

# WHEN DO I HAVE TIME...?



Family  
Support  
Institute



for  
Wellness

When Do I Have Time To ...?

Compliments of:



**Family  
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Institute**

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When Do I Have Time To ...?

# *WHEN DO I HAVE TIME ...?*

*“When you stop trying to change others and work on changing yourself,  
your world changes for the better.”*

*~ Unknown ~*

When Do I Have Time To ...?

## ***FOREWORD BY Barb Goode***

I enjoyed helping with the book, this book is all about keeping well and healthy.

I think it is very important to feel “goode” about yourself inside and out. Thanks to Kelly and all of FSI.

Keep healthy and well.

Barb

*Barb Goode is the author of 'The Goode Life: The Memoirs of Disability Rights Activist Barb Goode'.*

*Barb has been a self-advocate since the 1970's. Her work has impacted many lives of people living with developmental disabilities. She was the first Canadian with a disability to speak at the UN General Assembly.*



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## MY JOURNEY TO WELLNESS (SO FAR)

As a mother of a son with severe autism, I didn't consider my own wellness or even know what wellness meant. I thought that if I wasn't in bed sick, I was well. That was my definition of wellness. I was in a state of survival and didn't even consider that there was so much more to wellness. Wellness to me was getting 6 hours of uninterrupted sleep and eating meals, usually not very healthy meals, quick and packed with sugar and fat. I didn't know what to do to take care of myself, I wasn't even aware of what could be done. My own self-esteem had a lot to do with that. I never felt that I was worth taking care of or doing anything special for.



Someone asked me a while ago, what I did for self-care. I didn't understand the question. I bathed, brushed my teeth, ate food and slept some. What else was there? Self-care sounded extravagant and was something out of reality. My reality for the past 18 years was: raising kids; having to change diapers for my youngest son for years well past what I needed to for my older son; and not sleeping well at night because I was nervous he would crawl out the window, run outside or do something else dangerous. When my son went into a group home, I had more time to stop and consider what I was missing and not doing for myself. There was a lot.

The first thing I needed to do was earn a living so I went back to school to get a counselling diploma at Rhodes Wellness College. What I got was so much more. I got my identity back. I found out who I really was, what I could do for myself, and that it was OK to do things for myself, in fact, it was encouraged. The things I learned at Rhodes have been life changing for me. I'm so happy to have found myself again. The old me would have wished that I could have taken more time for this process and put myself first when my children were younger. Now I realize that it happened when it needed to happen and I was ready for it. I'm able to be a healthier and happier role model for them now and show them that it's never too late to change and grow.

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When I let go of the what-ifs and began living in the moment, appreciating what I do have, my life got better. The past is gone and the future hasn't happened yet, so the only time is now. That took a while to get my head around. Of course, I can't live in that place all the time. There are situations that you can learn from and things you need to plan for, but you can't realistically compare now to then. It's a challenge sometimes for me not to go back to those patterns of wishing and wanting, feeling sorry for myself, but I catch myself. I have two amazing boys, friends that would do anything for me and that I would do anything for, a roof over my head and I've never missed a meal. My life is great. The people in my life give me gifts daily in conversations, phone calls, emails and Facebook posts that make me laugh. I am grateful just knowing that they are a part of my life. I look for the small things to appreciate and try not to take anything for granted. Life is short and life is beautiful. Stuff happens - stuff that I had no idea about at all. Having my son was definitely the biggest learning opportunity I have ever had in my life and I wouldn't change it for anything. The challenges that I have faced have made me discover who I truly am and what I can really do.

That's why I was so excited to be able to write this booklet, to help enable and empower other parents to take the steps that I didn't take until my kids had almost grown up. As parents we want what is best for our kids and what we sometimes fail to realize is that what they really need is for us to be at our best. We need to put ourselves as a top priority to be at our best and take care of our own needs. By being balanced, happy and self-assured, we can help our children become well-adjusted, happy and empathetic human beings. By modeling self-care for our children, they will learn the importance of putting their self-care first as well, without feeling guilty. That's a pretty powerful gift to give them.

There is so much to write about in regards to wellness. With the help of the staff at the Family Support Institute (FSI), we picked out the information we thought would be most beneficial to the largest group of people. I hope you find something that will help in your growth and pursuit of wellness.

*Kelly Sheldon*

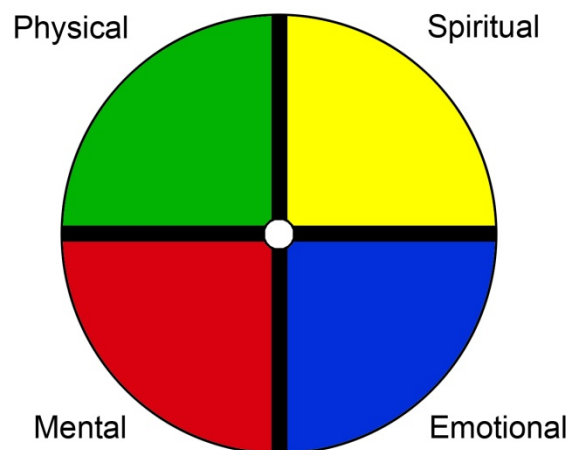
## WHAT IS WELLNESS?

In the past, wellness referred more to an absence of sickness, disease or illness. If you were not sick you were considered healthy. Slowly the perspective is changing. “Wellness” seems to be the catch phrase right now. I just heard an advertisement on the radio talking about financial wellness for a credit union. I guess financial security is out the window. If you Google “wellness”, “naturopaths”, “yoga centres”, and “massage therapy”, mostly physical wellness information comes up. Physical wellness is definitely one aspect. It doesn’t cover the complete person and look at the holistic view of well-being. A holistic way of life is geared toward best health and well-being in which body, mind, and spirit are included in a focused way with a goal of living life more completely. In this booklet, four quadrants of wellness will be looked at: **physical, mental, emotional and spiritual.**

**Physical wellness** entails using your knowledge, motivation, commitment, behaviour, self-management, outlook, and ability toward attaining your personal fitness and health goals. With physical wellness, one would apply the knowledge and skills of good nutrition, exercise, sleep and safety to everyday life.

The best explanation for **mental wellness** was something along the lines of, ‘When you want to be you, more than anyone else in the world, you are truly mentally well.’ It’s about being self-aware and self-forgiving so that you can maintain a healthy balance in your life.

**Emotional wellness** emphasizes being aware and accepting of feelings in ourselves and others, instead of denying them and being optimistic (rather than pessimistic) in our approach to life. As an emotionally well person, you are able to freely express feelings and manage feelings effectively.





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You'll be able to arrive at personal choices and decisions based upon the integration of feelings, thoughts, philosophies and behaviour. You are self-aware and self-accepting while remaining flexible and continually open to personal development. Emotional wellness is a continuing process of change and growth.

**Spiritual wellness** involves discovering a sense of meaning in your life and realizing what your purpose in life looks like. It's a unique exploration to seek the meaning and purpose of your individual life. Spirituality doesn't look the same for anyone. For some people it could be a god and for others a creator, the universe, nature, etc. A deep appreciation develops for the expanse of life and the natural forces that exist in the universe.

Since lifestyle has been found to be the single most important factor determining your pattern of general health, it is essential that you be educated to "take charge" of your daily life and to set healthy lifestyle goals. The choices you make have a dominant influence on your health and wellness. The secret is not in medical care, but consistent self-care. While traditional medicine concentrates on alleviating or curing disease, the wellness approach encourages you to take personal responsibility for your well-being.

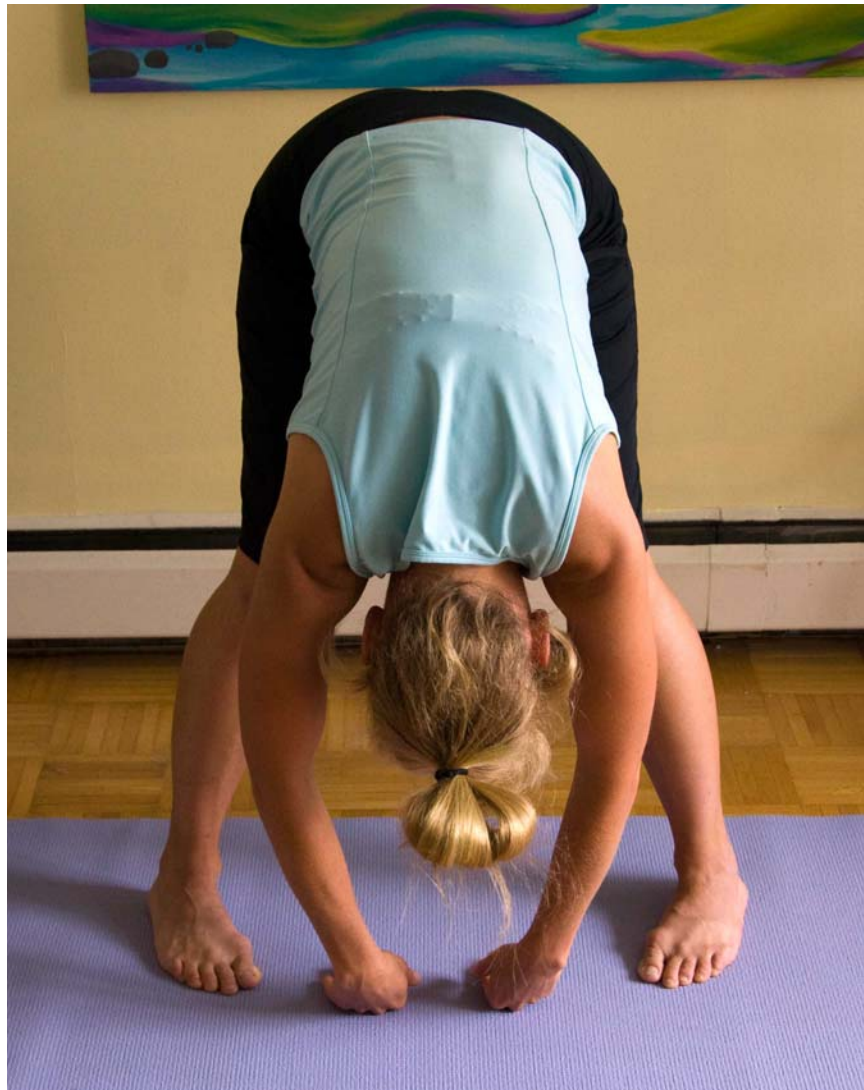
A wellness-oriented lifestyle encourages you to adopt habits and behaviours that promote better health and an improved quality of life. It also involves the recognition that you have physical, psychological, social, and spiritual needs, with each dimension being necessary for optimal levels of functioning.

Wellness is a positive approach to living - an approach that emphasizes the whole person. It is the integration of the body, mind, and spirit; and the appreciation that everything you do, think, feel, and believe has an impact on your state of health.

It is a proactive, preventive approach designed to achieve optimum levels of health, social, emotional and spiritual functioning. Wellness can also be defined as an active process through which you become aware of and make choices toward a more successful existence.

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# PHYSICAL WELLNESS



When Do I Have Time To ...?

