STRESS BUFFER SHIELD

LIFE EXPERIENCES
that have strengthened me and taught me to manage

MY SUPPORT NETWORKS
people that nurture and console me

ATTITUDES / BELIEFS
that help protect me or help me view it differently

PHYSICAL SELF-CARE HABITS
that prepare me or release tension

ACTION SKILLS
I can use to change the situation

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Nancy Loving Tubesing and Donald Tubesing, Editors,
Whole Person Press, P. O. Box 3151, Duluth Minnesota, 55803

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING.
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.