

“ Life is a journey where we can choose to discover and practice the personal tools that can build a foundation from which we can live the best of life has to offer. ”

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Managing Stress

NUTRITION

- * Avoid or reduce salt, caffeine, sugar, red meat, junk food, alcohol, cigarettes, drugs.

EXERCISE

- * Aerobic - 3 to 5 times a week - 30 minutes at a time.

TIME MANAGEMENT

- * Sleep.
- * Hobbies or interests.
- * Non-structured time.
- * Relaxation tapes.

SOCIAL SUPPORT

- * Family.
- * Friend, love relationship.
- * Co-workers.
- * Support group.
- * Professional help.

ASSERTIVENESS

- * Asking for what you want.
- * Expressing negative feelings.
- * Setting limits - with clients and at work.
- * Saying "NO".

SELF TALK

- * Predicting gloom begets gloom
- * Affirmations