## BASIC NUTRITION

We eat, not only because we need to, but for emotional needs as well. Today, there are so many quick, easy and inexpensive ways to sate ourselves but how much effort do we put into real nutrition? Moreover, what is the cost of eating the heavily processed, high sugar and fat foods besides financial? What is the cost to our well-being



and our physical body? Poor nutritional habits can be a behavioural health issue because nutrition and diet affect how you feel, look, think and act. A bad diet results in lowered core strength, slower problem solving ability and muscle response time, and decreased alertness. Poor nutrition creates many other negative health effects as well. Obesity, hypertension, high blood pressure, gout, high cholesterol, heart disease, diabetes, stroke and cancer can all be traced to poor nutritional habits.

When you finally make the decision to get healthy, you have to start somewhere. Decide to take pride in yourself and your nutrition, and enjoy eating right. Optimal nutrition is essential for healthy function as you age, and you can't put a price tag on that.

Do not try to change everything in your diet at once. Generally, people are more successful with gradual changes. Small steps are better than taking no steps at all. Start here. Start today.

### **10 Steps to Start Improving your Nutrition**

1. **Drink at least 6-8 glasses of water per day.** Add lemon pieces to alkalize the water. Enough water is really important. We are 50–65% water. Our brains are made up of 85% water. If there's a lack of water our brains can misfire.

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2. **Reduce or eliminate white sugar and white flour.** Replace them with natural sugars like agave and whole grains. Some sugar replacements may have no calories but are chemically based. Try to use something natural like agave or stevia.
3. **Try to eat as much organic products as possible.** If you can't eat organic, wash your fruits and vegetables well to get as much of the chemical residue off as possible. There are websites that provide information on which fruit and vegetables have the least to the most amounts of pesticides.  
<http://fooddemocracy.wordpress.com/2007/11/08/460/>
4. **Stop eating when you are no longer hungry - not when you are full.** It takes a while for your food to digest and when you eat until you are full, by the time your food is digested you often feel overstuffed. Feelings of guilt and discomfort can come from this.
5. **Practice being mindful of what, where and when you eat.** Question why you are eating, what you are eating, and if you are really hungry (eg. do you really need this?). Just make yourself more aware of the process.
6. **Eat naturally.** When grocery shopping, stay along the outside aisles of the store where the fruits, vegetables and meats are.
7. **Change the snack situation in your house.** Slowly and gradually replace high sugar, fatty and processed foods with fruits, vegetables or nuts.
8. **Select sensibly sized portions.** Use the cup or palm of your hand to eyeball the measurements of your food. This rule doesn't apply to vegetables. Eating more vegetables, especially green vegetables, are always a good thing.
9. **Don't try to do too much.** Pick something that you know you will do and work on that. Try it in your life for two weeks (that is what it usually takes to form a habit). Evaluate it from there and see what is working or not working, and what you want to alter or change.
10. **Remember to be gentle with yourself.** You may have had poor eating habits for a long time. It will take time and effort to change. You will need to figure out what works for you. Be your own best friend.

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## THE IMPORTANCE OF WATER

In B.C. we take water for granted. We have beautiful lakes, flowing rivers and the calming ocean. How great is this province? We have water all around us! Why are we drawn to the water? We need water to survive. The human body consists of 55-85% water, depending on the size of body.



Next to air, **water** is the most important element necessary for survival. We can survive without food for up to 2 months but only a couple days without water before vital organs are compromised. Not drinking enough water can have negative effects on the body. Our brains depend on hydration to function at optimal levels and our brain cells lose efficiency when not properly hydrated. The initial sign of dehydration is thirst; once you are thirsty you are already dehydrated. Most people are in a state of dehydration without realizing that they are. Other mild symptoms of dehydration include: heartburn, stomach ache, lower back pain, headaches and depression. Dark urine colour, dry and sticky mouth, sunken eyes, not producing enough tears, little to no urine output, lethargy, low blood pressure and a rapid heart rate may also be symptoms.

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Water is a major component of every body cell, tissue and organ. It plays an important role in almost every body function, including:

- Regulating temperature
- Transporting oxygen and nutrients through the blood
- Acting as a necessary component of chemical reactions
- Aiding in elimination of waste through urine and feces
- Lubricating joints
- Acting as a major component of body fluids such as mucus and tears
- Giving the cells their shape and stability

When you drink caffeinated beverages such as: coffee, alcohol, tea or pop you will need to add more water to your intake as these drinks dehydrate rather than hydrate your body. We need water to help us digest food, carry nutrients, remove waste, cushion organs and maintain fluid and electrolyte balance.

Drinking enough water is a great place to start improving your health and costs nothing. Water intake is also important to weight loss. If you are not drinking enough water, your body will store it causing water retention. You need at least 8 to 10–8 oz. glasses of water per day to keep yourself healthy and hydrated. This is a generalization only and fluid needs are affected by diet, exercise, body composition and climate. Your consumption of water should be spread out during the day. If you are concerned about having to go to the bathroom constantly, your body will regulate itself over time.

One tip to get enough water into your day to day life would be to carry a water bottle that you can continually sip or drink from. Another would be getting your fluids from fruits and vegetables. If just water is getting boring, try putting a slice of lemon or lime into your water bottle to add a bit of flavour. We go 6 to 8 hours without water when we sleep, so practice drinking a glass of water when you get out of bed to hydrate yourself. Get your body off to a good start right out of the gate after sleeping.



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## PHYSICAL ACTIVITY / EXERCISE

The best advice I've ever heard about exercise was to find something that you like to do so it will be easier to keep it going when you don't want to do it anymore. There will come times when going to the gym, walking, swimming or yoga just seems like the last thing you want to do. It's inevitable.

Once you have found at least one thing that you like to do, commit to it. If you can find someone to go with, all the better. Remember why you are doing this. You're doing it for you and your well-being so try to keep going even when your partner isn't able to do it with you.



The three major components of a fitness program are **cardiovascular, resistance training and flexibility**. It is recommended that you get your heart rate up to the maximum range (see below for details). For **cardiovascular**, aerobic activity is the key to losing weight as it burns calories by using fat as energy. It also makes your heart stronger so it can pump blood more efficiently, increases your lung capacity, and reduces medical risks such as heart attack, high blood pressure, high cholesterol and diabetes. Cardio also just makes you feel good, reduces stress and helps you sleep at night.

**Resistance training** is any exercise that causes muscles to contract against external resistance (dumbbells, tubing, or you own body weight, etc.) with the expectation of increasing tone, mass, strength and endurance. To build strength, use low repetitions with a high weights and 3 minutes between sets. To build endurance, use many repetitions with low weight and 30 second between sets.

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Follow the **FITT** principle:

- **F** is for Frequency - how often. It should be between 3-5 times per week.
- **I** is for Intensity - how hard you work. It should be 60-90% of your Maximum Heart Rate. For more information on your Maximum Heart Rate, here's a website you can visit:  
[http://exercise.about.com/cs/fitnesstools/l/bl\\_THR.htm](http://exercise.about.com/cs/fitnesstools/l/bl_THR.htm)
- **T** is for Time - how long you exercise (between 20-60 minutes is recommended).
- **T** is for what Type of exercise - it should be continuous and rhythmic activity.

As we age, our muscles tighten and our range of motion in our joints and **flexibility** can lessen. To prevent injury we can stretch to increase the length of muscles and tendons, which leads to an increased range of motion. When stretching, the muscle used in the activity should be targeted and held for 30-60 seconds. Bouncing and bobbing while stretching has now been proven unsafe and needs to be avoided. It can lead to micro-tears and inflammation which counteracts the benefits of stretching and can lead to injury. Stretching must be done after you have warmed up for at least 5-10 minutes at low intensity.

When starting a new activity, ease into it and don't push. You may feel like you need to make up for time (if you've chosen to "couch surf") but diving into something and overexerting yourself can lead to injury, resulting in more time on the couch.

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### ***What Exercise Means To Me*** ***by Angela Clancy, FSI's Executive Director***

*Exercise has always been an important and valuable part of my life. In particular I love to run. I began running at the age of 8 as a part of the track and field club in my elementary school. I then moved on at age 9 to join the Victoria Track and Field Club...and there I stayed until I was 25. Although I competed a lot in track meets and international competition, the main thing that I found from all of this was my love for running.*



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*Here's what running does for me...when I run I find peace emotionally, mentally and physically. Although it may sound odd to hear that running can be peaceful physically, I find that my body has become used to the decompressing in this physical way, and I begin to crave the experience physically as well.*



*When I run I am able to sort through my thoughts, feelings and experiences of the day. I am able to answer many of the things that I have been grappling with throughout the day just by having the time alone to organize my thinking and prioritize my ideas.*

*I run long distances now. I run almost every day, anywhere between 5-15 kilometers. My pace is dependant on my mood, and my route is also dependant on my day and how I am feeling. I have had my eldest daughter say to me many times "Mommy, you're grumpy, go running". She too sees the benefits to my running regime. I am less uptight, more relaxed, more emotionally present, and physically feeling much healthier.*

*I have 3 young daughters and often run with 2 of them in the double stroller as well. This eliminates any of the guilt I may feel about being away from them after working all day long. It allows me to do a few things...get the exercise I need emotionally and physically, spend time with my girls and have deep conversations on what we are doing and what we are seeing, and it also gives me the opportunity to model a physically active, healthy lifestyle.*

*Not everyone can run in this way. My encouragement to other people is to find what your outlet is, and use that as a way to strengthen yourself physically, mentally, and emotionally. You deserve it!*

**Angela Clancy, FSI's Executive Director**

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## SLEEP – ARE YOU DEPRIVED?

There is so much to do in a day. Cutting down on sleep sometimes seems like the only way of getting everything done. We think an hour here, an hour there can't be all that detrimental. It is. The quality of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight. Sleep is just as important as diet and exercise, and delivers so many benefits with so little effort.

When you sleep, your brain stays busy doing maintenance so you can start your next day in peak form. It's not only the time you spend in bed it's also the quality of the sleep you get. If you wake up still feeling tired or have a hard time concentrating throughout the day, you may not be getting the deep sleep and REM sleep you need.

Adults need between 7.5 to 9 hours of sleep each night. Cutting down an hour or two doesn't seem so bad but in reality it's a recipe for ongoing sleep deprivation. Daytime naps can fill in the gaps if you don't sleep through the night. Lack of sleep can affect your mood and make you more easily irritated. It's harder to cope with stress and the lack of motivation is more apparent.

Signs that you may be sleep deprived are: needing an alarm clock to wake you up, pressing the snooze button often, getting sleepy after eating or driving, needing a nap to get through the day, frequent illnesses, difficulty concentrating, and memory problems. Weight gain can become another issue because you think that eating something sugary will help keep you awake and energized. The lack of sleep can also affect your decision making skills, judgement and reaction times. In fact, sleep deprivation can be compared to being drunk because it impairs your motor skills, putting you at more risk of accidents.



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### Tips for a Good Sleep:

- **Set a schedule:** Go to bed at a set time each night and get up at the same time each morning.
- **Exercise:** Try to exercise 20-30 minutes a day. Exercise about 5-6 hours before go to sleep so you are not stimulated or heated from working out.
- **Avoid caffeine, nicotine, sugar, alcohol and other stimulants.**
- **Relax before bed:** A warm bath, reading or another relaxing routine may help.
- **Don't lie in bed awake:** Anxiety over being unable to fall asleep actually contributes to insomnia. Get up and try to wear yourself out more.
- **Control your room temperature:** Maintain a comfortable temperature in the bedroom.

