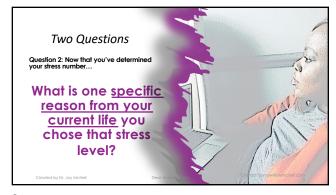
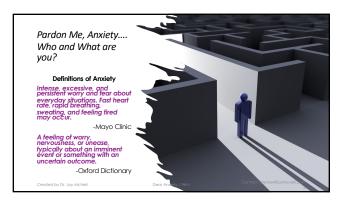


Question 1: What is your current stress level 1-10? 1 = I'm enjoying life with little to no womes. I feel good! 3 = I have some stressors. I can sleep at night, and I could be worse. 5 = I'm trying hard to cope with "all the things" but beginning to feel overwhelmed, irritable, or unable to truly relax and enjoy my life. 7 = I am stressed constantly. The to-do list is long. I'm tired. My thoughts aren't logical or rational and I acknowledge it. 9 = 1.0 = My stress level is out of control. My cup is dry, I'm not taking good care of myself.



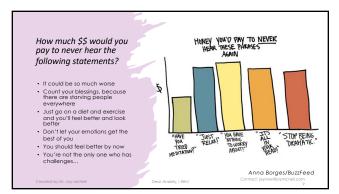


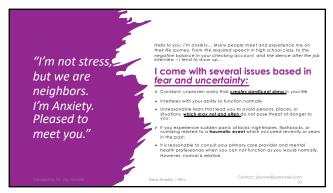




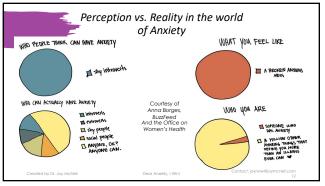


What are some stressors we face? Financials Relationships/Divorce/Marriage Childrearing Medication Management Doctors Appointments Obtaining Education The Stigma of Autoimmune Illness Absenteeism and the guilt of saying no What are some stressors we face? Aging Life Transitions The Death of a Loved One Caregiving Responsibilities Unrealistic Expectations News, Media, Covid-19 Statistics Insurance coverage Change... period.



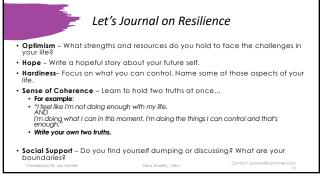






Hi Anxiety, meet my long-time friend, Resilience - ABILITY TO SELF-CALM - SELF-EXPLINISHMENT - EMOTIONAL EXPRESSIVENESS - NON-JUDGMENTAL AND SELF-SUPPORTING - OPTIMISM - HOPE - HADDINESS - SINSE OF COMERENCE - SOCIAL SUPPORT University of Kanas Healthcare System Turning Point Supporting - Optimism Non-judgment/ suff-supporting - Optimism Non-judgment/ suff-supporting - Optimism Non-judgment/ suff-supporting - Optimism Non-judgment/ suff-supporting - Optimism - Op





In the end...
We Win!
Cultivate
your
resilience
muscle
daily.

Now for some lifework resources:

Visit the University of Kansas Health Care website, learn more ways to build your resilience muscle through interactive videos and exercises.

Resilience Toolbox:

https://www.kansashealthsvstem.com/health--resources/turningpoint/programs/resilience-toolbox

ted by Dr. Joy McNeil Dev

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