



IN THE OVERWHELM™

How are you doing?

A check-list for you to score yourself:

5 = daily 4 = 5-6 x wk 3 = 3-4 x wk 2 = 1-2 x wk 1 = every once in a while 0 = never

Take care of your BODY:

Comments

- 1. Exercise _____
- 2. Rest, sleep _____
- 3. Good nutrition _____
- 4. Fun times _____
- 5. Stimulating challenges _____

Total score: **physical** = _____

Take control INTELLECTUALLY

- 1. Organize & prioritize _____
- 2. Plan ahead _____
- 3. Prepare for the unexpected _____
- 4. Say “no” when appropriate _____
- 5. Delegate when appropriate _____

Total: **intellectual** = _____

Use EMOTIONS positively

- 1. Let go of the past _____
- 2. Find humor _____
- 3. Express anger appropriately _____
- 4. Express appreciation _____
- 5. Learn from crises _____

Total: **emotional** = _____

Use SUPPORTS/SPIRITUALITY:

- 1. Pray/meditate/think/join with others _____
- 2. Call on support systems: friends, family, colleagues _____
- 3. Communicate _____
- 4. Appreciate nature, seasons _____
- 5. Take advantage of local arts, music, freebies _____

Total: **supports/spiritual** = _____

Grand Total of 4 Self-Care Domains = _____

90 - 100 = doing fabulously
 75 - 89 = pretty fine
 61- 74 = riding close to the edge
 51 - 60 = hmm.....you're in trouble
 0 - 50 = time for a major overhaul

Some tips:

- ◆ Notice the “domains” in which you are already doing well. Keep them going.
- ◆ Notice the areas where you need to build up. Make a plan to get them going.
- ◆ Join with a friend to do some activities together. Give each other support.
- ◆ Chart your accomplishments. Celebrate your successes. ©2014 Millie Grenough

OASIS and a good coach can help you get on track – and stay on track. Give me a call!

MILLIE GRENOUGH Speaker/ Coach/ Author / Trainer / Clinical Instructor at Yale U School of Medicine
millie@milliegrenough.com www.milliegrenough.com 203-789-2191