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### **My Sleep**

**by Valerie Irving, FSI's Training Coordinator  
and Resource Parent Coquitlam**



*My average night sleep consist of maybe 4-5 hours straight a night. Usually between 3-5am my daughter gets up and I have to sit with her until she is ready to go back to bed. After this I have a really hard time falling back to sleep. I wake up tired, disoriented and don't feel like getting out of my warm cozy bed. My head seems like it's in a fog and I have trouble remembering simple things. Usually by the afternoon a wave of tiredness hits me and it takes all my might to concentrate on my job or whatever I am doing. I am also irritable and short with people. I can't wait for when I can go to bed again. As with many other parents, you learn to live with the lack of sleep and try your best everyday to be cheerful and social. It's very difficult and sometimes I say the wrong things and I feel so embarrassed. Hunger is also a part of my lack of sleep. I get so hungry and want to snack. The end result is packing on the weight. There is such a difference when I have a good night's sleep (7 hours). I feel rejuvenated, have so much energy to do things and can think clearly.*

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## PHYSICAL WELLNESS INVENTORY

Please answer the questions as accurately as possible in order to complete your assessment using the following listings:

- | Never     | Seldom | Sometimes | Often | Always |  |
|-----------|--------|-----------|-------|--------|--|
| 1         | 2      | 3         | 4     | 5      |  |
| 1. _____  |        |           |       |        | I eat adequate portions of fruits, vegetables, grain products and proteins as the Canada Food Guide suggests.                    |
| 2. _____  |        |           |       |        | I limit my intake of caffeine and sugar to less than three times per week (chocolate, coffee, black teas, pop, candy, desserts). |
| 3. _____  |        |           |       |        | I get an adequate night's sleep on a regular basis.  |
| 4. _____  |        |           |       |        | I avoid using alcohol or illegal drugs as a way of handling stressful situations.  |
| 5. _____  |        |           |       |        | I exercise vigorously 30 minutes, 4 times per week (eg. brisk walking, running, swimming).                                       |
| 6. _____  |        |           |       |        | I awaken with energy and enthusiasm on a regular basis and feel fit, healthy and energetic throughout the day.                   |
| 7. _____  |        |           |       |        | I live in an uncluttered, healthful and clean environment.   |
| 8. _____  |        |           |       |        | My clothes are clean, pressed and make me look great.  |
| 9. _____  |        |           |       |        | I am within 5 pounds of my ideal weight.   |
| 10. _____ |        |           |       |        | I generally feel free of physical discomfort and suffering.  |
| 11. _____ |        |           |       |        | I use positive self-care to promote my health (regular health practitioner, medical, dental and eye checkups).                   |
| 12. _____ |        |           |       |        | I consume adequate amounts of fresh clean water ever day (6–8 glasses per day).  |
| 13. _____ |        |           |       |        | I avoid smoking cigarettes, cigars or a pipe, or ingesting tobacco in another form.  |

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14. \_\_\_\_\_ My work environment is productive and inspiring (eg. synergistic, ample tools and resources, no undue pressure).
15. \_\_\_\_\_ I am consistently early or easily on time for meetings or appointments.
16. \_\_\_\_\_ All of my personal papers, finances and files have been neatly organized and are up to date.
17. \_\_\_\_\_ I have adequate freedom, time and space in my life.
18. \_\_\_\_\_ I do relaxation, meditation or other stress management exercises on a regular basis.
19. \_\_\_\_\_ I participate in community activities, hobbies or team sports.
- . \_\_\_\_\_ My nails, skin, teeth and hair are healthy and clean.

Add total scores \_\_\_\_\_ divide by 20 = \_\_\_\_\_

Use the wheel at the end of the book on page 60 for a visual representation of where you are at today in Physical Wellness. Try testing again to see if you changed in a period of time.

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# EMOTIONAL WELLNESS



## EMOTIONS AND EMOTIONAL AWARENESS

At one time or another, there are moments when all of us may wish we didn't have to feel things that we do. It would be so much easier to go through life without feeling the negative emotions. Without emotions though, there is only logic. Our common bond of being human is the ability to feel and express ourselves through our emotions. We can tell a lot about what is going on in our lives through how we are feeling. Even though the heavier emotions can be difficult, the good emotions can be wonderful. Things like art, theatre and dance would be irrelevant in an unemotional world. We take pleasure in evoking emotions through these displays of talent.



Instead of seeing emotions as a resource, many of us see our emotions through fearful eyes. We fear judgement of our mental health or that we are not being logical in our decision making. The gut feelings that we have get dismissed in favour of logical, rational thoughts. How often have you wished that you had listened to your gut or listened to someone saying they acted on a gut feeling and it changed the course of their life in one way or another?

Emotions are what keep us connected to others and give us meaning in our lives. When you are aware and in control of your emotions, you can think clearly and creatively; manage stress and challenges; communicate well with others; and display trust, empathy, and confidence. Lose control of your emotions and you'll spin into confusion, isolation, and negativity. By recognizing and harnessing your emotions you can gain control over the way you react to challenges, improve your communication skills, and enjoy more fulfilling relationships. This is the power of developing emotional awareness.



Emotional awareness means that you recognize your emotions from moment to moment and know what you are feeling and why. It means seeing the connection to your emotions and your actions in yourself and others, and displaying empathy towards them. Emotional awareness also includes being able to handle your emotions without becoming overwhelmed. The more in tune you are with your own emotions, the more likely you are to become tuned in with



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others around you. It's amazing how few people can tell you how they are really feeling. It seems easier not to experience our emotions. Unfortunately, when we distance ourselves from our unpleasant emotions we also get further from the pleasant ones. By learning how to recognize, manage, and deal with your emotions, you'll enjoy greater happiness and health, as well as better relationships.

### What is your level of emotional awareness?

[http://www.helpguide.org/toolkit/developing\\_emotional\\_awareness.htm](http://www.helpguide.org/toolkit/developing_emotional_awareness.htm)

- Can you tolerate strong feelings, including anger, sadness, fear, disgust, and joy?
- Do you feel your emotions in your body? If you are sad or mad, do you experience physical sensations in places like your stomach or chest?
- Do you ever make decisions based on “gut feelings” or use your emotions to guide your decisions? When your body signals that something is wrong (stomach tightening, hair standing on end, etc.) do you trust it?
- Are you comfortable with all of your emotions? Do you allow yourself to feel anger, sadness, or fear without being judgmental or trying to suppress them?
- Do you pay attention to your ever-changing emotions? Do you notice a variety of emotions throughout the day or are you stuck in only one or two emotions?
- Are you comfortable talking about your emotions? Do you communicate your feelings honestly?
- Do you feel that, in general, others understand and empathize with your feelings? Are you comfortable with others knowing your emotions?
- Are you sensitive to the emotions of others? Is it relatively easy for you to pick up on what other people are feeling and put yourself in their shoes?
- If you didn't answer “usually” or even “sometimes” to most of these questions, you're not alone. Most people are not emotionally aware, but you can be, even if you have avoided some of your feelings for a long time. By learning to recognize, manage, and deal with your emotions, you'll enjoy greater happiness and health, as well as better relationships.





### EASE MY STRESS

Taking care of our children, as much as we love them, can be stressful. We, as parents of children with special needs, can be more isolated and have more pressures on us. Stressful situations come up that the average parent can't even comprehend and circumstances arise that wouldn't occur to most people. Just finding a babysitter for the night is much more complicated than for typical children. In many cases our babysitters need specialized training.

As parents, we are used to putting our children first. We do what we need to do for our children and it's easy to forget about ourselves. We are not always alert to the stress and fatigue that can slowly surface in our own lives, and we need to be reminded and made aware of normal stresses that may affect us before we hit the proverbial wall. Stress affects the mind, body and behaviors. We all experience stress in different ways.

Physical signs of stress include: fatigue; loss of appetite; restlessness; difficulty falling asleep; illnesses; and changes in eating, smoking, alcohol and drug consumption. It's easy to write off being sick as "just a bug". Sometimes that is what it is, but if one or more of the above symptoms persist, it could be stress related.

Emotional signs of stress could be feeling helpless, overwhelmed or inadequate, mood swings, loss of motivation, isolation and withdrawing from friends and family. Cognitive reactions to stress could be confusion, difficulty with decisions or problems, memory loss, ambiguousness, and difficulty concentrating or paying attention.

I typically felt the need to be able to handle everything but we need to remind ourselves that these are normal human responses to stressful circumstances. Although many of the underlying stresses can not be prevented, you can increase your resistance by taking care of yourself and staying healthy. It is important to pace yourself and know your limits so you can continue to be available to your family and your community.

#### **Here are some stress-relieving activities:**

- **Go for a 15-minute walk** - Take opportunities to be physically active.
- **Eat sensibly** - Avoid excessive use of caffeine and alcohol. Drink plenty of water.
- **Know and respect your limits** - If you feel exhausted and need time off, figure out how to take it.

## When Do I Have Time To ...?

- **Spend time with family and friends** - Talk to them. Listen to them if they become concerned with your well-being.
- **Let go and say no** - You don't have to do it all and don't try to be perfect. Running yourself into the ground benefits no one.
- **Get organized** - Make schedules, charts or whatever else to help keep track of your time, tasks and family. Don't try to keep everything in your head.
- **Set goals** - Identify realistic goals and work towards them.
- **Get informed** - Knowing what you are up against and what to expect can give you peace of mind.
- **Communicate** - Constructive communication can reduce conflict and misunderstanding.
- **Acknowledge your stress** - Get things off your chest either with friends, prayers, writing in a journal or whatever works for you.
- **Laugh or cry** - Try to find the humour in situations, or just cry. There are health benefits to both.
- **Breathe** - Inhale for 5 seconds, exhale for 5. Relax and repeat.
- **Continue to participate in social & recreational activities** as much as possible.
- **Get some rest** - If you have trouble sleeping, get up and do something relaxing or enjoyable.
- **Be on the lookout for any changes** in your habits, attitudes and moods.
- **Share your own reactions** - Don't hesitate to ask for advice.
- **Include yourself on the list of people you are taking care of** - Taking care of yourself will put you in better shape to give care to others.
- **Don't judge** - The things that are stressful for you may be quite different for someone else.
- **Be self-nurturing** and don't forget to laugh!



## When Do I Have Time To ...?

If these tips aren't working for you or if the stress lasts for an extended period of time and you feel overwhelmed and unable to cope, it is important to seek out additional assistance. Here are some circumstances which indicate that it is time to get help by speaking to a health professional such as a psychologist, nurse, family doctor, psychiatrist, or social worker: if you can't return to a normal routine; if you are feeling extremely helpless; if you are having thoughts of hurting yourself or others; or if you are using alcohol, drugs, food or smoking excessively.

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### ***De-Stressing – What Works For Me*** ***by Nancy Chan, FSI's Administrative and Office Manager***



*Life gets busy and stresses can easily build up until you feel like you are ready to EXPLODE! It can be difficult to remember to not “sweat the small stuff”. My brain just works overtime and I need to refocus on what is truly important, and for me that is my family and friends. I am very lucky to have a wonderful husband, 2 amazing kids, 8 brothers and sisters, a huge extended family (my husband has 7 brothers and sisters), and a wonderful network of friends.*

*Everyone deals with stress in their own way. What works for me are the following:*

- *Step Aerobics - Nothing beats a sweaty workout where you have to concentrate so much on the step routines that you can't think of anything else.*
- *Tai Chi - Sunday morning tai chi sessions with my sister, Chris, are relaxing. We may not have the best form (as my 82 year old father who teaches us says) but it is a great way to slow down and reconnect with my inner chi and each other.*
- *Sharing a meal with my friends and family – The love felt around the table (or in our case wherever you can find room to sit and eat) is awesome! The laughter, stories and jokes melt my stress away.*

*What is **YOUR** favorite way to de-stress? Remember to take care of yourself because if you don't, you won't be able to take care of anyone else!*

When Do I Have Time To ...?

