ease the streSs

stress and relationships

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In the 4th session of Ease The Stress we identified social stressors and discussed the value of having meaning and purpose (Ikigai) in our lives. We also learned practices to help counter social stress while supporting social connection.

*“The two most important days in life are the day you were born and the day you find out why.”* - Mark Twain

# NOTES:

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# Questions to Help Find Meaning and Purpose in Life

Some people find their purpose early in life, others identify it much later. Some know they have a single purpose and follow it unwavering. Others may identify multiple purposes and pursue them in different phases of life or align them together. Some aren’t sure they have a purpose because it may not be as big as they think it should be. Everyone has a purpose. Whatever one’s purpose is, it is what comes from within the heart, and is truly a part of them.

*Victor Strecher’s two questions. Find where they intersect, and you will find your purpose.*

**What am I like at my best?**

**What matters most to me?**

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

*Other questions fun to answer and reflect upon.*

What makes me come alive?

What did I love doing as a child?

What do my friends say I am most passionate about?

What gifts/abilities/skills/passions do I have?

Success to me is \_\_\_\_\_\_\_\_\_\_\_\_?

Who do I look up to? Why?

What’s on my bucket list?

Who do I want to be? (If different than who I am now)

If I won a giant lottery, what would I do?

What four words would friends use to best describe me?

What four words would I use to best describe myself?

What difference do you want I make?

How do I want to be remembered?

Ease the Stress

kaizen step

1) Goal I want to accomplish: *(example: Add one Practice of Gratitude to my week.)*

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2) One step I could take toward that goal: (*example: Let each family member, friend and support team know why I am grateful for them).*

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3) Ways I can break this step (#2) into smaller actions: (List as many actions as you can think of.)

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| *Example: Write a note. Make a phone call. Share verbally when I see. Add a name to calendar date this year for each person I will contact and complete my action that day. Go out for a beer/drink/lunch with them and share then. Create a unique way to share my thoughts with nearby friends (pretty craft paper roll with note inside?). Google “Ways to say thank you with candy” and use these with children in my life…* |
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