

Stress Survival Skills

Each day survivors venture out into the world to face a mixture of surprises, struggles and challenges. The goal of stress management is to minimize pain and maximize pleasure. These eight essential survival skills work in combination to assist during emergencies, help prevent distress and enrich the quality of life. Everyone has these skills to varying degrees. Which skills do you want to strengthen? And what additional skills do you have to enhance your survival?

Vision: Survivors keep their attention clearly focused on their goals and priorities. They manage time and energy wisely. Some days they make bold leaps forward, other times taking small measured steps. Seeing the larger picture, they continue relentlessly forward. Their actions are guided from within without losing sight of the needs of others.

Vitality: Survivors create a lifestyle that produces an abundance of energy. Survivors maintain the vigor to thrive and face the demands of life. They schedule time to recharge batteries with exercise, recreation and supportive companionship. With strength of conviction, flexibility of mind and practiced endurance they are able to rise above struggles.

Courage: Survivors have the inner strength to act even when afraid. They have developed the insight to know when to be assertive and when to yield, forgive and let go. With self-confidence and determination they question beliefs and confront unhealthy attitudes. They dare to act on their beliefs, and are willing to later adjust actions as necessary.

Resiliency: Survivors learn from their mistakes and bounce back. When faced with adversity they maintain a healthy attitude: "I will do whatever is needed to restore harmony and never be defeated." Survivors believe firmly that they can always positively alter circumstances. They strive to prevent problems when possible and marshal a variety of resources to meet challenges. They develop problem solving skills that allow them to foresee new possibilities.

Sense of Humor: Survivors are playful and lighthearted, even daring to laugh at themselves. They derive pleasure from the simple joys of life and find fun in the most mundane tasks. During difficult times, they maintain a healthy perspective. Even dealing with heavy issues they appreciate the value of levity. Pleasure and creativity are priorities.

Reverence for Life: Survivors balance self-interest with respect for all life forms. Their personal convictions support and strengthen their will to live. They protect and nurture their self-esteem and inner peace. Compassion guides their everyday actions. Survivors accept total responsibility for their well-being.

Spirit of Adventure: Survivors are enthusiastic and eager to ride in the front seat of the roller-coaster of life. They have a natural curiosity, a willingness to experiment, and a lifelong love of learning. They seek both self-discovery and spiritual growth. Though they are risk-takers, they are not reckless.

Cooperative Nature: Survivors are eager to work to achieve common goals. They can take leadership positions or follow directions when needed. Survivors offer assistance to friends and coworkers and can also ask for help. They can work alone when necessary but prefer teamwork. They seek solutions that serve the greater benefit of all.

To order: Stress Survival Kit \$18.00

Abundance Company

Bob Czimbab

2501 SE Madison Portland, OR 97214 503/232-3522

Bob@abundancecompany.com www.abundancecompany.com