## RELEASE YOUR ANGER

*Do not teach your children never to be angry;  
teach them how to be angry  
~ Lyman Abbott ~*

Did you know that having an anger release method is **extremely beneficial** to your personal growth and feelings of inner peace? It's perfectly OK for you to express the anger that you're feeling. You may be angry about a variety of things going on in your life right now: your financial situation, problems in your relationship, issues with a co-worker, world events, family members, wait lists, getting services for your child, the way our children are treated, school systems, etc... We may get angry because people in our society, our community, our friends and family treat our children unfairly and differently. How do we deal with changing and altering the dream that we have for our children? When we don't have someone to talk to that has been there or is compassionate to our situation, the anger intensifies and becomes hurtful to our well-being. Our emotions can then come out in destructive ways and we generally take it out on the people who we love the most. This is not helpful for anyone. Your anger needs a healthy release; otherwise it festers inside of you and prevents inner peace from entering your life.

Try to put things in perspective. Don't waste energy on the guy in traffic who just cut you off - let it go. The times you can't let it go, it's OK to be angry. It's important to release the anger in a healthy way and look at what other emotions the anger may be masking. We often feel angry because it is easier than feeling the more painful emotions like hurt, betrayal or inadequacy. Taking care of these more painful emotions can help release the anger.

Feel it, get it out, and let it go. Then forgive. Forgive others and most importantly, forgive yourself. Change your life.

## When Do I Have Time To ...?

Here are “**Five Tips To Help Release Anger and Improve Emotional & Physical Health!**” <http://www.soundfeelings.com/free/anger.htm>

1. **Give Yourself Permission to Express Anger** - I never saw my parents fight. My brother and I would fight like cats and dogs and yell and scream, but we got in trouble for acting like this. In reality, although very childish, we were expressing ourselves in a more healthy way than our parents were. Our society does not like us to express strong emotions. A lot of us are taught to push down negative emotions early in life and that they are wrong or bad. This can have a profoundly negative effect on our overall health. It's not wrong to express anger, fear, sadness, loneliness, hurt, or rage. In fact, it is healthy to release these emotions regularly. What's wrong is when we hurt someone in the process. It is preferable to find safe ways to dump the negative feelings.
2. **Combine Mental and Physical Effort for Anger Control** - Mental therapy alone may be extremely helpful for anger release, but it can only take you so far. Similarly, the physical act of doing exercise can help many people let off steam, but it may not remove deep-seated anger.

The most effective process is when you can combine both the mental and physical effort. This is when you do a particular physical activity along with the mental intention of releasing the anger. It is important to learn how to express your feelings and needs and not allow others to dump their emotional garbage on you (blame, shame, criticism, contempt, etc.). This recommendation is more appropriate for the “quiet anger” that a person keeps inside for many years. This is the anger that causes physical illnesses, sleep disturbances and other stress-related conditions. It can also cause emotions to come out sideways, passive aggressively or on someone else. Getting the anger out in these cases is extremely therapeutic.

3. **Never Hurt Others in the Process** - Give yourself the opportunity to express anger in a safe way, without hurting anyone else. Most people will benefit by having a private room to pound pillows with their fists or legs, or even with a plastic bat. Some people may prefer ripping pages of paper, screaming, or wringing towels. Remember, NEVER hurt yourself in the process and never aim your anger literally at another person.

## When Do I Have Time To ...?

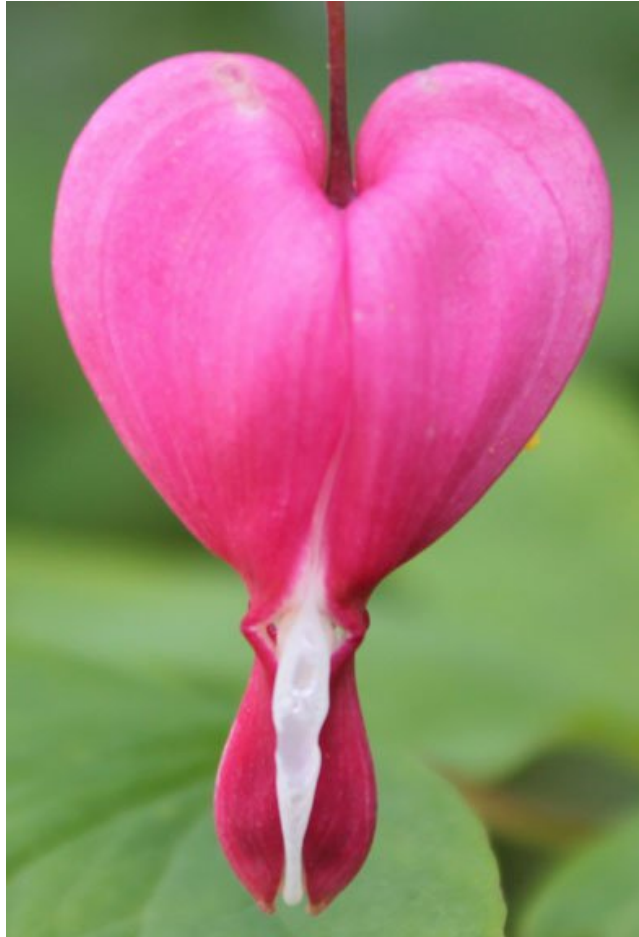
4. **Totally Let Go, Without Hesitation** - It is also important to suggest that you either are totally alone so that you don't feel inhibited, or that you are in the surroundings of a group of people who are supportive of this type of activity.
5. **Strive to Forgive** - The final step in maintaining anger-release is to truly forgive the person who wronged you, as well as to truly forgive yourself.



When Do I Have Time To ...?

## **5 LOVE LANGUAGES**

Have you ever expressed your love to your partner and didn't get the response you were hoping for? Has your partner been frustrated with you because they don't feel like you are reciprocating their feelings or understanding them? The relationship can suffer from these differences in communicating your **'Love Languages'**. When a couple doesn't speak the same love language, the acts of affection don't hit the mark. With more than 30 years of marriage counselling, Dr. Gary Chapman pinpointed his clients as having their own love language, a key way of expressing and understanding love. He has helped couples at every stage of their relationship - from



those just beginning their journey together, to those at the end of their ropes trying to keep their marriage/relationship together. Often times, for whatever reason, people are usually drawn to those who speak a different love language than their own.

Dr. Chapman developed five different primary categories for all the ways we can show love to one another. We all have a love language and usually one of the five resonates more than the others: **Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.**

**Words of Affirmation** - Hearing the words, "I love you", is important to you when this is your love language. For you, actions don't always speak louder than words. Unsolicited compliments mean the world to you. Hearing the reasons behind "I love you" sends you to the moon. On the other side of the coin, insults can leave you shattered and are hard for you

## When Do I Have Time To ...?

to forget. If this is your partner's love language, be aware of the words you use with them.

**Quality Time** - Being there for this person is critical. Not just being there but fully being there - meaning TV off, fork down, and your undivided attention. This will make your significant other feel truly cherished and loved. Distractions, not really listening or not showing up, and postponing dates can be hurtful to this person.

**Receiving Gifts** - This isn't a love language just about materialism. If this is your love language you thrive on the love, thoughtfulness and effort behind the gift. It's about the other person knowing who you are, and that they have put the thought and effort into bringing you something that would be perfect for you. The perfect gift or gesture shows that you are cared for and prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary or hasty thoughtless gift would be devastating. Even everyday gestures like leaving a note in your lunch would brighten your day.

**Acts of Service** - If your heart feels full when your loved one has done the dishes for you, this is your love language. Anything someone does to lighten the burden of responsibilities weighing on an 'Act of Service' person, will touch their heart and let them know that they are loved. "Let me do that for you" is music to their ears. Laziness, broken promises and making more work for them is the way to tell them that their feelings don't matter.

**Physical Touch** - Holding hands, thoughtful touches, squeezes, or light kisses can all be given to someone who has Physical Touch for their love language. Touching can be used to show excitement, concern, care and love. It's not all about touching in the bedroom, just simple touches can tell them what they need to know. The presence of touch is crucial where neglect can be unforgivable and destructive.

Recognizing and speaking your partner's love language and sharing your love language with them can greatly enhance your relationship. If you would like a clearer understanding of what you or your partner's love languages are, try this site:

<http://www.5lovelanguages.com/assessments/love/>.



When Do I Have Time To ...?

## **5 APOLOGY LANGUAGES**

We all make mistakes. How do you apologize? It could look different for each person if you know their apology language. If we want healthy, happy, whole relationships, we need to understand what will resonate with the person we want to make amends to. Have you ever received an apology that just goes flat? You know that they are trying, but it doesn't really seem real or genuine. Dr. Gary Chapman and counsellor Jennifer Thomas have analyzed the five basic languages of an apology: **Expressing Regret, Accepting Responsibility, Making Restitution, Genuinely Repenting and Requesting Forgiveness.**

**Expressing Regret** – “I'm sorry” is letting the other person know you have a sense of guilt, shame or pain that what you have done has hurt them. It is the emotional aspect of an apology.

**Accepting Responsibility** - Admitting you were wrong is sometimes tied to our own sense of self-worth and can be perceived as weakness. “I was wrong” is what is needed for the person who has this apology language. Strength comes from admitting when we are wrong and the other person needs to hear this. After all, would you rather be right or happy?

**Making Restitution** – “What can I do to make it right?” is what people that use this apology language need to hear. They need to know that you have regretted how you have treated them, and you want to make it OK with them - so all is good again.

**Genuinely Repenting** - Repentance means to turn around or change one's mind. For this apology language it means that an individual realizes that his or her present behaviour is destructive. They want to hear that you will try not to do it again.

**Requesting Forgiveness** - Will you please forgive me? For this person, requesting forgiveness shows them that you want to see the relationship fully restored.

Learn your loved one's apology language techniques and you can effectively recognize and give apologies that can improve your relationships. For details see: <http://www.5lovelanguages.com/learn-the-languages/the-five-languages-of-apology/>.

When Do I Have Time To ...?

## EMOTIONAL WELLNESS INVENTORY

Please answer the questions as accurately as possible in order to complete your assessment using the following listings:

Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree	
1	2	3	4	5	
1. _____					I am aware of and am able to articulate my past issues and hurts.
2. _____					I get along well with my parents.
3. _____					I get along well with my siblings.
4. _____					I get along well with my co-workers / housemates.
5. _____					I have let go of relationships that drag me down or damage me (walked away from, am no longer attached to).
6. _____					I receive enough love from the people around me to feel good.
7. _____					I have communicated or attempted to communicate with those people I have seriously disturbed, hurt or injured even if it wasn't my fault.
8. _____					I am aware of my fears and my moods and manage them effectively.
9. _____					I do not gossip or talk about others.
10. _____					I am able to identify and express my feelings appropriately.
11. _____					I have friends and family who appreciate me for who I am more than what I do.
12. _____					I am generally positive in my outlook and mood.
13. _____					I tell people the truth no matter what.

