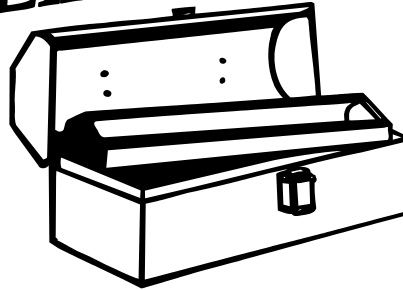


Want to join in the drawing for door prizes?

Circle from 0 – 5's on the **little card**
& put your name on the other side!

Only give us your email
if you'd like to receive a
FREE weekly motivational e-quote

LifeTOOLS!



How to Manage Life
INSTEAD OF
Life Managing You!!

Carol L Rickard, LSCW, CEO





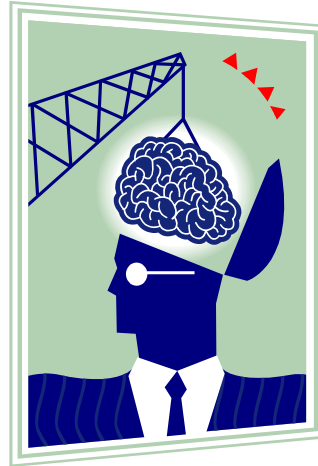
How many are left? 2

Deciding & **DOING** are two different things!

CONGRATULATIONS!

You are **DOING....**

The
Smart Audience
Test!



Whole Brain Wellness

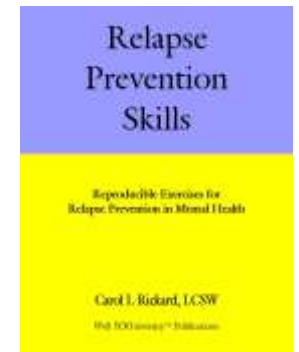
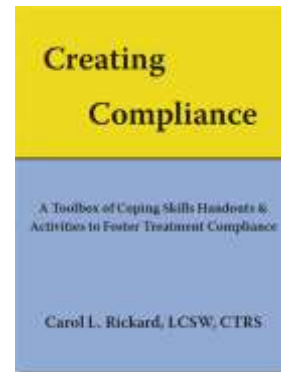
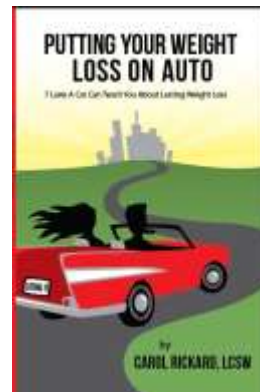
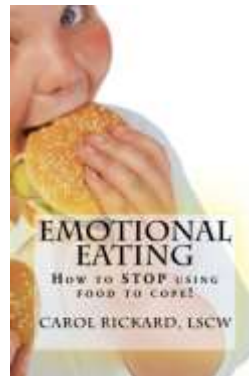
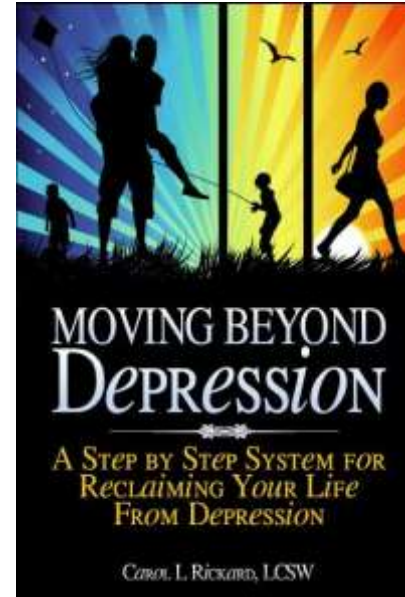
Moving Knowledge in to Action

LifeTools

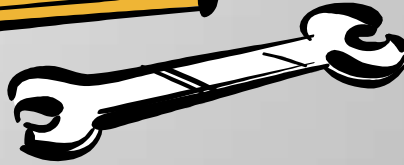
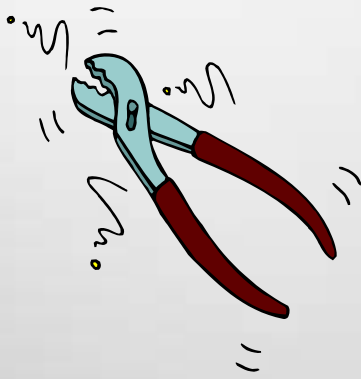


How to Manage Life Instead
of Life Managing You!

Carol L. Rickard,
LCSW

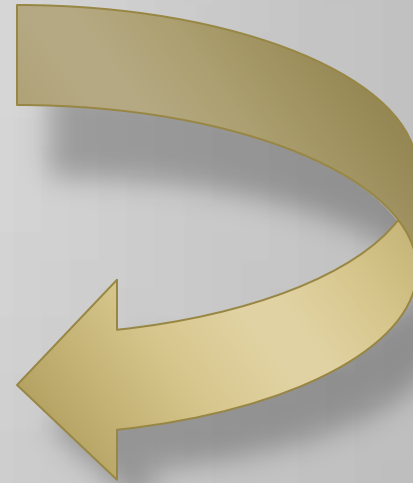






**Tools for
Things!**

**Tools for
Life!**



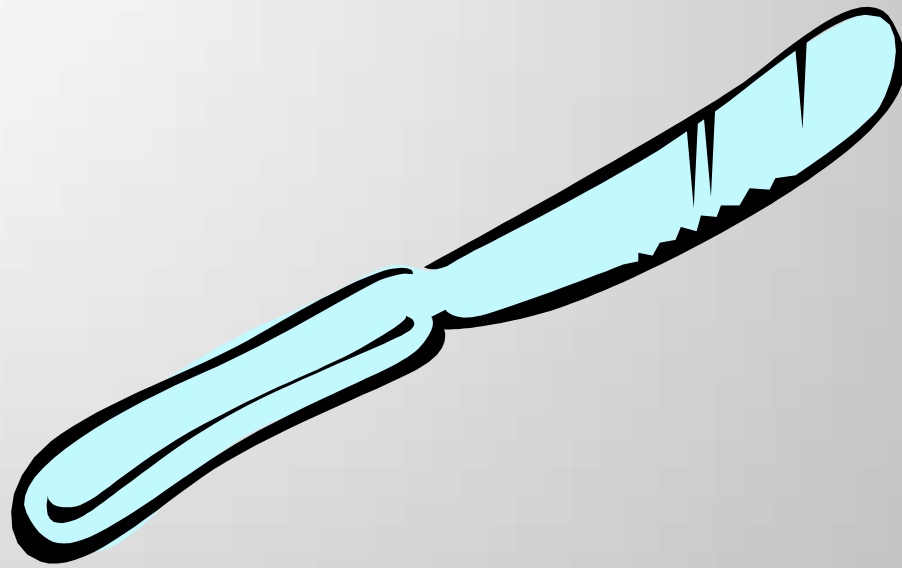
Tool #1

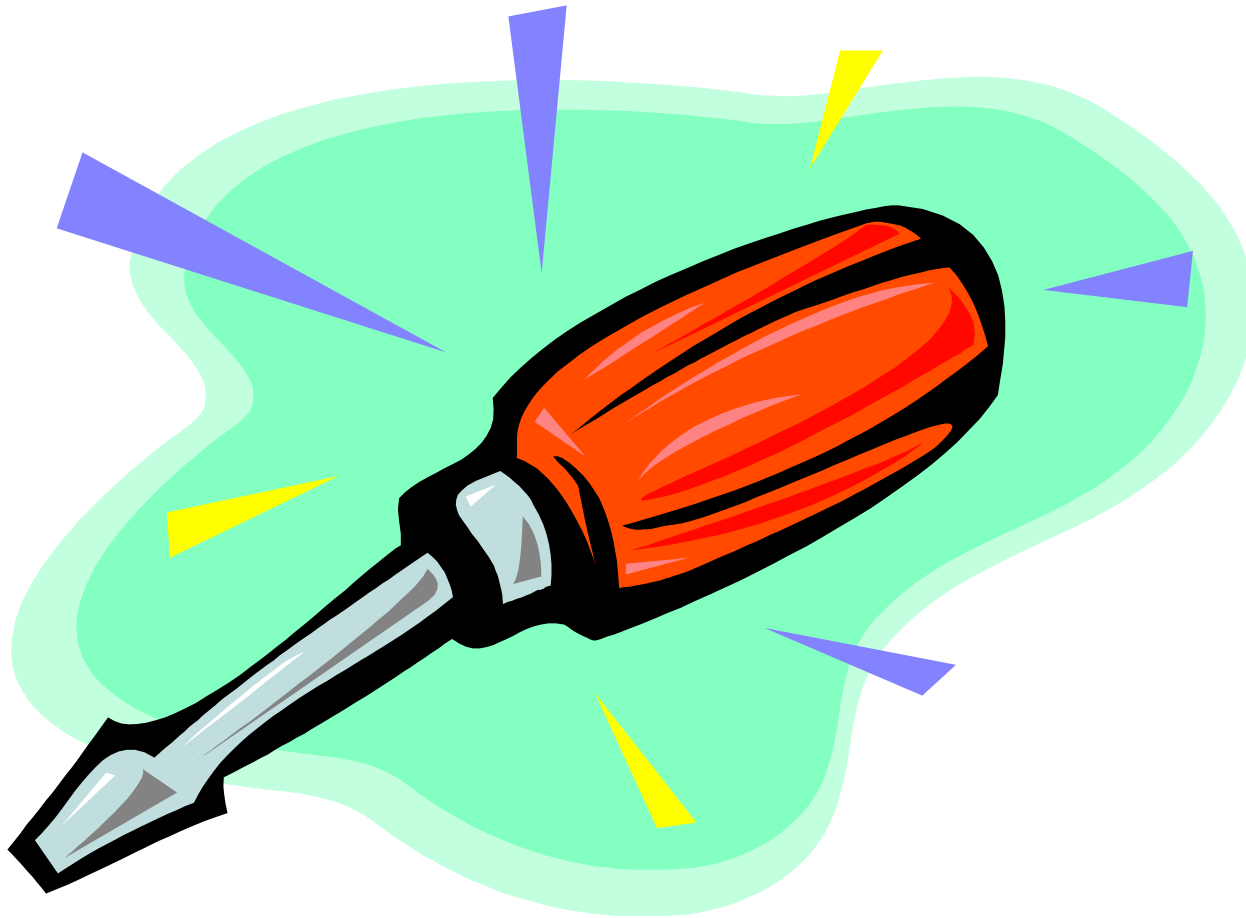


Simple Truths.com

Movies

Finish Strong









Survival Tools!

A temporary fix.....









“Survival Tools”

Versus

“LifeTOOLS”

**How are your stress
tools working for you?**

Keys to Changing Your Stress Tools!

YOU are the one who must decide.....

Important not to invalidate the old tools....

Watch out for the COMFORT ZONES.....

Don't let FEAR stop you.....

Tool #2

Find

Emotion

Alters

Reality

Tool #3

Creating

Healthy

And

New

Growth

Experiences

If you always do
what you've always done,

You'll always get
what you always gotten,

Because if nothing changes...

NOTHING CHANGES!



Imagine....

You had 1 car that had to last you a lifetime.

How well would you take care of that car?!

