

Complete the “Twenty Loves” strategy worksheet by filling out the column of “Twenty Loves.”
TWENTY THINGS I LOVE TO DO

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Now “code” your list of 20, as follows: (Each item may have more than one code letter by it:

- Place a ‘P’ by every item on your list which you ordinarily do with people
- Circle each item on your list that helps you relax or feel good
- Place an ‘E’ by every item on your list which involves eating
- Place an ‘X’ by every item on your list which involves active physical exercise (more than just moving your jaw!)
- Place a tick by every item you think will still be on your list 10 years from now
- Place a ‘G’ by every item on your list that makes you feel guilty when you take time to do it

Now **review** your list. What activities would you like to do more often? Which activities would you find helpful in reducing stress now? on a regular basis? What do you think your list of “Twenty Loves” tells you?

MY STRESS POINTS – Now turn your paper over and do the following:

- a. List the 3 things which are most, stressful for you personally
- b. Put a star by the one you want to work to alleviate during this Stress Management series.

ASSIGNMENTS - We have 2 assignments for you to complete before the next session.

1. Do something for someone to make them happy. If possible, don’t let them find out who did it. Try to do something special like this each day between now and the next session. Come prepared to share at least one of the things you did and its result next time.

2. Set aside some time each day, a minimum of 10 minutes, to practice a mood-elevating activity of your own choice (such as laughing, singing, whistling, playing the piano, listening to the stereo, etc.)

And finally do some daily **DEEP BREATHING EXERCISES** – relax the abdomen – breathe in and out through the nose. Abdomen moves in and out as you breathe.