## When Do I Have Time To ...?

14. \_\_\_\_\_ I quickly clear up misunderstandings and miscommunications as they occur.
15. \_\_\_\_\_ I am in tune with my wants and needs and get them taken care of.
16. \_\_\_\_\_ I have a best friend, soul mate or love relationship that I can be vulnerable with.
17. \_\_\_\_\_ I know when my emotions are out of balance and know how to get myself back into balance.
18. \_\_\_\_\_ I have a rewarding life beyond my career.
19. \_\_\_\_\_ I live life on my terms, not by the rules or preferences of others.
20. \_\_\_\_\_ I do not 'take personally' the things that other people say to me.

Add total scores \_\_\_\_\_ divide by 20 = \_\_\_\_\_

Use the wheel at the end of the book on page 60 for a visual representation of where you are at today in Emotional Wellness. Try testing again to see if you changed after a certain period of time.

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When Do I Have Time To ...?

# MENTAL WELLNESS

I'm not good  
enough

I'm scared

I'm too fat

I'm ugly

Am I strong enough

I can't do it

I have  
NO money

People don't  
like me

I'm not smart  
enough

What if I  
look stupid

What if I  
say the wrong  
thing



When Do I Have Time To ...?

## PERSONAL BELIEFS

"We are what we think," taught [Buddha](#)

We all have expectations that run through our heads. I should have a house by the time I'm 30 years old. I should be married and have 2.2 kids, with a house and a dog and be happy. I should be a doctor or a lawyer or a (fill in the blank). I should be thin. I should look like him/her. We're 'shoulding' all over ourselves. Sometimes, we label ourselves. I am lazy. I am not good at math. We compare ourselves to others or create expectations that are not realistic or attainable for us, not because we are not good enough, but because they are not for us, not even suited to who we are and we dismiss the things we are good at as insignificant.



*"If you think you can, you can. If you think you can't, you're right,"  
advised Mark Twain*

Your thoughts have power - a lot of power. When you think, you force the belief that you have to come true. You stay in that story because you tell yourself it's the truth. What are you sacrificing to keep that belief system alive? How much are you damaging your own path and compromising your own happiness to be that picture of what you believed? Beliefs are assumptions and thoughts that we have had, usually based on early experiences about ourselves, others, and the world around us. They are hard to dismiss because they seem like the truth, especially the ones that come from early childhood. Personal beliefs are perceptions that may not be accurate or concrete, but are blindly held on to despite compelling alternative evidence. Our brain automatically filters out and forgets any contrary evidence and retains the supporting evidence for this belief.

Your personal belief system can serve you or not serve you. When it's not serving you, your mood is subject to whatever is going on around you. When your personal belief system is serving you, your self-worth is not

## When Do I Have Time To ...?

based on your achievement. You don't seek the approval of others. You're able to **find happiness inside yourself**.

Thoughts are extremely powerful. If you think and believe that you are unlovable, you will attract people who won't love you, and this rejection just further proves the belief to be correct. You make it even more powerful by creating and manifesting your own evidence.

Your beliefs become your thoughts.  
Your thoughts become your words.  
Your words become your actions.  
Your actions become your habits.  
Your habits become your character.  
Your character becomes your destiny.

~ Mahatma Gandhi ~

### Tips For Uncovering Core Beliefs

Strong emotions tell you whether your deepest core beliefs are either satisfied or being violated.

- **Step 1** - Identify five strong emotions you experienced in the past week or two. Write them down in a list (example: love, frustration, curiosity, excitement, generosity).
- **Step 2** - Pick out one of the emotions and connect to the experience that led to this emotion and write a sentence about it (example: I was angry when she showed up late).
- **Step 3** - Answer the question "In that situation what were you \_\_\_\_\_ about?" (Fill in the blank with your emotion)
- **Step 4** - Note your answer. Example: she shouldn't be late.
- **Step 5** - Next answer the question, "Why does it matter if \_\_\_\_\_?" Fill in the blank with your answer to Step 4.
- **Step 6** - Note your answer. Example: I feel disrespected. Continue asking the "Why does it matter?" question until you either keep answering it the same way or you see your nature revealed in your answer.

When Do I Have Time To ...?

## **DECONSTRUCTING / DISEMPOWERING BELIEFS**

The great news is that beliefs can be changed and your experiences change to match them. "Change your thinking, change your life," said Ernest Holmes.

1. Ask yourself, is this belief yours or did it belong to your parents or other role models (teachers, coaches).
2. Was the person who held this belief worth modelling in this area?
3. What are the costs of holding this belief?
4. What will it cost in your relationships if you continue to hold this belief?
5. What will it cost you financially if you continue to hold this belief?
6. What will your life be like in 5, 10, or 20 years if you are still carrying this belief?
7. What benefits are you getting from holding this belief? (eg. sympathy, an excuse not to succeed, revenge)
8. How is this belief ridiculous or absurd?

When incorporating new beliefs into your life, it may feel odd or like a betrayal. The key is to notice if it feels right for you or resonates with who you are. It takes work to change what has been conditioned into us for probably many, many years. It's OK to be who you are. Remember to be gentle with yourself. It is a process.

### **How To Condition A New Belief**

Old Belief: \_\_\_\_\_

New Belief: \_\_\_\_\_

Ask yourself, why I know this new belief is absolutely true. Tell someone you trust this new belief (with certainty) until they believe you. Keep practicing this new belief.

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When Do I Have Time To ...?

## VALUES

Beliefs are the assumptions that we make about the world and our values stem from those beliefs.

Our values are things that we deem important and can include concepts like: equality, honesty, education, effort, perseverance, loyalty, faithfulness, conservation of the environment and many, many other concepts. Values govern the way we behave, communicate and interact with others. Beliefs and values determine our attitudes and opinions.

**Do you know what your values are?** Values are not something that we are taught in school or that are generally discussed in day to day life. We all have values that affect our decisions and guide our lives. If you are living outside of your values, it can be painful or you may feel as if you are lacking a purpose in your life. When you are congruent to your values and you are in environments that are congruent with your values, it is energizing. Being in a negative environment or workplace that doesn't align with your values can be uncomfortable and draining. If you haven't yet become aware of what your values are, it may be confusing as to why you feel this way.

Being clear on what your values are will support you in identifying what is really important to you. Once you recognize your values, you can set meaningful goals, write your life's mission statement and build action plans based on these values. It will keep you on track with your passion and purpose.

Values usually change throughout our lives and don't remain stagnant. You may wish to evaluate your values every few years using the exercise below. This will ensure that you are living a life that is in alignment with your values and congruent with your goals. Review your values when you feel uneasy about doing something. It could be a sign that it's not compatible with your values.



## When Do I Have Time To ...?

This exercise will help you narrow down your more significant values.

- **Step 1** - Choose 15 values from the list below. Don't censor yourself, there is no right or wrong answer. You don't need to justify or explain your answer.
- **Step 2** - Omit 5 values that you feel least strongly or passionate about.
- **Step 3** - Do Step 2 again, leaving 5 values.
- **Step 4** - Pick the one from those remaining 5 that you feel the strongest about or speaks the loudest to you.
- **Step 5** - Put the remaining 4 in order of importance.
- **Step 6** - Write a detailed meaning for each of your top 5 values. This will help you clarify what your values mean to you and support you in identifying what is really important to you.

For a list of values, visit:

<http://www.selfcounseling.com/help/personalsuccess/personalvalues.html>



## When Do I Have Time To ...?

Achievement	Friendships	Physical challenge
Advancement and promotion	Growth	Pleasure
Adventure	Having a family	Power and authority
Affection	Helping others	Privacy
Arts	Honesty	Purity
Challenging problems	Independence	Quality of involvement
Change and variety	Influencing others	Quality relationships
Close relationships	Inner harmony	Religion
Community	Integrity	Reputation
Competence	Intellectual status	Responsibility and accountability
Competition	Involvement	Security
Cooperation	Job tranquility	Self respect
Country	Knowledge	Serenity
Creativity	Leadership	Sophistication
Decisiveness	Loyalty	Stability

When Do I Have Time To ...?

**MY SELF ESTEEM**  
**(THE HARRILL SELF ESTEEM INVENTORY)**

The closer you are to your ideal self the happier you will be.

Rate yourself on each (with a scale of 0 to 4) based upon your current thoughts, feelings, and behaviors:

0 = I never think, feel or behave this way.

1 = I do less than half the time.

2 = I do 50% of the time.

3 = I do more than half the time.

4 = I always think, feel or behave this way.

<b>Score</b>	<b>Self-Esteem Statements</b>
1.    ___	I like and accept myself right now, even as I grow and evolve.
2.    ___	I am worthy simply for who I am, not what I do. I do not have to earn my worthiness.
3.    ___	I get my needs met before meeting the wants of others. I balance my needs with those of my partner and family.
4.    ___	I easily release negative feelings when other people blame or criticize me.
5.    ___	I always tell myself the truth about what I am feeling.
6.    ___	I am incomparable and don't compare myself with other people.
7.    ___	I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them).
8.    ___	I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do.
9.    ___	I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.
10.   ___	I nurture myself with kind, supportive self-talk.
11.   ___	I love, respect, and honor myself.

## When Do I Have Time To ...?

12. \_\_\_\_\_ I accept other people as they are, even when they do not meet my expectations, or their behaviors and beliefs are not to my liking.
13. \_\_\_\_\_ I am not responsible for anyone else's actions, needs, thoughts, moods, or feelings, only for my own (exception my own young children).
14. \_\_\_\_\_ I feel my own feelings and think my own thoughts, even when those around me think or feel differently.
15. \_\_\_\_\_ I am kind to myself and do not use "shoulds" and "oughts" to put myself down with value judgments.
16. \_\_\_\_\_ I allow others to have their own interpretation and experience of me and realize I cannot control their perceptions and opinions of me.
17. \_\_\_\_\_ I face my fears and insecurities, taking appropriate steps to heal and grow.
18. \_\_\_\_\_ I forgive myself and others for making mistakes and being unaware.
19. \_\_\_\_\_ I accept responsibility for my perceptions of others and for my response to them.
20. \_\_\_\_\_ I do not dominate others or allow others to dominate me.
21. \_\_\_\_\_ I am my own authority. I make decisions with the intention of furthering my own and others' best interests.
22. \_\_\_\_\_ I find meaning and have purpose in my life.
23. \_\_\_\_\_ I balance giving and receiving in my life. I have good boundaries with others.
24. \_\_\_\_\_ I am responsible for changing what I do not like in my life.
25. \_\_\_\_\_ I choose to love and respect all human beings regardless of their beliefs and actions. I can love others without having an active relationship with them

This is not a precise measure of self-esteem. It identifies beliefs, feelings, and behaviors that affect low self-esteem. Use the statements as affirmations to update your guiding beliefs. Put them on 3"x5" cards or, record them to listen to.

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## CHANGE THE WAY YOU THINK

There are times in everyone's life when they feel like the world is against them. When you are told to look on the bright side of things, you feel frustrated. How can you just change your mood? How can I like myself or my life when everything is going wrong? Of course we all have external events contributing to the way we feel and sometimes it seems like they are making us unhappy and upset. It's easy to get caught in the pattern of blaming circumstances but ask yourself 'How is it helping me?' You can't stop or control the outside world, you can only control yourself.

If you want to feel better you need to realize that your thoughts and attitudes, not external events, create your feelings. You can learn to change the way you think, feel and behave **right now** in your life.

