

Focused  
Attention



Body Scan



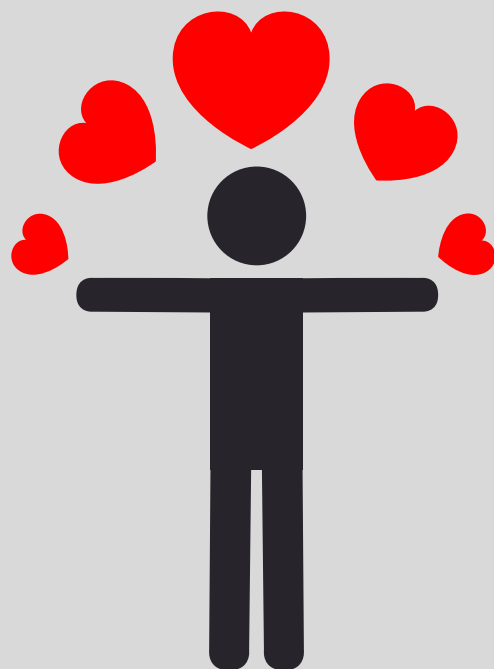
My WHY



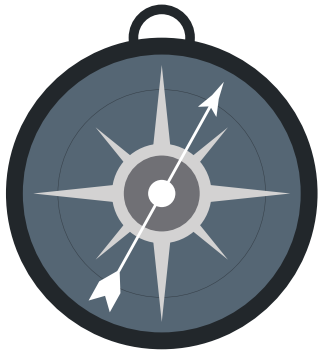
Support



**ALS**  
**ASSOCIATION**  
**Texas Chapter**



**CAREGIVER**  
**STRESS-LESS FIRST**  
**AID KIT**



# THE TOOLS

## FOCUSED ATTENTION

### **Mindfulness.**

Pause. Challenge your thoughts. Choose how you'll respond.

### **Focused Attention Meditation**

Choose any object; a small candle for example. Start with one minute.

### **Breathing**

Left nostril breathing to calm. Long, slow, deep breaths.

**Heartbeat.** Rapid-100+?

## BODY SCAN

## MY WHY

**Viktor Frankl-Man's Search for Meaning**  
Resilience and Choice.

**Richard Leider-** What is your Calling? Your Purpose?

**Simon Sinek**  
Knowing your WHY gives you a filter to make choices. Infinite mindset.

## SUPPORT

**ALS Connection Groups**

SUPPORT.COMMUNITY.CARE  
ALSTEXAS.ORG





# Stress Less

## BREATHE 10x

Close your eyes. Breathe in and out ten times-concentrate. Imagine when you breathe in that it reaches all the way to your pelvis, and lifts your abdomen. When breathing out, let the air come all the way from the lower abdomen and pelvis.

Deep breathing relaxes the body and focusing on your breathing relaxes your mind.

## THANK YOURSELF FOR WHAT YOU DO

During the day, make small notes of all of the things you have finished. Collect the notes in a jar or on a table. When you go to bed, take a look at what you've written down and thank yourself for all of the big and small things you have done.

Gratefulness induces postive feelings, which in turn adds motivation to activity.

## SCALP RUB 2 minutes

Rub your entire scalp with your fingers. Close your eyes and let the relaxed and good feelings slide through your whole body. This exercise is better with a friend, because of the oxytocin hormone related to another person's touch.

Stress can cause pressure to the scalp and head area. By relaxing these "think areas", you will will begin to ease your reaction to stress.

