

Do you blame the circumstances and STRESS in your life for your lack of happiness and your failure to practice self-care? Stress takes a toll on our emotional, physical, mental & spiritual health. We may not be able to control the STRESS, but we can choose how we respond to it. Healthy development involves *differentiating* your sense of SELF from a reliance on people or circumstance to make you happy. *Individuation* is learning to find your value, purpose and joy within yourself and your strengths. So take an hour, find a quiet and safe (undisturbed) place, and have fun brainstorming ways to DE-STRESS your life. Don't be *practical*... dream, scheme and *delight*!

What brings me closest to God?	What inspires and amazes me?	What makes me feel joy and contentment?
What gives me a sense of accomplishment?	What relaxes and soothes me?	What delights me or makes me laugh?
Who do I enjoy being with?	What do I do to play?	What improves my health?
What makes me feel financially secure?	What places do I enjoy being at?	What recreational activities recharge me?
What am I curious about learning?	Who or how do I enjoy helping?	What physical exercise do I enjoy doing?