### 10 Ways To Untwist Your Thinking

1. Write down your negative thoughts so you can see possible patterns.
2. Instead of assuming that the negative thought is true, examine the actual evidence for it (eg. if you feel like you never do anything right, list the things you have done right).
3. Instead of putting yourself down in a harsh or condemning way, talk to yourself in the same compassionate way you would talk to your best friend.
4. Test the validity of your negative thought. If you feel like it's the end of the world, look outside the window. Still here? Good.
5. We tend to look at the world in a black and white way. Find the gray and all the shades in between. Evaluate things on a scale from 0 to 100. When things don't work out as well as you had hoped, think about the experience as a partial success rather than a complete failure (eg. cup half full). See what you can learn from the experience and reframe. If you've learned anything from the experience, that's a positive thing.
6. Take a survey. Ask people questions to find out if your thoughts and attitudes are realistic. Ask several friends if they feel nervous in certain situations, etc.

## When Do I Have Time To ...?

7. Define terms. Are you really what you just said to yourself? We all have moments of being lazy or emotional - are you really lazy all the time? How about cutting yourself some slack, like a friend would?
8. Substitute language that is less colourful and emotionally charged.
9. Instead of automatically blaming yourself for a situation, think about all the factors that may have contributed to it. Focus on solving the problem instead of using up all your energy blaming yourself and feeling guilty.
10. List the advantages and disadvantages of a feeling, a negative thought or a behaviour pattern.

**BONUS:** The word “mistake” should be taken out of your vocabulary as much as possible. It’s a judgement of what is expected of us and is an instrument of regret. We learn by making mistakes, that’s what makes us who we are - humans that need to stumble and sometimes even fall. Analyze life less and live it more.

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***My Cup Is Half Full***  
***by Leslie Cartwright, FSI’s Board Vice-President***  
***and Resource Parent Canal Flats***



*One evening, during a particularly difficult time with my son, I made my way to a local support group meeting fully intending to voice my woes and worries, hoping to have a good cry and receive support from my friends and peers. When I arrived at the meeting I was introduced to a mother who had just received a diagnosis for her child with a disability. She was struggling with acceptance, fear and confusion. I immediately forgot about my own predicament, which seemed rather trivial in hindsight, and joined the other parents in the group to give this grieving mother the support and direction that she was seeking. In doing so, I found that I left that meeting feeling that my cup was half full, where it had been half empty when I’d first arrived. It was healing in a way to help someone else in their struggles of a similar journey.*

When Do I Have Time To ...?

## FACE MY FEARS AND TAKE RISKS

### ***Our Deepest Fear***

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we consciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

*~ quoted by Nelson Mandela (1994) ~*

I have to admit, I've lived a lot of my life in fear. Fear that I'm not good enough, not deserving, not smart enough, and not attractive enough. Fear that I will fail, that I will succeed, that I'll do or say something dumb, or not do the right thing. It's kept me stuck, afraid to move, change and be the person that I was meant to be. In reality, we're not doing the world a favour by behaving like this. We're not being the people that we can be and not living to our fullest potential. Isn't that a disservice to humanity?

So what if we laugh at the wrong time or too loud? So what if we say the wrong things? Isn't it better than not saying anything at all? As long as we are being authentic in what we say, people will get over it. The people who won't probably don't deserve to be a part of our lives anyway. We are so afraid of what people think about us, we don't listen to what we think of ourselves. I have left things unsaid, walked away and for days ruminated over the fact that I didn't say what needed to be said.

Not taking the risks is indeed safe and sometimes that's OK to stay in that place. Things won't change and problems won't get solved when we stay safe. There are times when we need to wait and get to the place so we can take that chance – just don't stay there waiting forever.

## When Do I Have Time To ...?



As parents of children with special needs, we have overcome obstacles that most parents don't and can't even comprehend. My response to people is: 'I did what I had to do. It was what I was given'. Negating what I've done doesn't mean that I haven't accomplished anything. I raised two amazing boys regardless of what came up. We are risk takers for our children. Now we need to work on taking risks for ourselves and unleash our power.

---

### ***Fear and Risk-Taking***

***by Carol Stinson, FSI's Resource Parent Burnaby***



*One of the things I learned from the way bus training is done reflects on fear and risk-taking. When agencies do bus training with their clients, they follow the client in a car for the first couple of times they take the bus. They don't make a big deal with the person about this, but it allows them to be successful and confident that someone will find them if they get lost. Once the client has some confidence, they feel safe to take the bus on their own.*

*I think many parents are so scared about how guilty they will feel if something goes wrong that they can never let go. There are always strategies that can be employed to keep our sons and daughters safe while still allowing them to take chances - it just might take a bit of creative thinking.*



When Do I Have Time To ...?

## MANAGE MY ISOLATION

It's easy for parents, especially parents of a child with special needs to become isolated. Finding someone that understands what it is like can be an important lifeline. We can get wrapped up in the care of our children, but staying connected with others and forging new relationships can be key to your well being.



The **Family Support Institute** (FSI) is a provincial organization that can help introduce you to other parents with similar circumstances in your area. They can also suggest local support groups. FSI is only a phone call or email away. For more information on FSI, please go to our website at [www.familysupportbc.com](http://www.familysupportbc.com).

Although it can be a challenge, schedule as much social time as possible. It may feel uncomfortable to ask for what you need for yourself and your child, but you will be glad you did. Don't be afraid to ask your friends and family to help and explain to them what you need. You never know if you don't ask. What's the worst that could happen? If you don't ask, you are denying them the opportunity to help you and the joyful experience that it can bring. Lifelong friendships can develop. Deeper family bonds may be forged.

It's almost impossible to take good care of yourself and your loved ones without getting help. Of all the help that's available, getting respite and breaks from care giving may be the best way to avoid burnout. You can get respite by having other people take care of your loved one at home for a while or taking them out into the community. This will give you more time to re-energize and recharge, and implement your self-care plan (see page 55).

When Do I Have Time To ...?

## MENTAL WELLNESS INVENTORY

Please answer the questions as accurately as possible in order to complete your assessment using the following listings:

Strongly  
Disagree

Disagree

Neither  
agree or  
disagree

Agree

Strongly  
Agree

1

2

3

4

5

1. \_\_\_\_\_ I get things accomplished well before deadlines.
2. \_\_\_\_\_ I know problem solving steps, am able to consider my options and make wise decisions.
3. \_\_\_\_\_ I am aware of my personal strengths.
4. \_\_\_\_\_ I am consciously aware of my thought patterns.
5. \_\_\_\_\_ My thoughts give me a general sense of well being.
6. \_\_\_\_\_ I am aware when my emotional reactions disturb my normal state of health.
7. \_\_\_\_\_ I journal my thoughts and insights on a regular basis.
8. \_\_\_\_\_ I consider myself able to reason, concentrate and learn well.
9. \_\_\_\_\_ I read books, magazines or newspapers to stimulate my thinking.
10. \_\_\_\_\_ I know how to create prosperity and abundance in my life.
11. \_\_\_\_\_ I am able to cope with the stress generated by my usual work and daily activities.
12. \_\_\_\_\_ I am caught up with letters, including emails, calls and regularly fill my commitments.
13. \_\_\_\_\_ I know what I want in my life and set goals accordingly.

## When Do I Have Time To ...?

14. \_\_\_\_ I do not judge or criticize others.
15. \_\_\_\_ I make requests rather than complain.
16. \_\_\_\_ I am a person of his/her word; people can count on me.
17. \_\_\_\_ I am aware of cultural influences on my thought patterns.
18. \_\_\_\_ I am aware of how my beliefs affect my behaviours.
19. \_\_\_\_ I am aware of my priorities and am able to manage my time effectively and plan my day accordingly.
20. \_\_\_\_ I pursue interests that stimulate my mind and my awareness.

Add total scores \_\_\_\_\_ divide by 20 = \_\_\_\_\_

Use the wheel at the end of the book on page 60 for a visual representation of where you are today in Mental Wellness. Try testing again to see if you have changed after a period of time.

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When Do I Have Time To ...?

# SPIRITUAL WELLNESS



## When Do I Have Time To ...?

### MEDITATION

Meditation, to me, was what my friend would call 'hippy wippy stuff'. I thought I would give it a shot and see what all the hype was about. There are several known benefits to meditation including: headache relief, release of tension and stress, and of course relaxation. Calming my mind and finding peace was definitely alluring, yet mystical sounding, so I tried it. My monkey mind took over and silencing my thoughts just wasn't working. I did get a grocery list put together though.

I got some advice from people who loved meditating and tried it again. WOW, I never realized that there was so much going on in my brain! My muscles got sore and my knees started to hurt. I tried to devise a plan on how to keep meditating but not be in pain. Then my mind wandered and started to think about how I'm not so young anymore, how my house needed to be cleaned, how old I was when I hurt my knees.....so that was how many years ago?...and on and on.....

It's time for a new plan. A different friend of mine gave me some audio meditations that I could load onto my iPod. This was the solution for me. It's much harder having conversations in my head when there is another person talking to me. Not that my mind doesn't stray sometimes anyways. I also met someone on the bus and we struck up a conversation about meditating. I told him about my monkey mind and the troubles I was having meditating. He said to thank the universe for the thought and let it go. He said, the more you fight it the longer it will stay. Genius! So simple. I can do that. The release of not being perfect was very helpful.

Here are a couple of other hints that I have found somewhat helpful. Maybe one or more will work for your meditation practice. Remember it is a practice, so don't think you can do it perfect right away, if ever. It will be perfect for you in that moment - whatever your experience is.

- The 100 breath technique – take 100 breaths. Count them while trying not to think of anything else.
- Use a timer for 5 minutes to start and meditate until it goes off.
- Get comfortable. Being uncomfortable makes your mind think about how uncomfortable you are.
- Do something you enjoy, you know that time is flying when you look up and it's an hour later. That's meditating.

## When Do I Have Time To ...?

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***Bang You Hit It and It's Amazing!***  
***by Shirley Yamashita-Paterson***  
***FSI's Director of Community Development***



*Bang you hit it and it's amazing! The feeling of reaching something you weren't quite sure you could, is "AMAZING"! It could just be that pesky mosquito that has been plaguing you for the last half hour around your ear, but in my case it is that high "A" that I hit in choir and it just feels so right.*

*So right that at that very moment nothing can go wrong. This is the starting place of meditation...*

*Spiritual wellness for me is that feeling of reaching perfect pitch and along with it, the inner knowledge of where I stand and who I am at that very moment in relation to the world around me, how I affect it and it's affect on me.*

*To get to that place, you have to give up all that you worry about, all that you dream about and just let go...*

*Letting go is probably the hardest piece of work we have in our lives, when there are so many things to be done in a day and so many variables to worry about. Understand there is a distinction on the matters that you can affect and others that are not yours to control.*

*Your Spirit is what is inside you, it is to be protected and nurtured for a full and happy life.*

When Do I Have Time To ...?

## YOUR PERSONAL MISSION STATEMENT

*“Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully and to align your behaviour with your beliefs”*

*~ Stephen Covey, ‘7 Habits of Highly Effective People’ ~*

A personal mission consists of 3 parts:

- **What** do I want to do?
- **Who** do I want to help?
- What is the **result**? What value will I create?

### **Steps to Creating Your Personal Mission Statement:**

1. Do the exercise with the 15 questions on page 51 as quickly as you can.
2. List out actions words you connect with (eg. educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.)
3. Based on your answers to the 15 questions. List everything and everyone that you believe you can help (eg. people, creatures, organizations, causes, groups, environment, etc.)
4. Identify your end goal. How will the **‘who’** from your above answer benefit from what you **‘do’**?
5. Combine steps 2-4 into a sentence or 2-3 sentences.

