



**Diane Abdo, Psy.D.**

# Heart of Happiness Webinar

## **Stress Reduction Skills to Pave Your Path Toward Happiness: Stress Reduction Skills and Assessment**

Assess your performance on each skill with the rating of 1 to 10, 1 being the lowest or do not choose to do at all and 10 being the highest or always choose to do.

<b>Skills/Choices</b>	<b>Rating</b>
Choose to eat nourishing foods	
Avoid excessive alcohol, or food or caffeine	
Exercise regularly- (we fight stress better when we are fit)	
Get enough rest and sleep – (you need time to recover from stress)	
Make time for interests and hobbies, schedule them into your week.	
Set boundaries and say no to requests that would create excessive stress	
Manage time effectively	
Pace yourself (activities and focus)	
Seek social support	
Find your tribe	
Spend time engaged with those you love	
Accept that some things you cannot control	
Learn to suspend judgmentalism and criticism	

<b>Be assertive instead of aggressive</b>	
<b>Learn about your anger and learn to manage it</b>	
<b>Develop a positive mental attitude</b>	
<b>Address any patterns or habits of resisting peace and staying negative</b>	
<b>Tune in to the energy of your thoughts and choose peaceful thoughts</b>	
<b>Cultivate empathy and compassion as life skills</b>	
<b>Purposely learn and practice relaxation and other mind-quieting techniques, such as: meditation, yoga, tai-chi.</b>	
<b>Stay in the moment (as this fights anxiety and negativity)</b>	
<b>Develop, and practice regularly, mantras that are personally meaningful and uplifting</b>	
<b>Create internal balance by understanding your emotions and connecting your psychological dots</b>	
<b>Be engaged in a plan for your personal betterment on these issues</b>	