WATCH THE NIGHT SKY

LET OUT A SIGH

BUY SOME FLOWERS

BAKE SOMETHING

VISIT A PARK

SIT UNDER A TREE

TAKE SOME DEEP BELLY BREATHS

LET GO OF SOMETHING

VIEW SOME ART

GO TO A FARMERS MARKET

PAINT SOMETHING

NOTICE YOUR BODY

FORGIVE SOMEONE

VISIT A LOVED ONE

GO TO A MUSEUM

REST YOUR LEGS ON THE WALL

PRACTICE 4-7-8 BREATHING

TRY A NEW HOBBY

EAT A MEAL IN SILENCE

GO PLAY!

GET A MASSAGE

50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap

Go to a body of water



Watch the clouds



Watch the stars



Write a Letter



Sit in NATURE

2x

Move twice as slowly



Light a candle



REST

your legs up on a wall



Let out a sigh



Fly a Kite

Learn something NEW

Listen to a guided relaxation



Read a Book



Take Deep Belly Breaths

MEDITATE



Notice your Body



Call a Friend



Meander around Town

WRITE in a journal

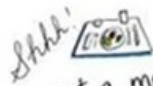


WALK Outside

Buy some Flowers



Find a relaxing scent



Eat a meal in SILENCE



Turn off all electronics

Drive somewhere NEW



Take a bike ride



Go to a park



Pet a furry creature

Create your own coffee break



View some ART

Examine an everyday object with Fresh Eyes



read or watch something FUNNY

COLOR with Crayons



Make some MUSIC



Climb a Tree

Go to a Farmer's Market



Forgive Someone



Engage in small acts of KINDNESS

Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks

Positive affirmations and self-talk

I finish what I START	My failures don't DEFINE ME	I warm the souls of others	I am building a healthy body
My life has MEANING	I will OVERCOME this	I choose to be HAPPY	I think POSITIVE thoughts
I can learn ANYTHING	I will make myself PROUD	I have EARNED this	I am where I'm Supposed to be
Nothing else matters	My life Has MEANING	I am willing to take a RISK	I am PREPARED