Defining Wellness –

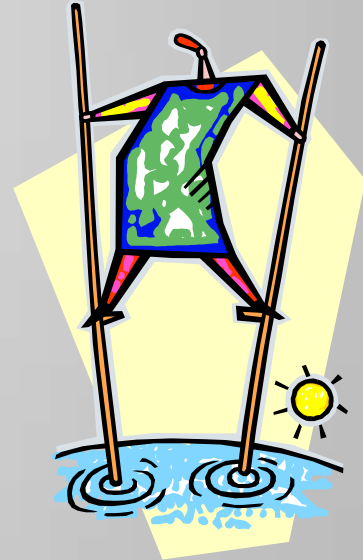
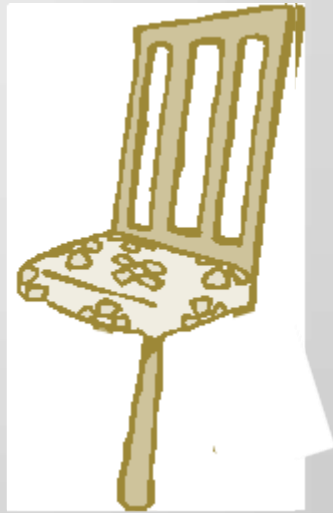
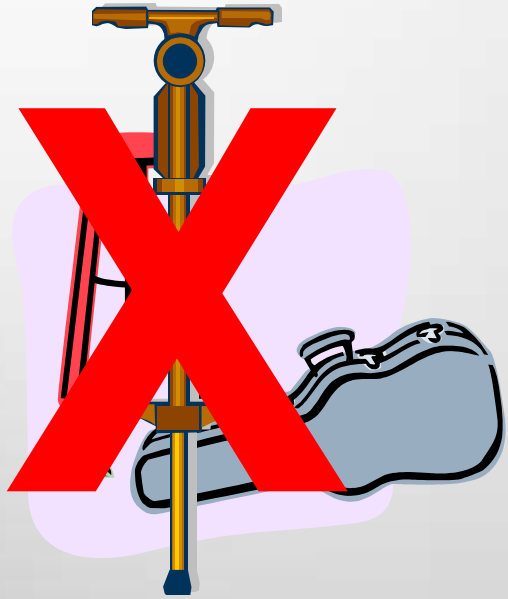
What is it?

National Wellness Institute:

“Wellness is an active process of becoming aware of and making choices toward a more successful existence.”



L.I.F.E. Wellness Blueprint



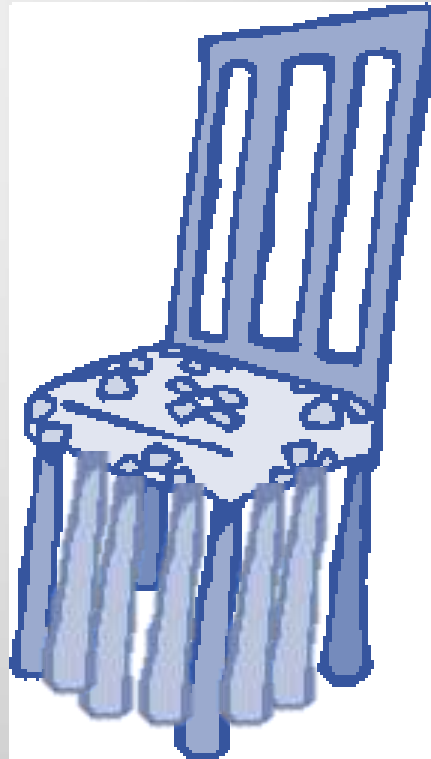


Wellness

The L.I.F.E. Wellness Blueprint



Solid



Stable

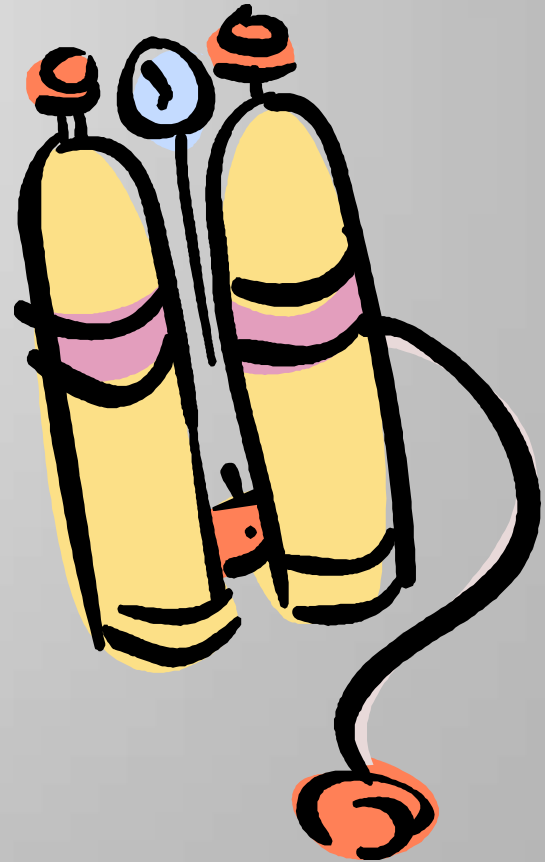
Sturdy

The L.I.F.E. Wellness Blueprint

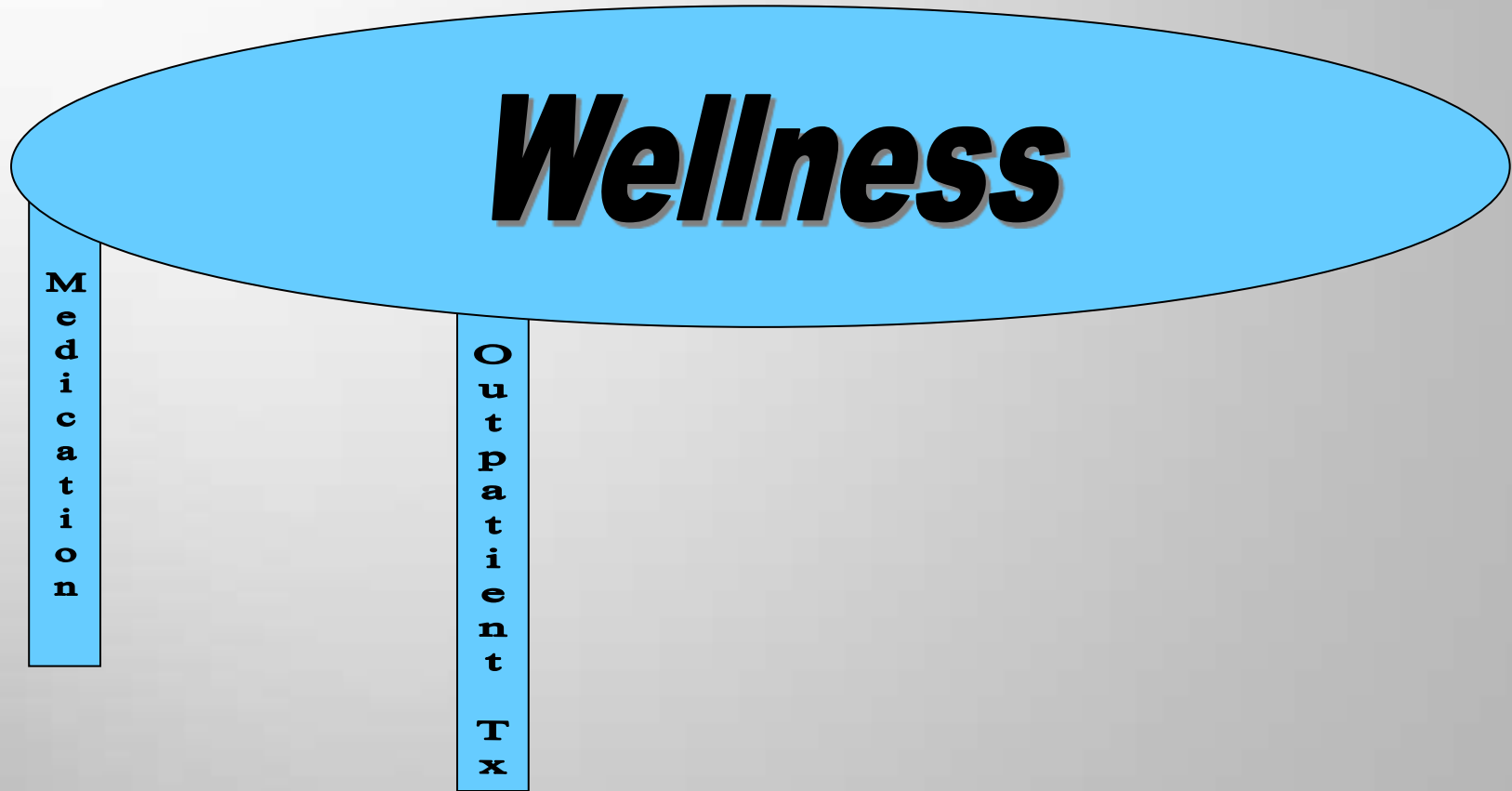
Wellness

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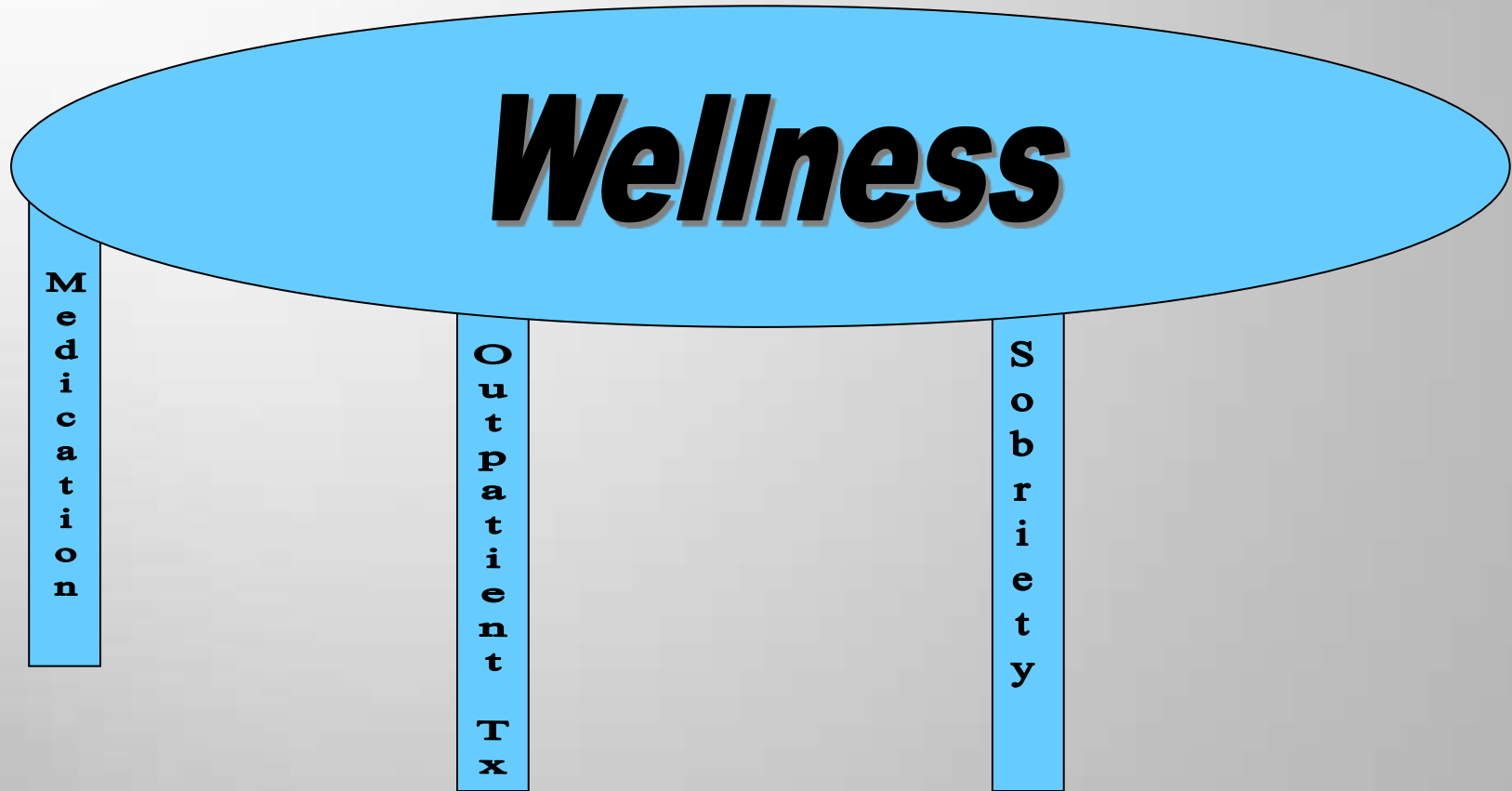


The L.I.F.E. Wellness Blueprint





The L.I.F.E. Wellness Blueprint



The L.I.F.E. Wellness Blueprint





Our Secret Weapon =



A MAP! Daily Planning!