**What is YOUR life purpose? What is YOUR mission?**

When Do I Have Time To ...?

## DISCOVER YOUR LIFE PURPOSE

I believe that we are all put on this earth for a reason. What that reason is, is a mystery. It is something we need to figure out on our own. Right from the beginning of life our decisions are made by our parents and it's a process through childhood and adolescence to get custody of them. Are you living the life that was the life you were meant to live?

If you have gone through this book in order, you may remember seeing the values in the Mental Wellness section. The exercise you did to discover and narrow down your 5 most important values will be put to good use here. When thinking about your life purpose, your values will play a big part in your answer. The mission statement will also be helpful here. The following is a list of questions that can assist you in discovering your purpose. They are meant as a guide to help you get into a frame of mind that will be conducive to defining your personal mission.

Simple Instructions:

- Take out a few sheets of loose leaf paper and a pen.
- Find a place where you will not be interrupted. Turn off your cell phone.
- Write the answers to each question down. Write the first thing that pops into your head. Write without editing. Use point form. It's important to **write** out your answers rather than just thinking about them.
- Write quickly. Give yourself less than 60 seconds a question, preferably less than 30 seconds.
- Be honest. Nobody will read it. It's important to write without editing.
- Enjoy the moment and smile as you write.

### **15 Questions:**

<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>

1. What makes you smile? (activities, people, events, hobbies, etc.)
2. What are your favorite things to do in the past? What about now?



## When Do I Have Time To ...?

3. What activities make you lose track of time?
4. What makes you feel great about yourself?
5. Who inspires you most? (anyone you know or do not know, family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?
6. What are you naturally good at? (skills, abilities, gifts etc.)
7. What do people typically ask you for help in?
8. If you had to teach something, what would you teach?
9. What would you regret not fully doing, being or having in your life when you are at the end of your life?
10. You are now 90 years old, sitting on a rocking chair on your porch. You can feel the spring breeze gently caressing your face. You are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired and all the relationships you've developed, what matters to you most? List them out.
11. What are your deepest values? Select 3 to 6 and prioritize the words in order of importance to you.
12. What were some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?
13. What causes do you strongly believe in? Connect with?
14. If you could get a message across to a large group of people. Who would those people be? What would your message be?
15. Given your talents, passions and values. How could you use these resources to serve, to help, to contribute? (people, beings, causes, organization, environment, planet, etc.)

When Do I Have Time To ...?

## **SELF-CARE REVOLUTION**

Our society has turned into the most over-stressed, over-worked and most medicated ever in history. We seem to celebrate running on empty. We need to find balance in our lives. How often do we neglect our own need for a few moments to think, breathe, read, write, draw, walk, paint or anything else that helps us relax. To be able to meet the needs of everyone and everything else, we need to have the time to re-energize, even if it's done in small moments. The solution is as simple as realizing our self-time is just as important as food and sleep. The rewards will be worth it. Think of it as plugging yourself in to get the energy so you can go out and tackle what the world has in store for you.

We may think we do not have the time because our belief is that our family needs us. Our family will need us today, tomorrow and the next day too, not leaving a spare moment. Will we be able to be there for them if we are not taking care of ourselves? If we are constantly depleting ourselves, we will not be there and certainly not in the best capacity that we could be. To be the best we can be, we need to treat ourselves with compassion and love.

Putting your self-care above everything else so you can be the best for your family and friends is essential. Most importantly, you need to become your top priority. As parents, we typically put the children first. Many women are natural nurturers and often put everyone else first and we come last, even after the dog or the cat. This needs to change. We need to start a **SELF-CARE REVOLUTION!** Self-care is an act of loving and nourishing yourself. You need to set boundaries and take care of you - your well-being and health depend on it.

Self-care is about creating a better relationship with yourself, becoming your own best friend. When you have done that, other relationships will follow suit. When taking care of a home, you would clear out the garbage, clean, scrub, make it comfortable and beautiful. Take care of your inner home so you feel nourished from within, a sort of interior spring cleaning.

Ask yourself, what needs your attention at this time in your life? Try to think about the next 3 months (the not whole year) like your marriage, school, work, relationships, and financial, emotional, spiritual or physical health.

## When Do I Have Time To ...?

What do you need to make this happen? Perhaps things like a babysitter, signing up for a course, discussions with your partner, etc. What are the most vital areas right now?

Once you've made your list, pick the top five priorities. Re-order it if necessary in order of importance. Are you at the top of your list? Remember, you will be better to everyone else if you are good to yourself first. Now that this is done, print it out and put it where you will see it on a regular basis like your bathroom mirror, the dash of your car or near your computer screen.

There are many ways that you can practice self-care. Here are a few suggestions:

- Have a massage.
- Learn to say no. This habit takes a while to break, so be gentle with yourself.
- Meditate – retreat into silence.
- Take a bath.
- Sing or listen to music.
- Catch up with an old friend or even not so old friend – someone that is positive and lifts you up.

Honouring yourself, honours your family and friends. Showing them that you know that you are important is valuable to them as well. You are showing your worth and being an important role model for your children, teaching them to value themselves. Find where your happiness is, what brings you joy. Start with scheduling 5 minutes of your day, maybe the first 5 minutes, to just stop, breathe and think about your amazing new day.



## When Do I Have Time To ...?

### ASSESS MY SELF-CARE

This is a place to start to look at areas you may want to improve upon in your life. Feel free to change areas that aren't relevant and add what is relevant for you. Look for patterns in our responses when you are done. Maybe take something from each area that you want to change or improve upon in your life.

Using the scale below, rate the following areas in terms of frequency:

- 5 = I do this well (frequently)
- 4 = I do this OK (occasionally)
- 3 = I rarely do this
- 2 = I never do this
- 1 = It never occurred to me

#### **Physical Self-Care**

- Eat regularly (3 meals/day)
- Eat healthy, fresh food everyday
- Keep your sugar intake to a minimum
- Exercise at least 3 times a week
- Drink enough water daily
- Get regular medical care for prevention and care when needed
- Take time off when you need the break
- Get massages, manicures, pedicures, etc.
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual - with yourself, with a partner
- Get enough sleep (6 - 8 hours everyday)
- Wear clothes you like
- Take vacations, day trips or mini-vacations
- Make time away from telephones, emails and the internet
- Other:

#### **Psychological Self-Care**

- Make time for self-reflection
- Have your own personal therapy/counselling

## When Do I Have Time To ...?

- \_\_\_ Write in a journal
- \_\_\_ Read literature that is unrelated to work, school or your children
- \_\_\_ Do something at which you are not expert or in charge
- \_\_\_ Decrease stress in your life
- \_\_\_ Let others know different aspects of you
- \_\_\_ Notice your inner experience - listen to your thoughts, judgments, beliefs, attitudes, and feelings
- \_\_\_ Engage your intelligence in a new area (eg. go to an art museum, history exhibit, sports event, auction, theater performance)
- \_\_\_ Practice receiving from others
- \_\_\_ Be curious
- \_\_\_ Say "no" to extra responsibilities sometimes
- \_\_\_ Other:

### **Emotional Self-Care**

- \_\_\_ Spend time with others whose company you enjoy (eg. friends, family)
- \_\_\_ Wake up looking forward to your day
- \_\_\_ Stay in contact with important people in your life
- \_\_\_ Have at least two friends outside of your immediate family who you feel free to talk with about anything
- \_\_\_ Give yourself affirmations, praise yourself, love yourself
- \_\_\_ Re-read favorite books, re-view favorite movies
- \_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out
- \_\_\_ Allow yourself to cry
- \_\_\_ Find things that make you laugh
- \_\_\_ Express your outrage in social action, letters and donations, marches, protests
- \_\_\_ Play with children
- \_\_\_ Resolve conflicts when at all possible
- \_\_\_ Give up trying to control other people, the only one you have control of is you
- \_\_\_ Other:

### **Spiritual Self-Care**

- \_\_\_ Make time for reflection

## When Do I Have Time To ...?

- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate and/or pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)
- Other:

### **Workplace or Professional Self-Care**

- Take a break during the workday (e.g. lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your clients and colleagues
- Balance your caseload so that no day or part of a day is “too much”
- Arrange your work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

### **Balance**

- Strive for balance within your work-life and workday
  - Strive for balance among work, family, relationships, play and rest
- For details, please see: <http://www4.nau.edu/eaw/SelfCareChecklist.htm>  
and <http://outsmartyourbrain.com/self-care-checklist/>.

## When Do I Have Time To ...?

### **SPIRITUAL WELLNESS INVENTORY**

Please answer the questions as accurately as possible in order to complete your assessment using the following listings:

- | Strongly Disagree | Disagree | Neither agree or disagree | Agree | Strongly Agree |  |
|-------------------|----------|---------------------------|-------|----------------|--|
| 1                 | 2        | 3                         | 4     | 5              |  |
| 1. _____          |          |                           |       |                | I know how to connect to an inner place of peace and wisdom and I do so daily.                                       |
| 2. _____          |          |                           |       |                | I learn everything I can from my life experiences.   |
| 3. _____          |          |                           |       |                | When people express beliefs which contradict my own, I listen with respect, curiosity, and a non-defensive attitude. |
| 4. _____          |          |                           |       |                | I do what I can to ease the suffering of those around me.  |
| 5. _____          |          |                           |       |                | I feel a sense of purpose in my life and consistently take action to embody that purpose.                            |
| 6. _____          |          |                           |       |                | I feel connected to people whom I love and who love me.  |
| 7. _____          |          |                           |       |                | I embrace my own gender with pride.  |
| 8. _____          |          |                           |       |                | I no longer compare myself with others or measure my success by the acquisition of material possessions.             |
| 9. _____          |          |                           |       |                | I laugh frequently at the foibles of my fellow humans and myself.  |
| 10. _____         |          |                           |       |                | I express and share my deepest self through my intimate sexual relationships.  |
| 11. _____         |          |                           |       |                | I learn and grow in cooperation with members of the opposite sex.  |
| 12. _____         |          |                           |       |                | When something unpredictable happens in my life, I am able to accept it and adjust.                                  |

## When Do I Have Time To ...?

13. \_\_\_\_\_ I understand that life has rhythms and cycles and I align with these.
14. \_\_\_\_\_ When I have a strong mental or emotional reaction to the world, I know how to learn from these and let them go.
15. \_\_\_\_\_ I use intuitions and synchronicities to guide me in my daily life.
16. \_\_\_\_\_ All my talents, relationships and challenges are right for me; I wouldn't trade places with anyone.
17. \_\_\_\_\_ I live each day fully and with no regrets, knowing and accepting that death could come at any time.
18. \_\_\_\_\_ I take full responsibility for my experience in the world.
19. \_\_\_\_\_ Experience has taught me that with the help of a higher power I can face any challenge.
20. \_\_\_\_\_ I have forgiven everyone in my life who has caused me pain.

Add total scores \_\_\_\_\_ divide by 20 = \_\_\_\_\_

Use the wheel at the end of the book on page 60 for a visual representation of where you are today in Spiritual Wellness. Try testing again to see if you have changed after a period of time.

