

# Focus on Learning Conference

## Care of the Self

with

Roger F. Peters PhD.

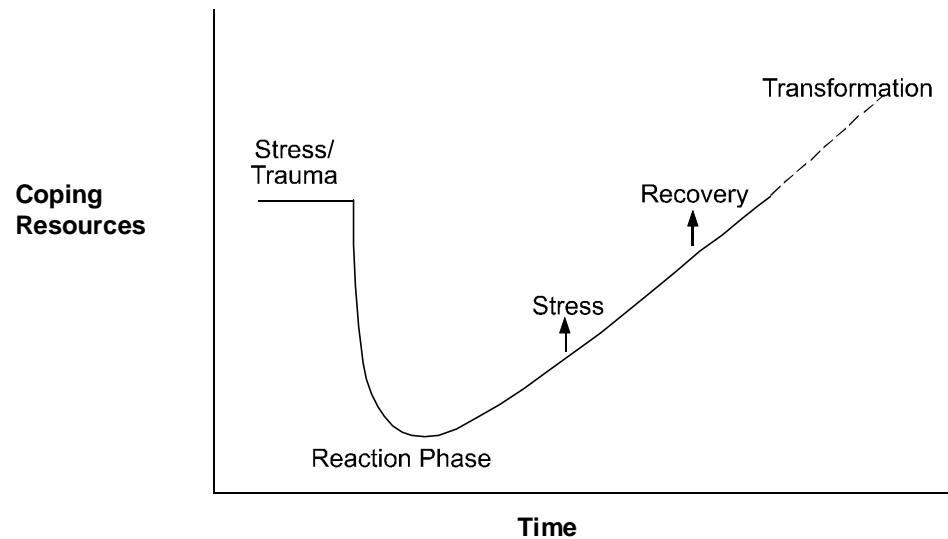
12-13 May 2003

# The Matrix of stress



<b>DEMAND</b>	<b>SUPPORT</b>
<b>CONTROL</b>	<b>CERTAINTY</b>


# Coping and Better Resilience



## 5 Essential Ingredients for Coping



- ⌘ 1. Self Esteem
- ⌘ 2. Emotional Support
- ⌘ 3. Social Support
- ⌘ 4. Physical Well being
- ⌘ 5. Spirituality



Among all the patients in the second half of life ...there has not been one whose problem in the last resort was not that of finding a spiritual outlook on life. It is safe to say that every one of them fell ill because they had lost that which the living religions of every age have given to their followers, and none of them has been really healed who did not regain a spiritual outlook (Carl Jung 1933)

# Resilience - 12 tips



- ⌘ Take care of your body
- ⌘ Check against negative thinking
- ⌘ Make plans
- ⌘ Fight isolation
- ⌘ Develop your spirituality
- ⌘ Perspective
- ⌘ Give yourself time
- ⌘ Avoid self absorption
- ⌘ Humour
- ⌘ Reward
- ⌘ Distract yourself
- ⌘ Break routine



*Take a moment from your day to learn a few good lessons...*



*Always try to help a friend in need.*





*Remember, on a bad day you are almost never alone!*



*Close your eyes and smile at least once a day!*



*Hold onto good friends, they are few and far  
between!*



*Laugh often.*



*Don't be overly concerned with your weight,  
it's just a number!*



*Indulge in the things you truly love.*



*Always try to see the glass half full.*



*Meet new people, even if they look  
different than you.*





*Remain Calm...*



*... even when it seems hopeless.*



*Take lots of naps...*



*RELAX!!*



*Keep your head up*



*Enjoy expensive toys often.*



*Never be ashamed...*



*There is always someone who loves you  
more than you know.*





*It will get better*



*Give it your all*



*Be weird whenever you have the chance*



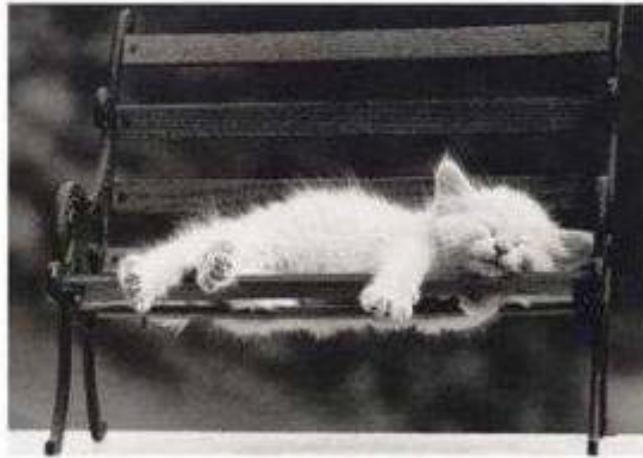
*Always be up for surprises.*

*PRAY*





*Love someone with all of your heart.*



What a week this has been...

*Cherish every Sunday!*



*Love your friends, no matter who they are.*