Daily Wellness Plan!

_____ **Date / Day of week**

My Wellness _____
Goals
For Today: _____

6:00am

7:00am

8:00am

9:00am

10:00am

11:00AM

12:00PM

Continues up to 10:00pm!

To Do

Wellness Blueprint Checklist

- Medication
- Sobriety
- Structure
- Outpatient

- Nutrition
- Exercise
- Support
- Socialization
- Coping Skills
- Communication
- Spirituality
- Leisure
- Acceptance
- Self Esteem

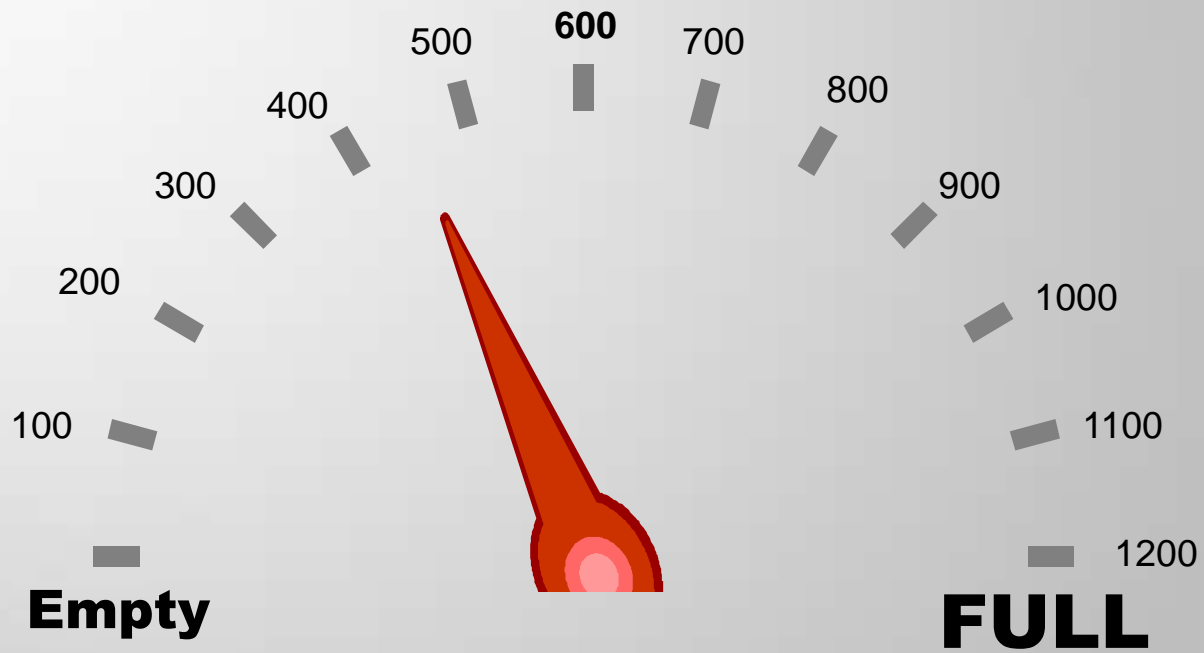
**The
Corners**

**Rest of The
Foundation**

The Rest of the Foundation!