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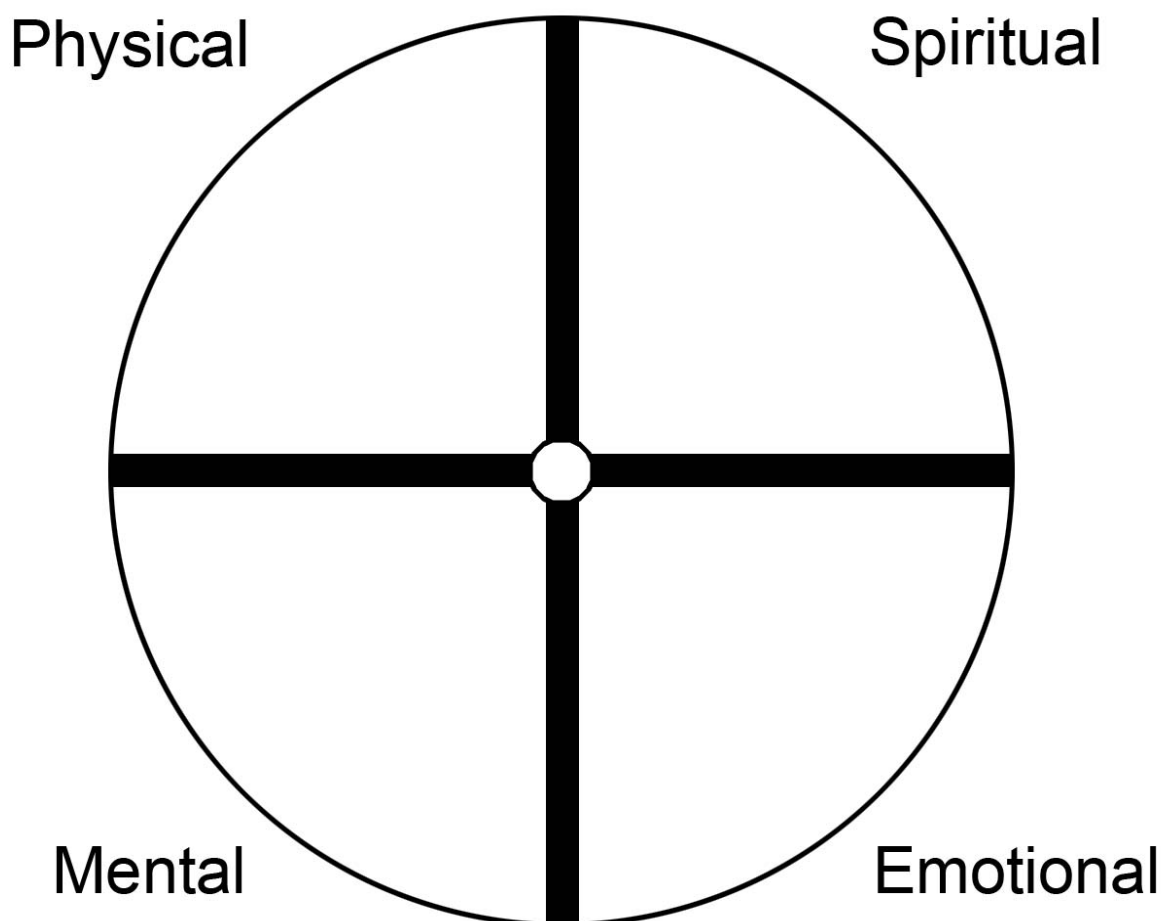




When Do I Have Time To ...?

## WELLNESS INVENTORY SUMMARY

Use this image to take the scores from the inventories in each quadrant and fill in the appropriate section with the appropriate scores. This gives you a visual image of where you are today and where you would like to be in the future.



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When Do I Have Time To ...?

## **RESOURCES**

### **Wellness Inventory (Physical, Emotional, Mental and Spiritual)**

[www.rhodescollege.ca](http://www.rhodescollege.ca)

### **Basic Nutrition**

[http://www.drmcDougall.com/medical\\_nutrition.html](http://www.drmcDougall.com/medical_nutrition.html)

<http://www.livestrong.com/article/31172-effects-poor-nutrition-health/#ixzz1ushbYgTh>

<http://health.howstuffworks.com/wellness/food-nutrition/healthy-eating/basic-nutrition-tips.htm>

<http://nutritiondata.self.com/> daily nutritional needs and bmi calculator

<http://www.livestrong.com/article/41294-eating-unhealthy-foods-affects/>

<http://www.hc-sc.gc.ca/fn-an/index-eng.php> Health Canada

<http://fooddemocracy.wordpress.com/2007/11/08/460/>

### **The Importance of Water**

<http://www.psychologytoday.com/blog/you-illuminated/201010/why-your-brain-needs-water>

<http://newsinhealth.nih.gov/2009/July/feature2.htm>

<http://www.naturodoc.com/library/nutrition/water.htm>

### **Physical Activity / Exercise**

MHR – [http://exercise.about.com/cs/fitnesstools//bl\\_THR.htm](http://exercise.about.com/cs/fitnesstools//bl_THR.htm)

FITT principle -

<http://exercise.about.com/od/weightloss/g/FITTprinciple.htm>

<http://www.sport-fitness-advisor.com/fitt-principle.html>

### **Emotions and Emotional Awareness**

[http://www.helpguide.org/toolkit/developing\\_emotional\\_awareness.htm](http://www.helpguide.org/toolkit/developing_emotional_awareness.htm)

[http://www.mkprojects.com/fa\\_emotions.html](http://www.mkprojects.com/fa_emotions.html)

<http://www.emotionalcompetency.com/recognizing.htm> - Emotions

<http://www.5lovelanguages.com/assessments/love/>

<http://www.5lovelanguages.com/learn-the-languages/the-five-languages-of-apology/>

## When Do I Have Time To ...?

### **Ease My Stress**

[http://www.helpguide.org/mental/stress\\_signs.htm](http://www.helpguide.org/mental/stress_signs.htm)

[http://www.socialwork.buffalo.edu/students/self-care/documents/plan/Lifestyle\\_Behaviors.pdf](http://www.socialwork.buffalo.edu/students/self-care/documents/plan/Lifestyle_Behaviors.pdf)

[http://www.socialwork.buffalo.edu/students/self-care/documents/asures/Are\\_You\\_Stressed.pdf](http://www.socialwork.buffalo.edu/students/self-care/documents/asures/Are_You_Stressed.pdf)

### **Release Your Anger**

<http://www.soundfeelings.com/free/anger.htm>

### **Personal Beliefs**

<http://www.essential-practices.com/change-core-beliefs.html>

### **Values**

<http://www.selfcounseling.com/help/personalsuccess/personalvalues.html>

<http://www.ethics.org/resource/definitions-values>

### **My Self Esteem**

[www.innerworkspublishing.com](http://www.innerworkspublishing.com)

### **Face My Fears and Take Risks**

<http://www.livestrong.com/article/14727-becoming-a-risk-taker/>

### **Manage My Isolation**

<http://www.caringtotheend.ca/body.php?id=356&cc=1>

<http://www.caringtotheend.ca/body.php?id=358>

### **Discover Your Life Purpose**

<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>

### **Access My Self Care**

<http://www4.nau.edu/eaw/SelfCareChecklist.htm>

<http://outsmartyourbrain.com/self-care-checklist/>



## When Do I Have Time To ...?

### GLOSSARY

**Affirmation** – the statement that something exists or is true.

Affirmations are like little reminder notes to the inner-self. Affirmations are always positive and harness the power of positive thinking to keep the inner self on track! Written or said as if it is true now (eg. “I am full of fortune”).

**Belief** – an opinion or conviction. A thought you keep thinking. A faith of the truth of some statement or the reality of some being or fact, especially when based on examination of evidence.

**Emotional Wellness** – refers to your ability to handle emotions in a constructive way in order to enable you to maintain a positive emotional state.

**Holistic** – the idea that aspects of emotional, mental, physical and spiritual wellness need to be looked at together instead of as individual pieces.

**Mental Wellness** – positive thinking.

**Mindfulness** – living your life in the now. Paying close attention to what goes on around you and what and how you act.

**Mission Statement** – a statement of the purpose of a person. It should guide the actions, spell out an overall goal, provide a path, and guide decision-making.

**Physical Wellness** – making your body well with exercise, good food, sleep, regular medical visits and overall safety.

**Self Efficacy** – how one judges one's own competence to complete tasks and reach goals. The beliefs start in early childhood and continue to develop over a lifetime.

**Self Esteem** – a realistic respect for or favourable impression of oneself; self respect, confidence.

**Self Concept** – the mental image or perception that one has of oneself.

## When Do I Have Time To ...?

**Spiritual Wellness** – involves finding your meaning in life and what life is about for you.

**Values** – values are things that we deem important and can include concepts like equality, honesty, education, effort, perseverance, loyalty, faithfulness, conservation of the environment and many, many other concepts.

**Wellness** – a state of well-being. A state where you are happy being where you are in your life.



# When Do I Have Time To ...?

## ***AFTERWORD BY Shirley Yamashita-Paterson***



Wellness is a huge subject and it is something that can only be attained by working on all of the areas of personal well-being. Physical, Emotional, Mental and Spiritual - all play equal parts in overall good health.

As a mother of two teenagers, it is always hard for me to remember that my needs are important to support the growth and well being of my children. I am a mentor, role model, supporter, chauffeur, event coordinator and fan club; none of which can be done well without attention to "my health".

The one thing I learned the hard way was that ignoring good health can be devastating and that I am the only one that can say when I will attend to it. I know that I am not alone in this struggle to maintain good health. Parents and family members who care for and support a person with a disability often forget about themselves and put their families and jobs first.

These are the reasons why I am so excited to be a part of this exciting project; Family Support Institute's Wellness Booklet. I hope that this booklet will be a starting point for many. This book has been another example of the intention behind FSI's dedication to help strengthen families to reach their hopes and dreams.

Personal wellness as I mentioned, is so hard to stay intentional about and this booklet is a reminder and a tool to show individuals the areas in which focus can be placed to encourage that place of Wellness. Thank you Kelly Sheldon, FSI volunteer Resource Parent – Burnaby, for the gift of writing this book.

The Family Support Institute (FSI) is an organization built on families sharing a common theme of supporting each other in challenging times. Families have looked to the organization as they have moved forward along their journeys. FSI has grown to support more and more families each year and has also opened opportunities to give families across BC a voice as a stakeholder with government.

FSI will continue to support families to do what they do best, advocate for their family member.

Enjoy!

***Shirley Yamashita-Paterson***

When Do I Have Time To ...?



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Fax: 604-540-9374  
Email: [fsi@fsibc.com](mailto:fsi@fsibc.com)  
Website: [www.familysupportbc.com](http://www.familysupportbc.com)



2012

# When Do I Have Time To ...?

L O U P U R P O S E L W U Q E  
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- AFFIRMATION
- APOLOGY
- BALANCE
- BELIEFS
- CARE
- EMOTIONAL
- EMOTIONS
- ESTEEM
- EXERCISE
- FEELING
- HAPPINESS
- HEALTH
- HOLISTIC
- INSTITUTE
- ISOLATION
- LAUGHTER
- LIFE
- LOVE
- MEDITATION
- MENTAL
- MINDFULNESS
- MISSION
- NUTRITION
- PEACE
- PURPOSE
- PHYSICAL
- REFLECTION
- REVOLUTION
- RISKS
- SELF
- SLEEP
- SPIRITUAL
- SUPPORT
- THINKING
- TIME
- VALUES
- WATER
- WELNESS



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