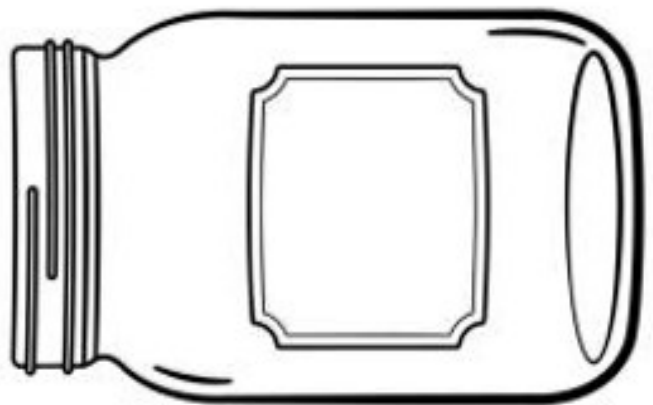
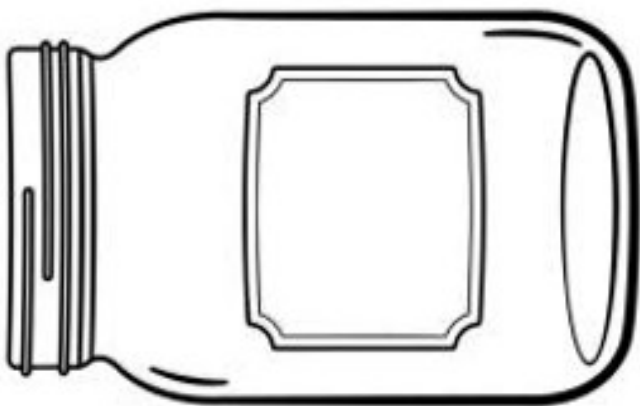
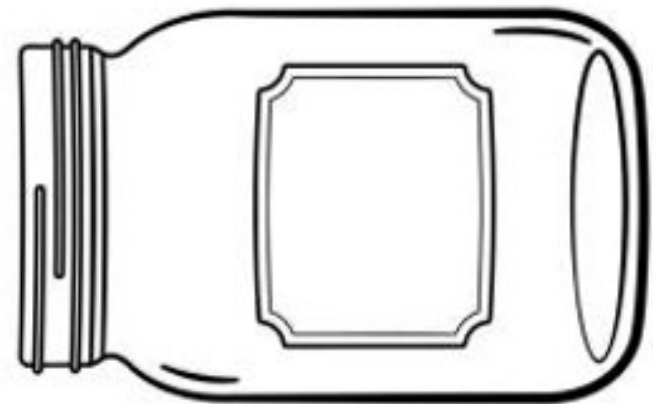
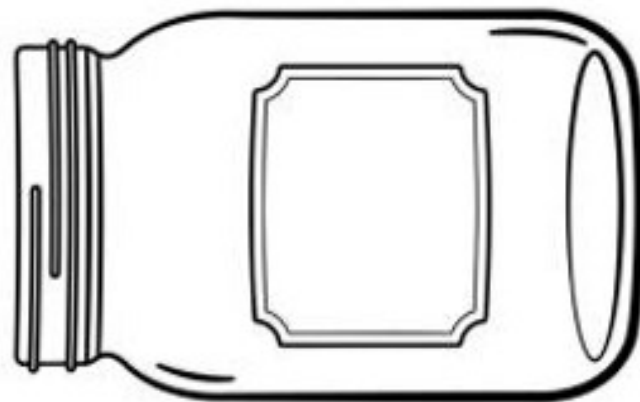
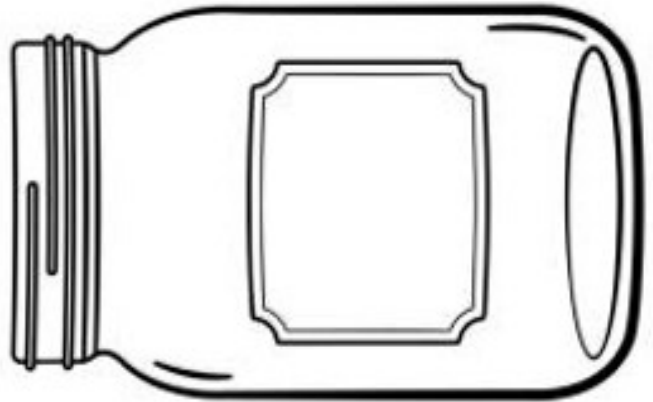
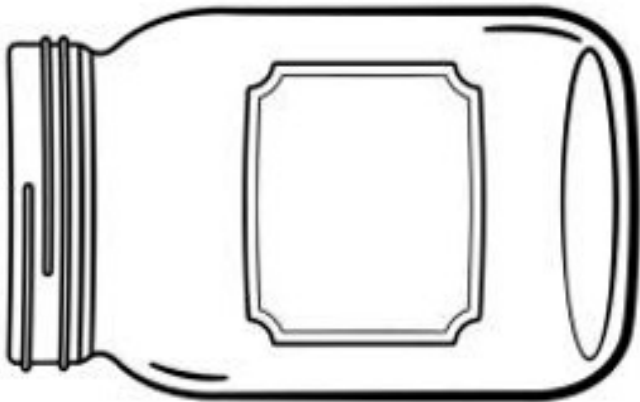
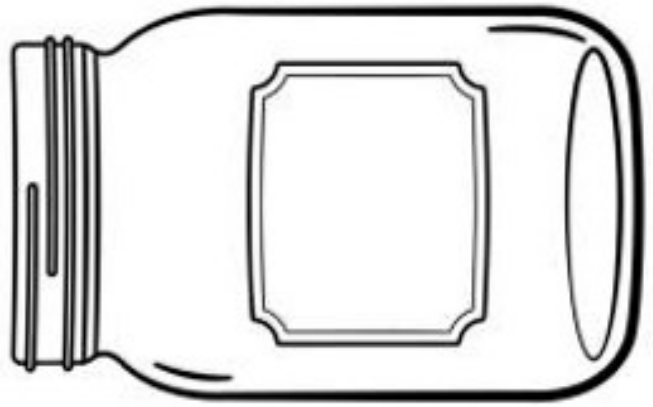
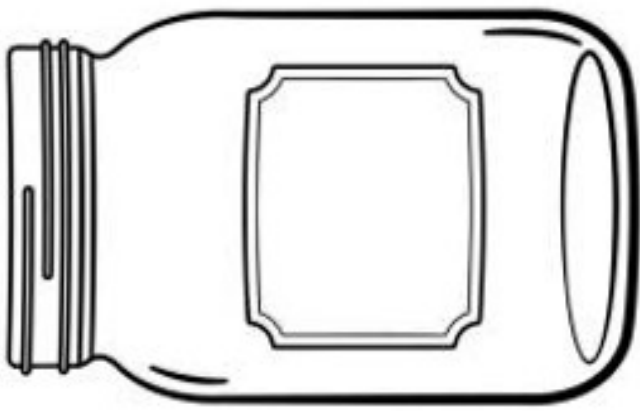
Positive affirmations and self-talk

I live like Someone left the gate open	I don't COMPARE myself to others	I can do this	I live in the land of ABUNDANCE
I am led by my DREAMS	My hard work will PAY OFF	Eating healthy food fuels me	I will seek HELP
I have the skills I need	My life Has MEANING	I am INTELLIGENT & CAPABLE	NOTHING will stand in my way
I am ENOUGH	When I make mistakes, I GROW	I am GRATEFUL for everything	I can reach my GOALS

Positive affirmations and self-talk

I have EVERYTHING I need	I can do this by MYSELF	My dreams will come TRUE	I am not defined by my past
I LOOK GOOD	I am RICH in friends	I am LOVABLE	I can OVERCOME my challenges
I can FORGIVE and MOVE ON	No one will push my buttons	I am a KIND & CARING PERSON	I will IGNORE the negatives
I am CAPABLE of change	I am in control of my finances	My cup is always FULL	I am filled with OPTIMISM

Compartmentalize



Malini, Srivastava - Uddip, Talukdar - Vivek, Lahan
Meditation for the management of adjustment disorder, anxiety and depression
Complementary Therapies in Clinical Practice. 2011; 17:241-250

Schreiner, Istvan - Malcolm James, P.
The benefits of mindfulness meditation: Changes in emotional states of depression, anxiety and stress. Journal of Psychosomatic Research. 2008; 25:158-168

Toneatto, T. - Nguyen, L.
Does mindfulness improve anxiety and mood symptoms? A review of the controlled research
Canadian Journal of Psychiatry. 2007; 260-266

Jose Silva, "Silva Mind Control Method"