The L.I.F.E. Wellness Blueprint





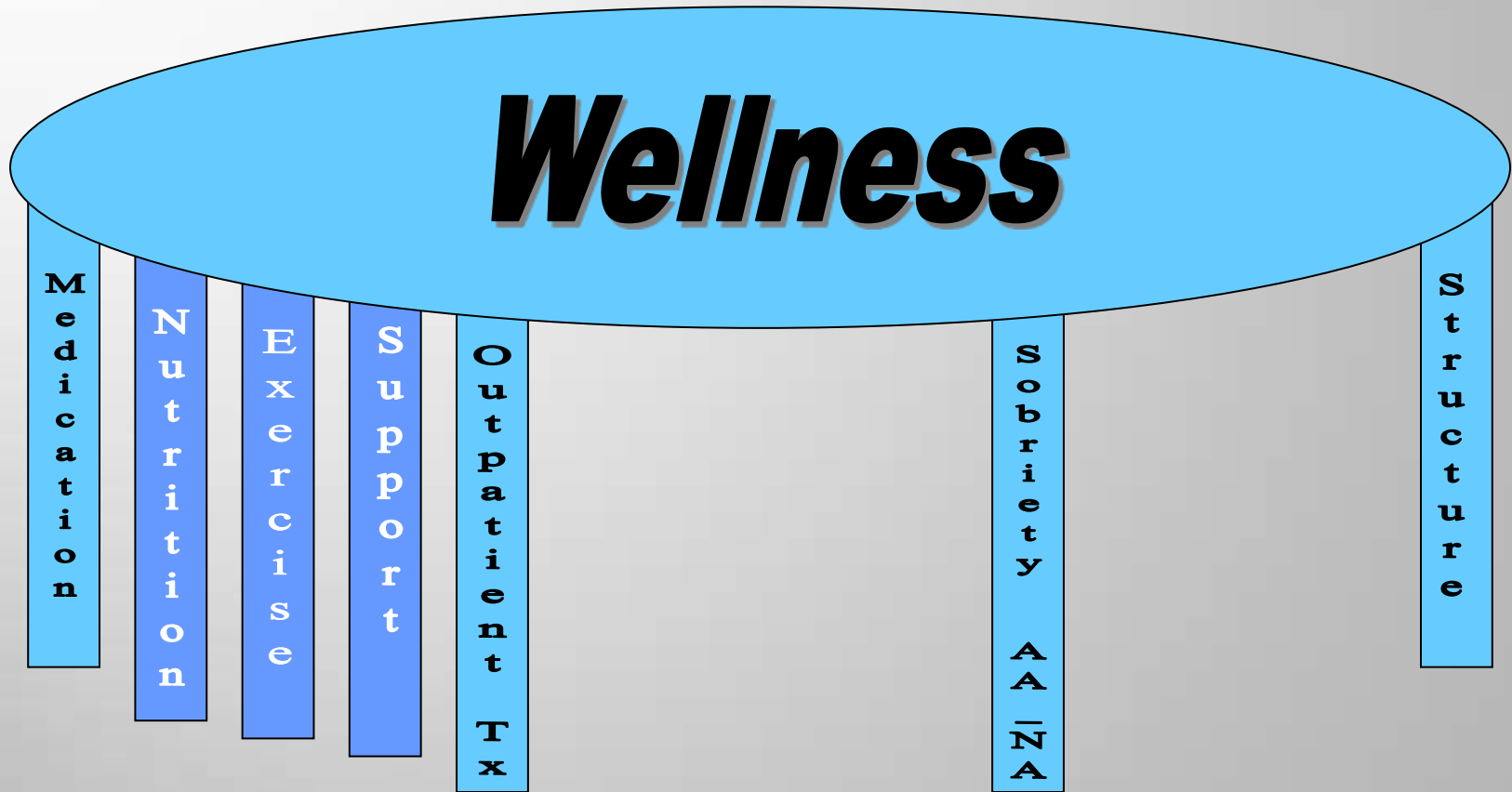


The L.I.F.E. Wellness Blueprint



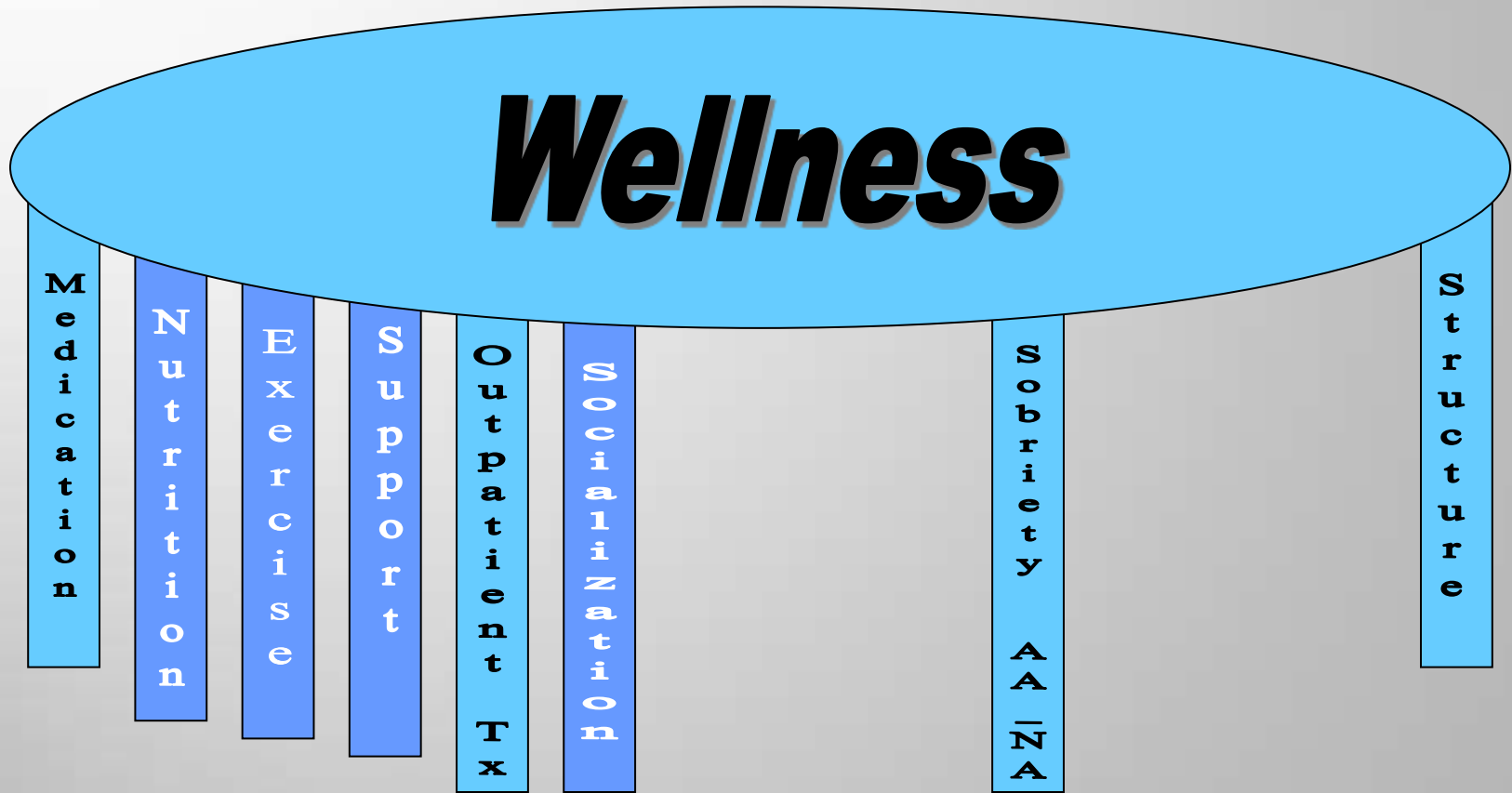


The L.I.F.E. Wellness Blueprint



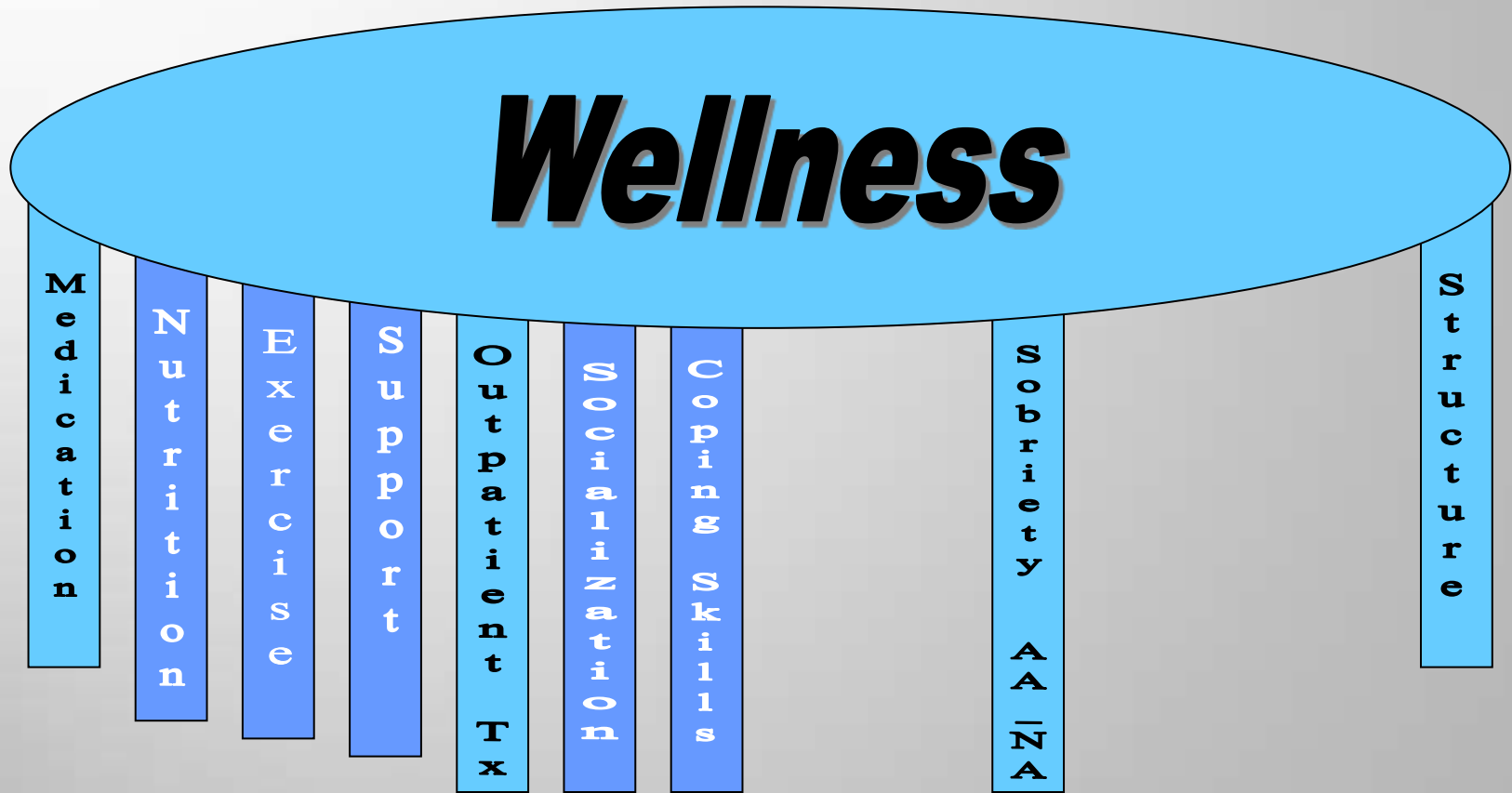


The L.I.F.E. Wellness Blueprint

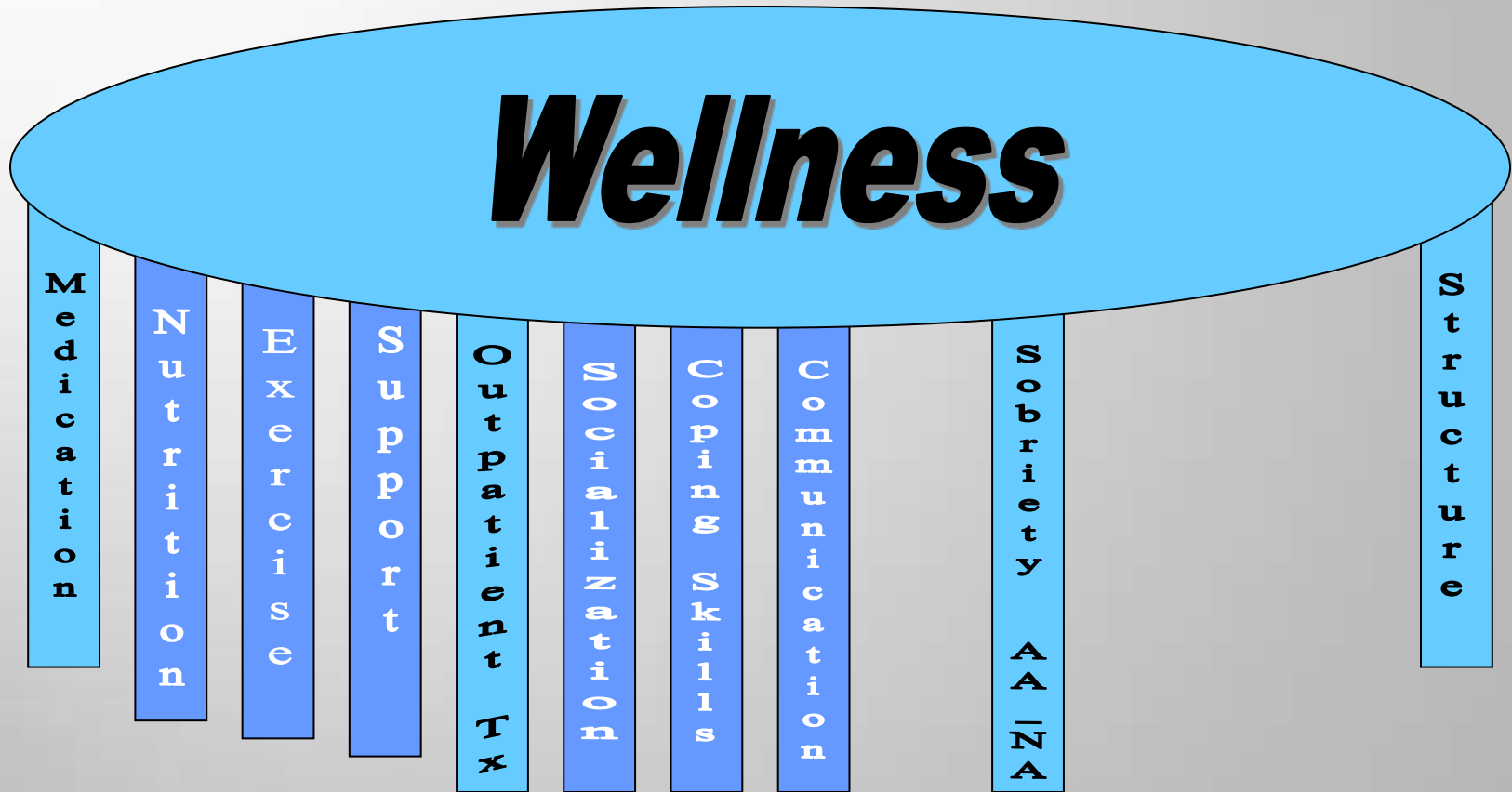


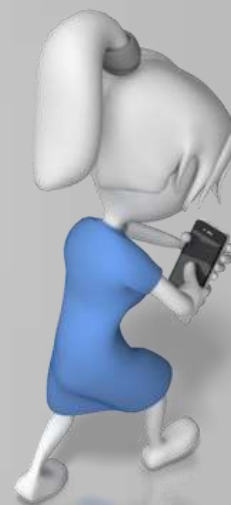


The L.I.F.E. Wellness Blueprint

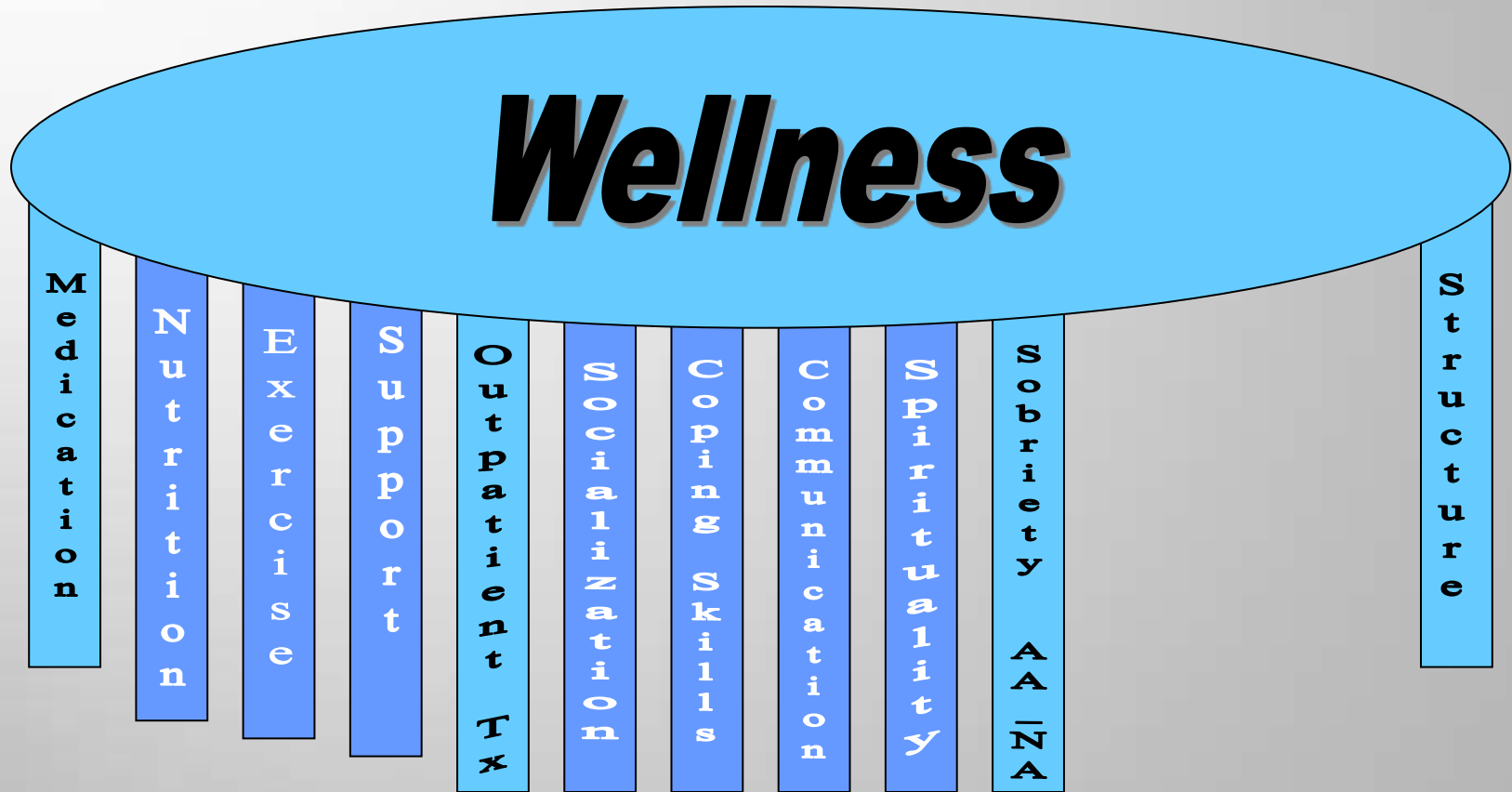


The L.I.F.E. Wellness Blueprint





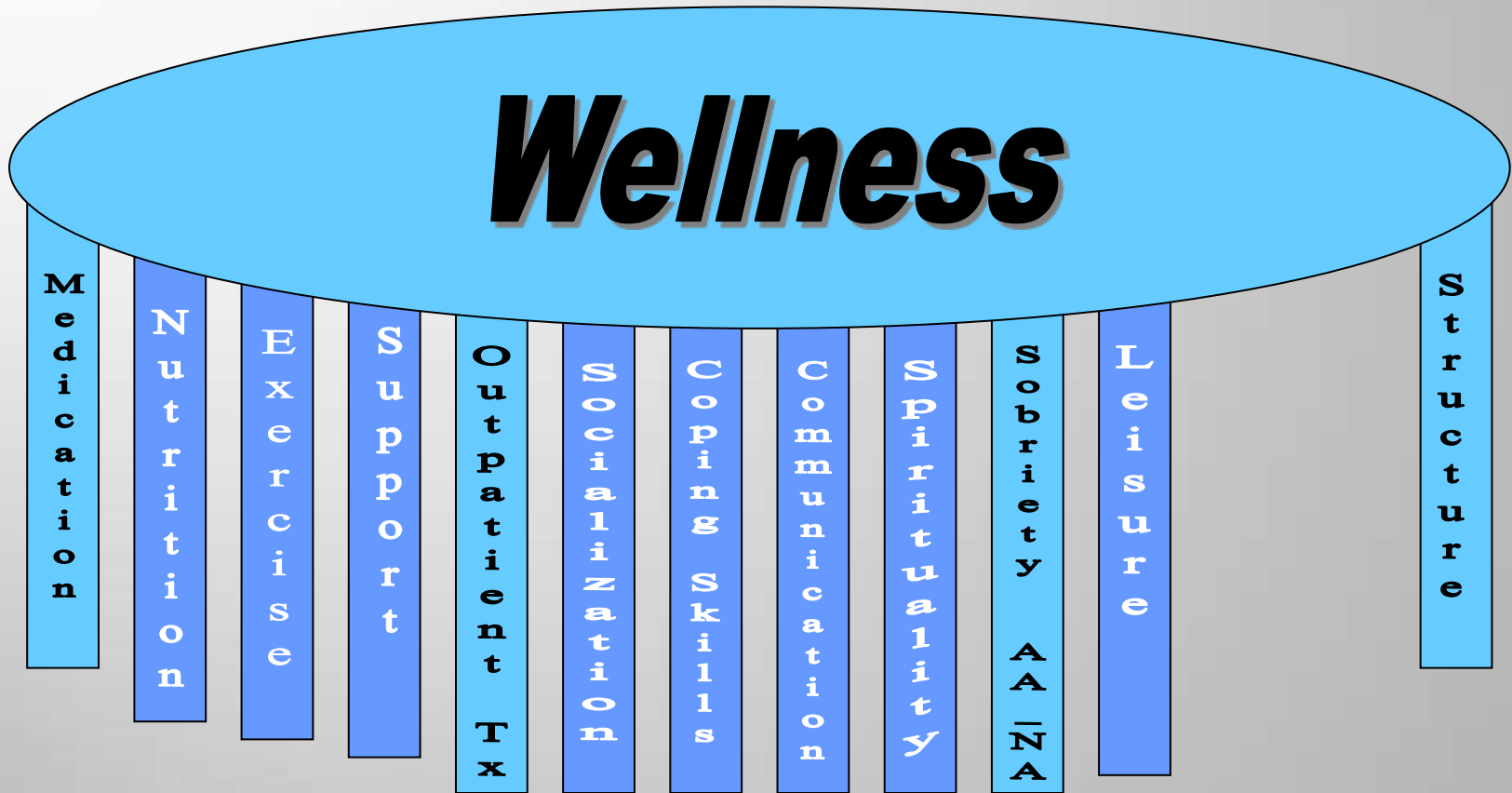
