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LIFE IN THE KEY OF CHANGE (This is NOT What I Signed Up For!)

GET REAL!

CHANGE is inevitable
CHANGE requires a shift in perspective
CHANGE falls into two basic categories
CHANGE can cause **stress** with physical, behavioral, emotional, and cognitive symptoms

GET EQUIPPED!

Measure your stress
* Holmes-Rahe Life Stress Inventory
Two responses:
* Victim
* Victor

GET RELIEF!

Breathe!
Experience helps prepare us for what's ahead
* A look at yesterday
* A look at today
* A look at tomorrow

GET GOING!

Stress Busters
* Just-for-fun Strategies
* Common Sense Strategies