

REGION 10, MOVIN' ON UP
JANUARY, 2009
SELF CARE - YOURS, MINE AND OURS
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"Music can dance and sing our blues away. It conjures up memories of lost lovers or deceased friends. It lets the child in us play, the monk in us pray, the cowgirl in us line dance and the hero in us surmount all obstacles." Campbell, 1997

PROBLEM FOCUSED COPING SKILLS

1. Identify the problem in detail
2. Decide if a solution is within your control
3. List every possible action that might lead to a solution
4. Prioritize the list from easiest to hardest action to implement
5. Work on the problem for a limited number of minutes per day

REACTION FOCUSED COPING SKILLS

1. Use when you have little or no control over the stressful situation
2. Focus on health, activity, distraction, acceptance and distance

ACTIVE LISTENING QUESTIONS

1. How did the music make you feel?
2. What images came to mind?
3. Did you remember past events or people?
4. How did your body respond to the music?
5. Is the music complex or simple? (Note the tempo, dynamics, synchronization, color or blandness of the vocals)
6. Does a particular color come to mind when you listen to the piece?

RULES FOR DEALING WITH STRESS

1. Plan activities to reduce or eliminate stressors
2. Plan activities so that stressors come at times when they are easier to handle or tolerate
3. Learn to relax between activities
4. Learn to recognize the early signs of stress
5. Learn to treat stress as a challenge
6. Learn to prevail by becoming problem focused.
7. Actively develop those personality characteristics that will ward off stress.