The L.I.F.E. Wellness Blueprint



“A sense of inner peace”

YOU are the *only one* who knows
what this is for you!

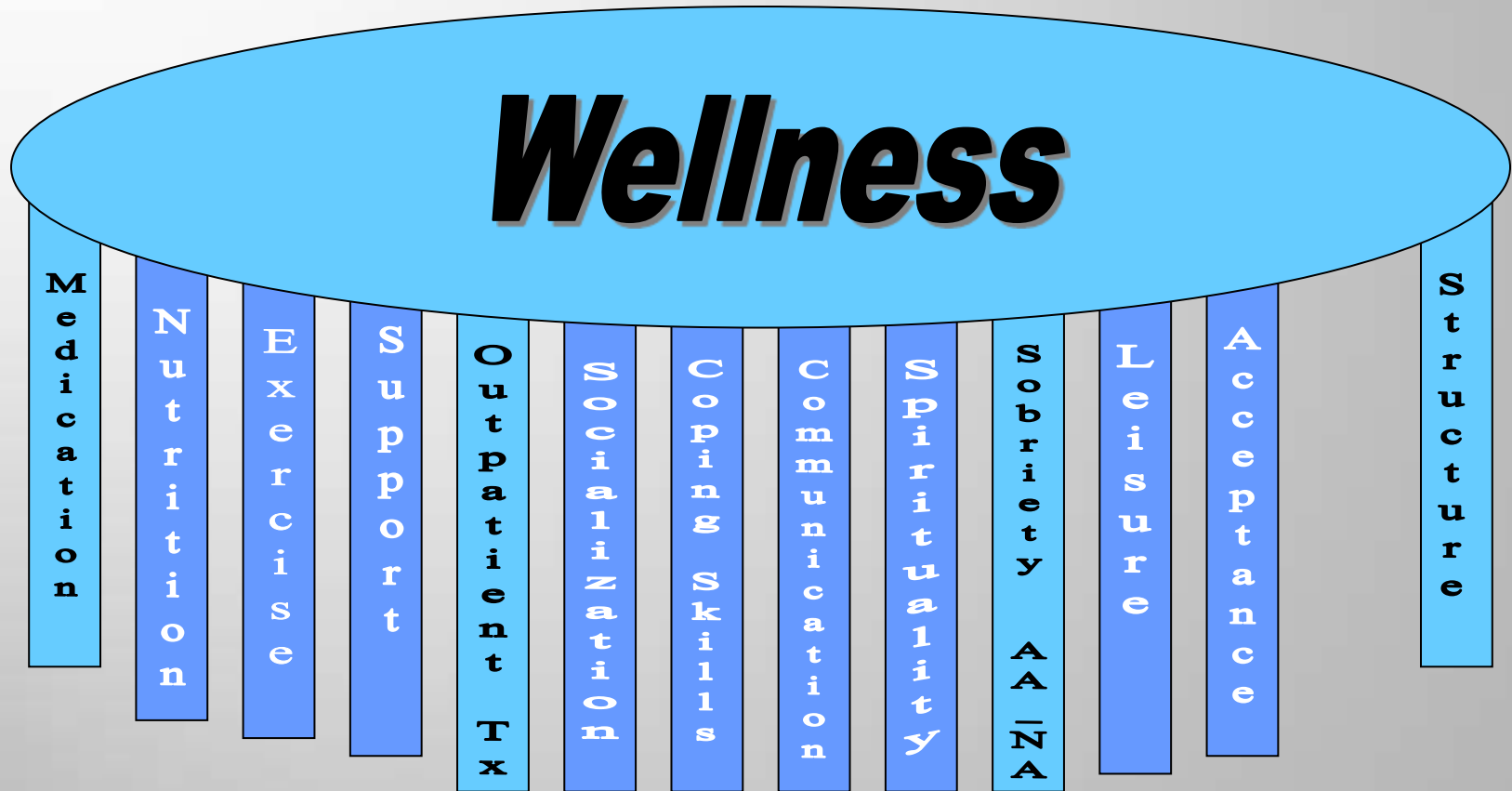
The L.I.F.E. Wellness Blueprint



**RELAXATION
CHOICE**

The image features the words "RELAXATION" and "CHOICE" stacked vertically in a bold, blue, 3D sans-serif font. The text is positioned on a light gray surface that reflects the letters, creating a subtle shadow and a mirrored image below. The background is a plain, light gray gradient.

The L.I.F.E. Wellness Blueprint

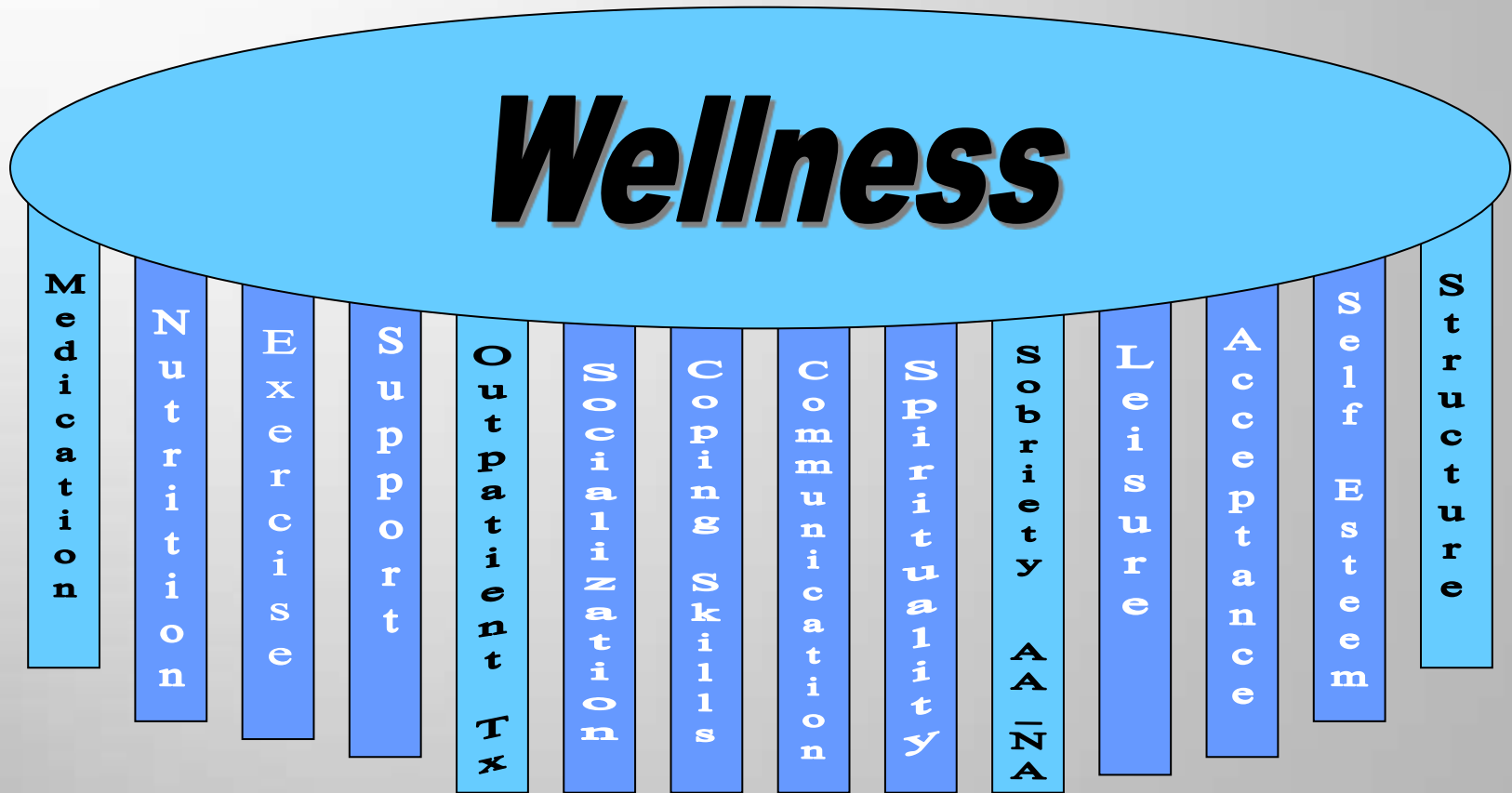


Acceptance \neq **LIKE**

0%

100
%

The L.I.F.E. Wellness Blueprint

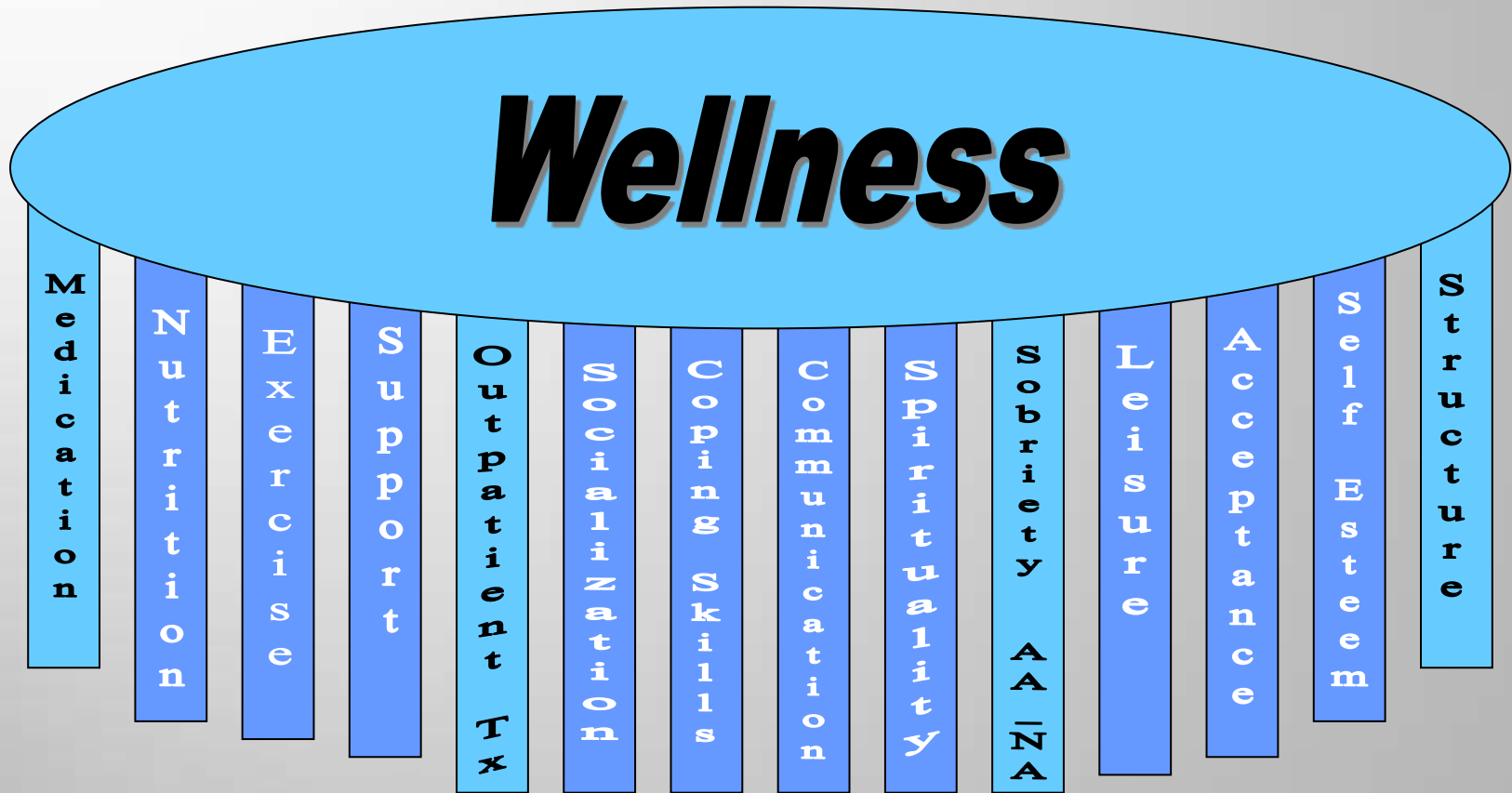




WARNING!

**This must be
an inside job...**

The L.I.F.E. Wellness Blueprint

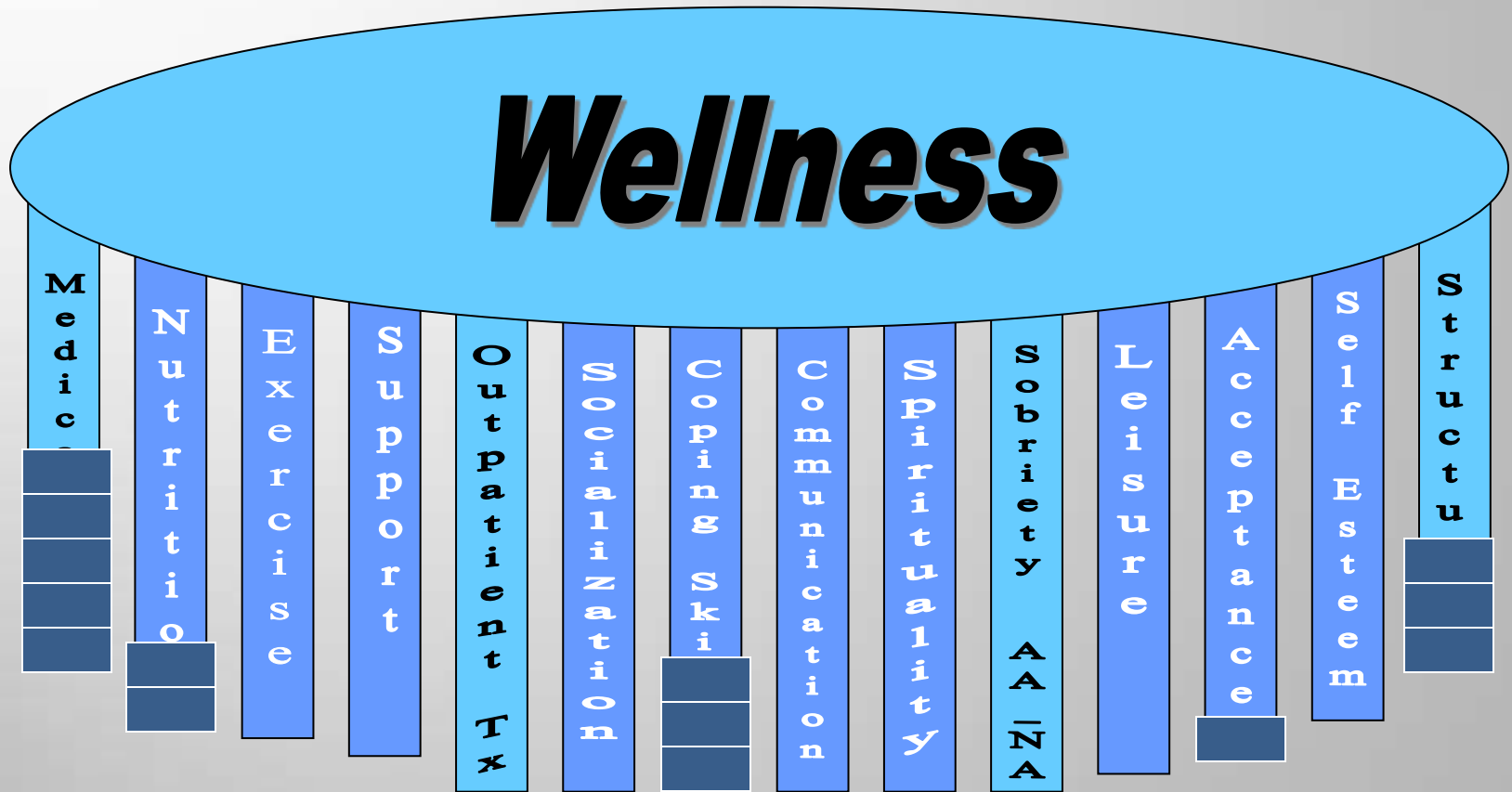


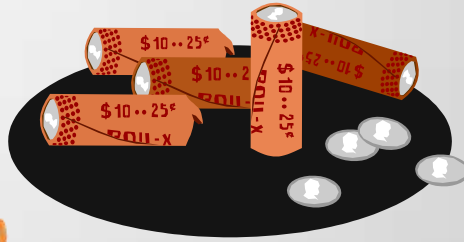
The L.I.F.E. Wellness Blueprint

Wellness

**M
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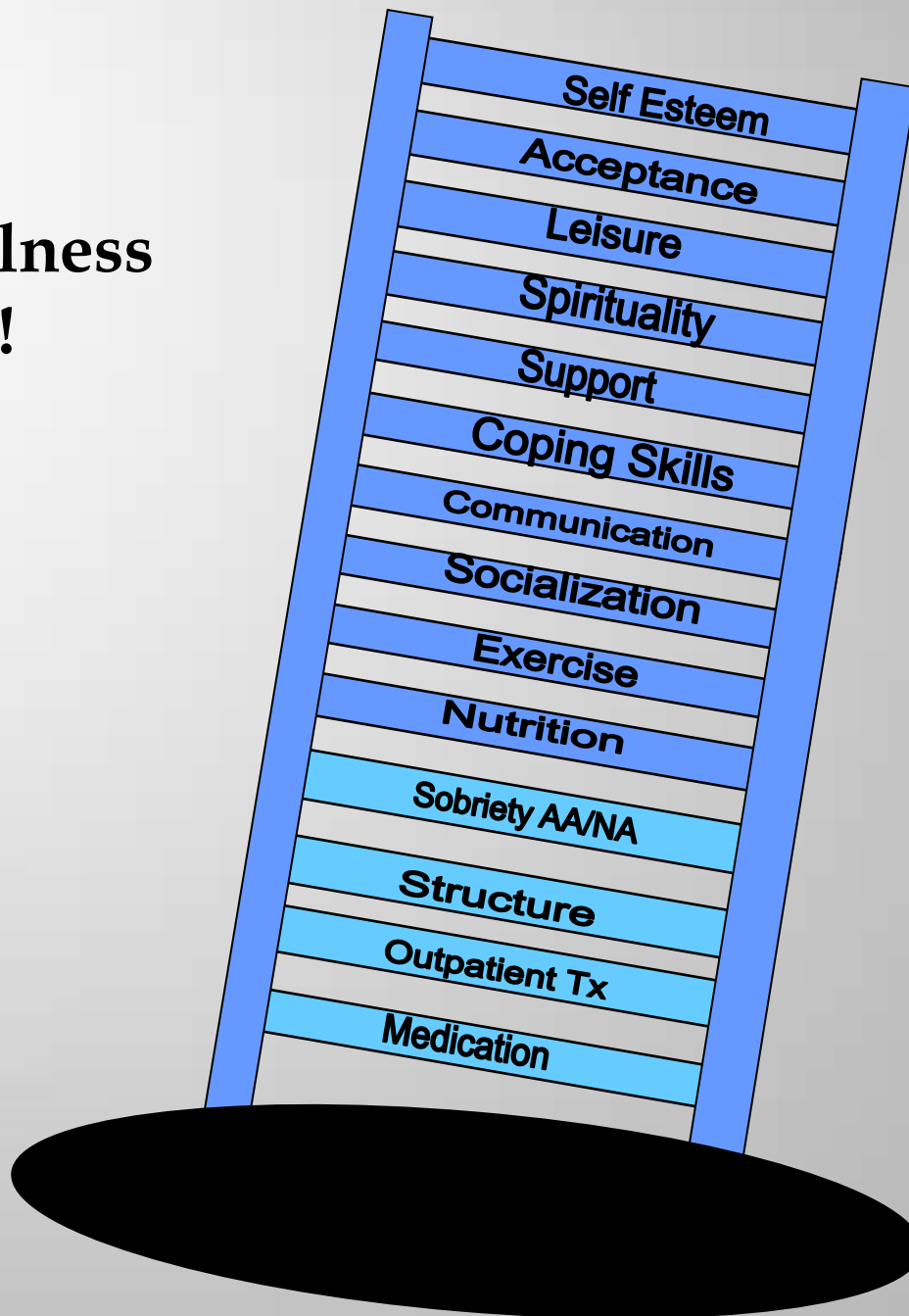
The L.I.F.E. Wellness Blueprint





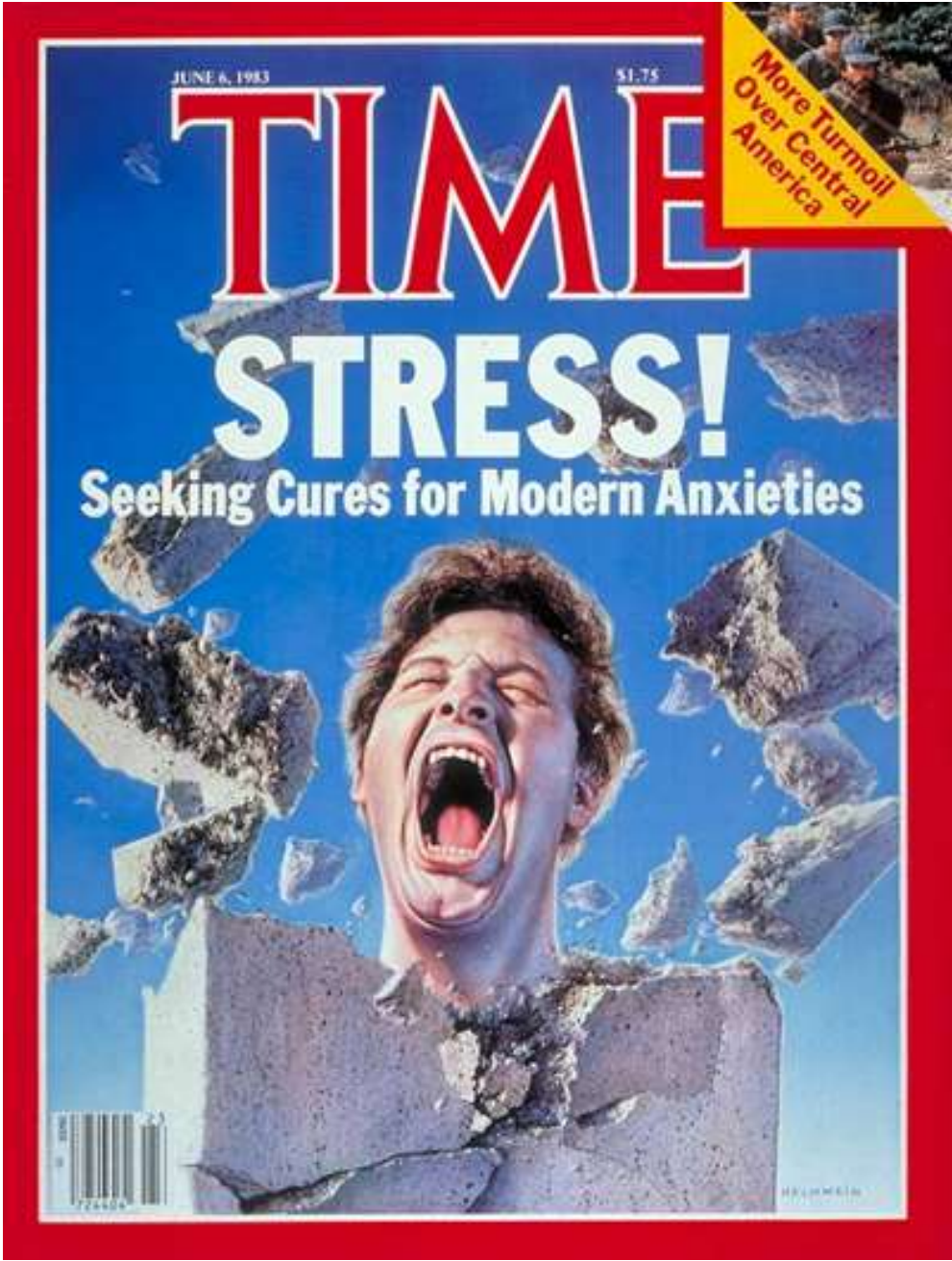
Small change leads to **BIG CHANGE!**

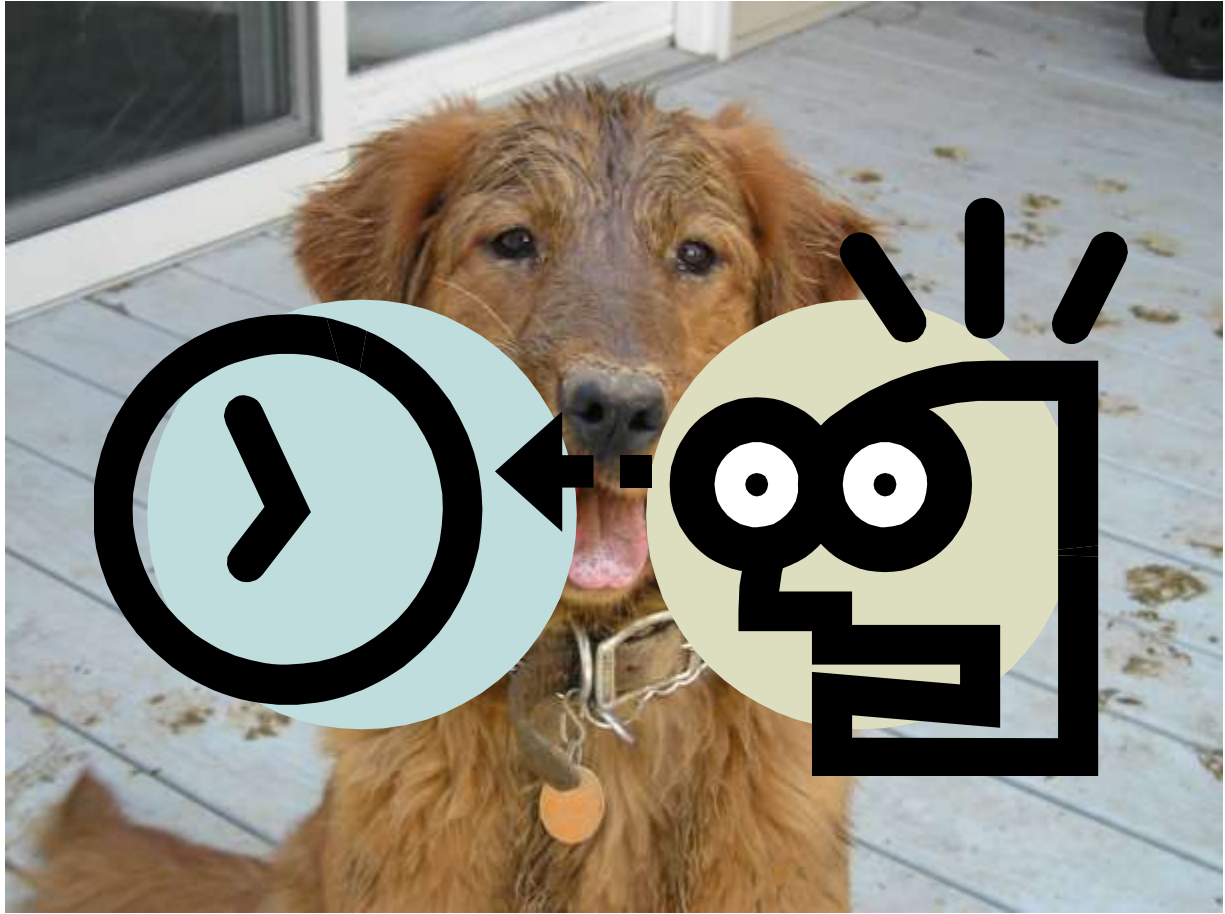
The L.I.F.E. Wellness Ladder!



The L.I.F.E. Wellness Cage!







Source

Both

Response

Traffic
Too much free time
Not enough free time
Bills
Husband / wife
House cleaning
Weather
Health Issues
Doctors Appt.
Loss

Migraines
Can't sleep
Anxiety
Pain
Depression

Headaches
Anxiety
Anger
Tense muscles
Can't sleep
Overwhelmed
Frustrated
Eat
Avoidance
Smoke more
Pain

Physical **Responses**
 → **Body**
Come in 3 flavors!

Emotional **→** **Feeling**

Behavioral **→** **Do**

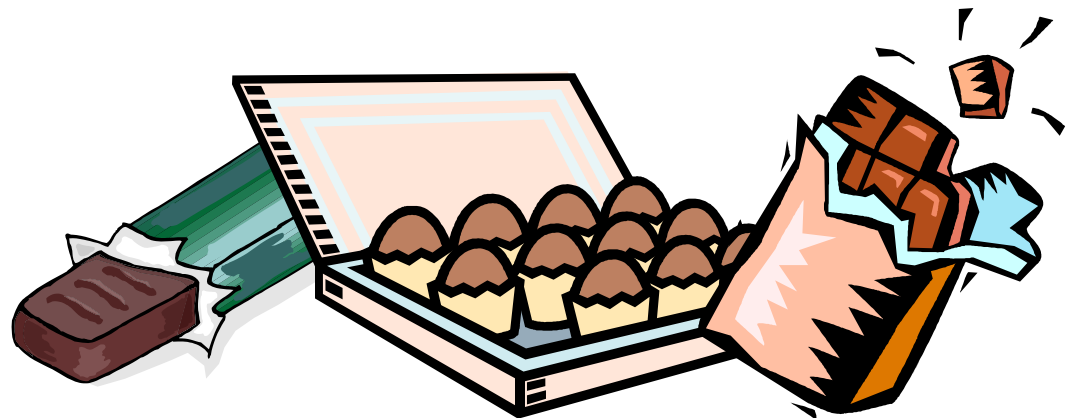
CAUTION!

Responses



**SURVIVAL
TOOLS!**

Work



STRESS can make symptoms WORSE.....



**“It’s the medicines job to manage the illness,
It’s the person’s job to manage the situation”**

Zinovy Izgur, MD

Has your ~~washer~~ ^{Got Kids?} ever broke?



Do you hate to do laundry?

How would you feel?

Angry



Overwhelmed

Hopeless

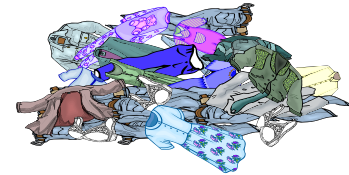
Solution #1:

Do at least one load a day of

Stress Laundry!

Stress is a lot like laundry.....

It piles up!



Sure! You can pretend it's not there...

Maybe even try to hide it!

Whether you see it or not – it still keeps piling up!

Tool #5

STRESS AWAY

LAUNDRY SOAP



Guaranteed to lighten any day!

- Directions:
- * Use at least one time daily.
 - * Separate in to piles if too large for one load.
 - * May need to do multiple loads!

- Cook**
- Bake**
- Draw**
- Hot shower or bath**
- Clean**
- Play a game!**
- Do laundry**
- Call a friend**
- Use Serenity Prayer**
- Meditate**
- Spend time alone**
- Mow the lawn**
- Say "no"**
- Volunteer**
- Exercise**
- Read**
- Chop wood**
- Organize: make a schedule or to do list**
- Zoo**
- Plan a trip**
- Hobbies**
- Shopping Mall**
- Go to a park**
- Spend time with a pet**
- Visit someone**
- Movies**
- Puzzles: Jigsaw or Word**
- Gardening**
- Water Plants**
- Do your nails**
- Ask for help**
- Write a letter**
- Go for a drive**
- Listen to music**
- Crafts**
- Support group**
- Constructive Destruction!**
- Guided Imagery**
- Library**
- Punch a pillow**
- Sports: watch play**
- Treat yourself**
- Paint: pictures walls**
- Sing along with the radio**
- Picnic**
- Work on the car**
- Play cards**
- Deep Breathing**
- Go out to dinner**
- start a journal**
- Wash the car**
- Play Loungeball!**
- Have a manicure**
- Try something new!**
- Flea Market**

Tool #6

A Mental Foxhole!

Tool #7

Solution #2:

Avoid Adding to the PILE!

Tool #8

If It Doesn't Involve You
Don't Get Involved!

Tool #9

F o c u s

I n

N o w

I n s t e a d

S t o p p i n g

H a l f w a y !

Tool #10

S + T = R

Situation

Thinking

Response

Changing the Equation!

The old, negative way:

$$\begin{array}{ccccc} \text{Kalley's} & & \text{What am I} & & \\ \text{seizures} & & \text{going to do?} & & \\ \hline & + & & = & \text{overwhelmed} \\ \hline \text{situation} & & \text{thinking} & & \text{response} \end{array}$$

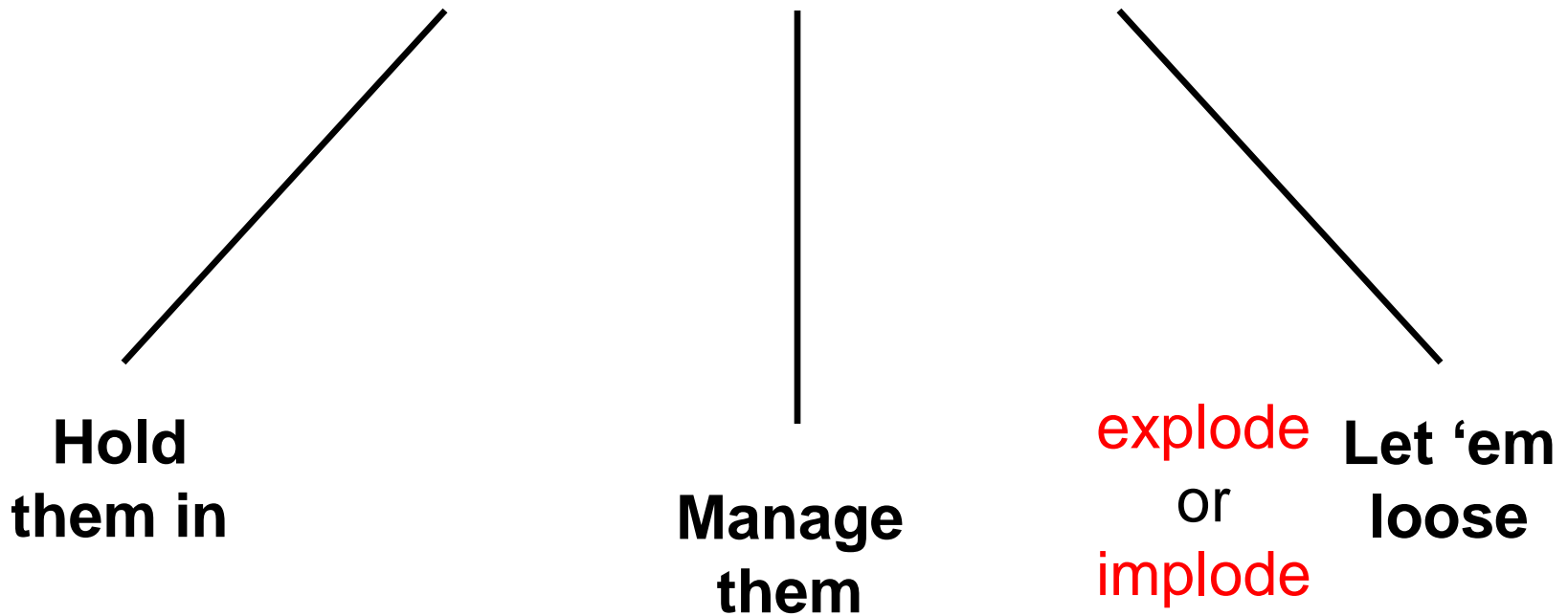
The new, positive way:

$$\begin{array}{ccccc} \text{Kalley's} & & \text{Things are} & & \\ \text{seizures} & & \text{slowly getting} & & \\ \hline & + & \text{better!} & = & \text{Calm \&} \\ \hline \text{situation} & & \text{thinking} & & \text{peaceful} \\ & & & & \text{response} \end{array}$$



The Feeling's Pendulum

What Do You Do With
Your Feelings?



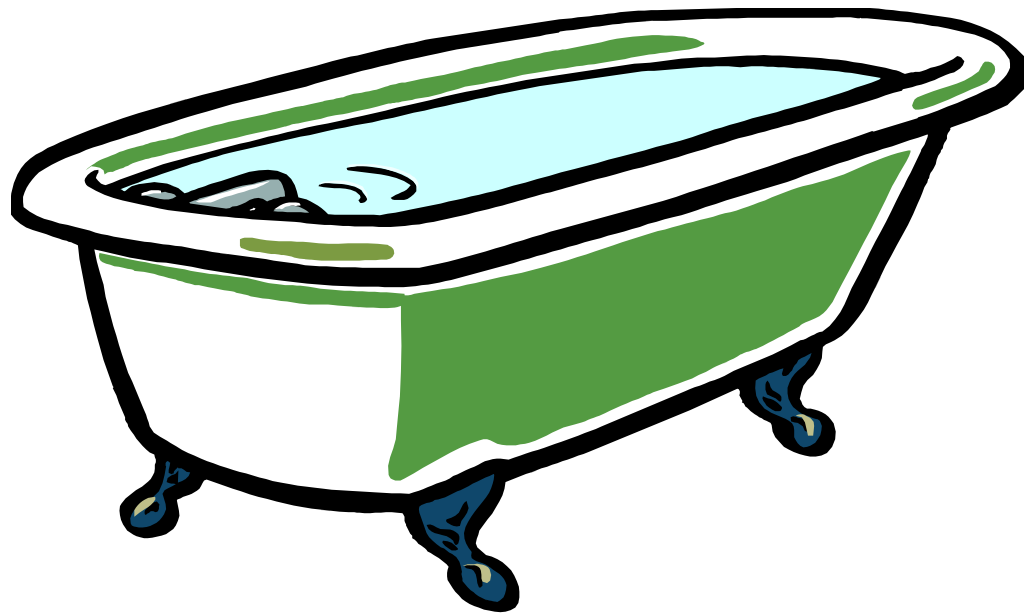
Tool #11

Managing Emotions

Carol's Two Steps to Success:

Step 1 -

STOP the level from rising! (Passive)



Tool #11

Managing Emotions

Carol's Two Steps to Success:

Step 1 -

STOP the level from rising! (Passive)

Step 2 -

RELEASE so the level will drop! (Active)



Tool #12

Passive

Read
Count to 10
Prayer
Listen to Music
Breathing
Guided Imagery
Meditate
Serenity Prayer

Active

Talk
Walk
Write
Sing
Clean
Exercise
Dump Box
Punching bag

Tool #13

Actively

Work

At

Recognizing

Existences

The Most Powerful Stress Tool!



Tool #14

Whether you think you can

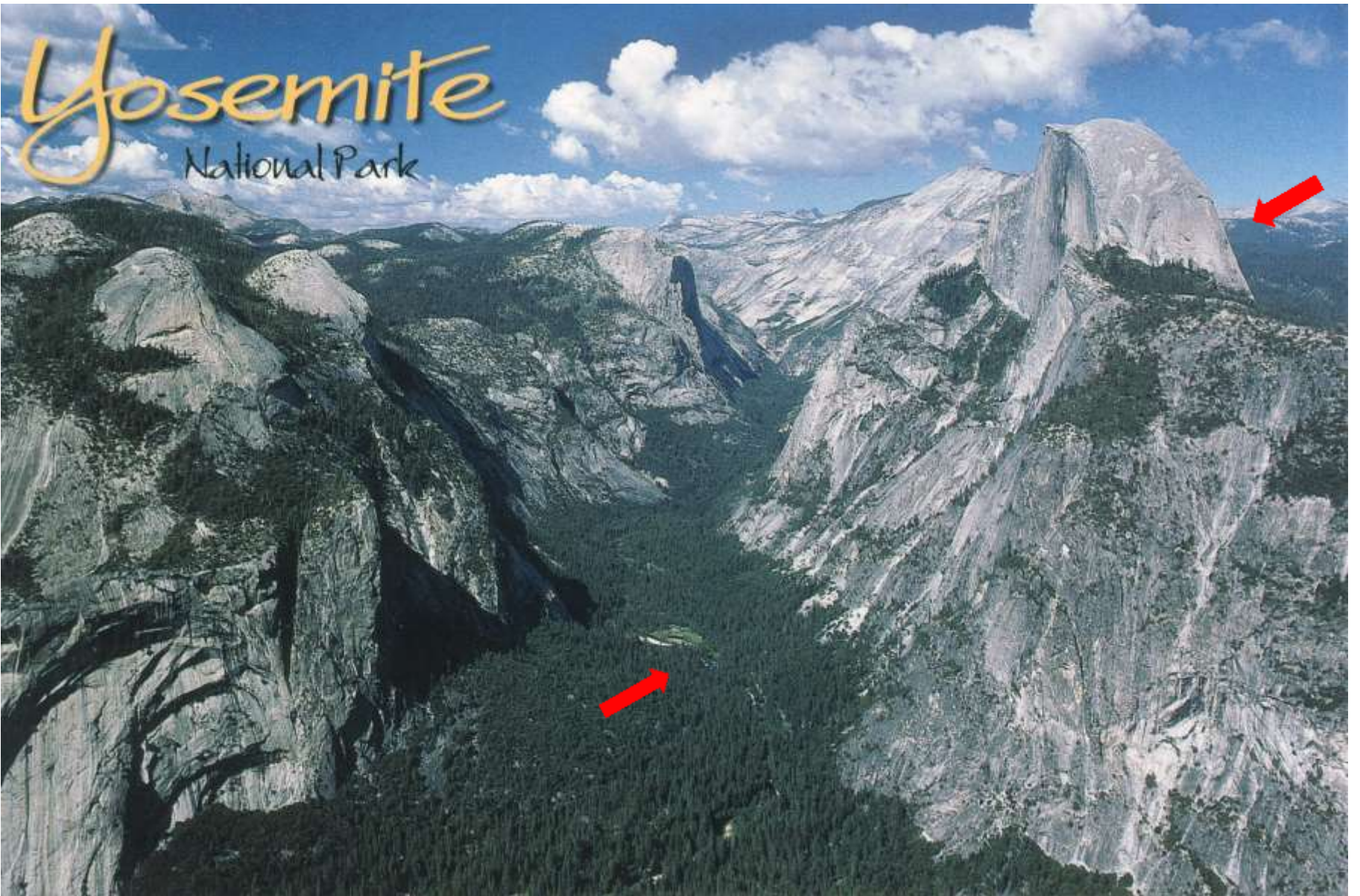
Or

You think you can't...

YOU'RE RIGHT!

Henry Ford





Yosemite

National Park







One Day at a Time



You can't rewrite the past

However,

YOU HOLD THE PEN

TODAY!

Carol Rickard, 2010

'Why's'

Get us lost in the past

'What if's'

Get us lost in the future

Carol Rickard, 2008

Tool #15

The

Only

Day

Afforded

You!

Tool #17

The Serenity Prayer

God grant me -

The serenity to accept the things I cannot change

The courage to change the things I can

And the wisdom to know the difference

Tool #19

Can I
do anything
about it
RIGHT NOW?

Tool #20

L eave

E verything

T o

G od's

O wnership

Tool #21



Mission Accomplished?

You can reach me at:

Carol @WellYOUUniversity.com

Tool #23

G R A T I T U D E

**I
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I
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Tool #24

Find

An

Important

Lesson

Using

Real

Experiences

YESTERDAY, TODAY, and TOMORROW

There are two days in every week that we need not worry about, two days that must be kept free from fear and apprehension.

One is YESTERDAY, with it's mistakes & cares, it's faults & blunders, it's aches & pains. Yesterday has passed, forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. Nor can we erase a single word we've said – Yesterday is gone!

The other day we must not worry about is TOMORROW, with it's impossible adversaries, it's burden, it's hopeful promise and poor performance. Tomorrow is beyond our control!

Tomorrow's sun will rise either in splendor or behind a mask of clouds – but it will rise. And until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day – TODAY. Any person can fight the battles of just one day. It is only when we add the burdens of yesterday and tomorrow that we break down.

It is not the experience of today that drives people mad – it is the remorse of bitterness for something which happened yesterday, and the dread of what tomorrow may bring.

LET US LIVE ONE DAY AT A TIME!!!!

Tool #16

Yesterday

Tomorrow

Today

Tool #18

Serenity Prayer Stress Tool

The serenity to accept the things I cannot change

The courage to change the things I can

AND THE WISDOM TO KNOW THE DIFFERENCE!