

Introduction:

Are you transitioning through a family loss or a national, regional, or worldwide crisis? Are you experiencing any kind of life transition or stressful situation? Are you consistently in situations where you are out of your comfort zone? If so, and if you are finding yourself constantly being “bugged” by difference or uncertainty, it doesn’t mean you are a bad person. Stressful situations sometimes make it hard for anyone to build bridges across even tiny differences!

In times of personal stress or of more widespread social stress (coping with a pandemic or natural disaster), having the ability to tolerate ambiguity and value differences can make you a more successful individual, effective leader, better friend and/or a more supportive family member.

Emotional resilience is one’s ability to adapt and adjust under stress. Try the reframing techniques below to de-stress—and recover your best self!

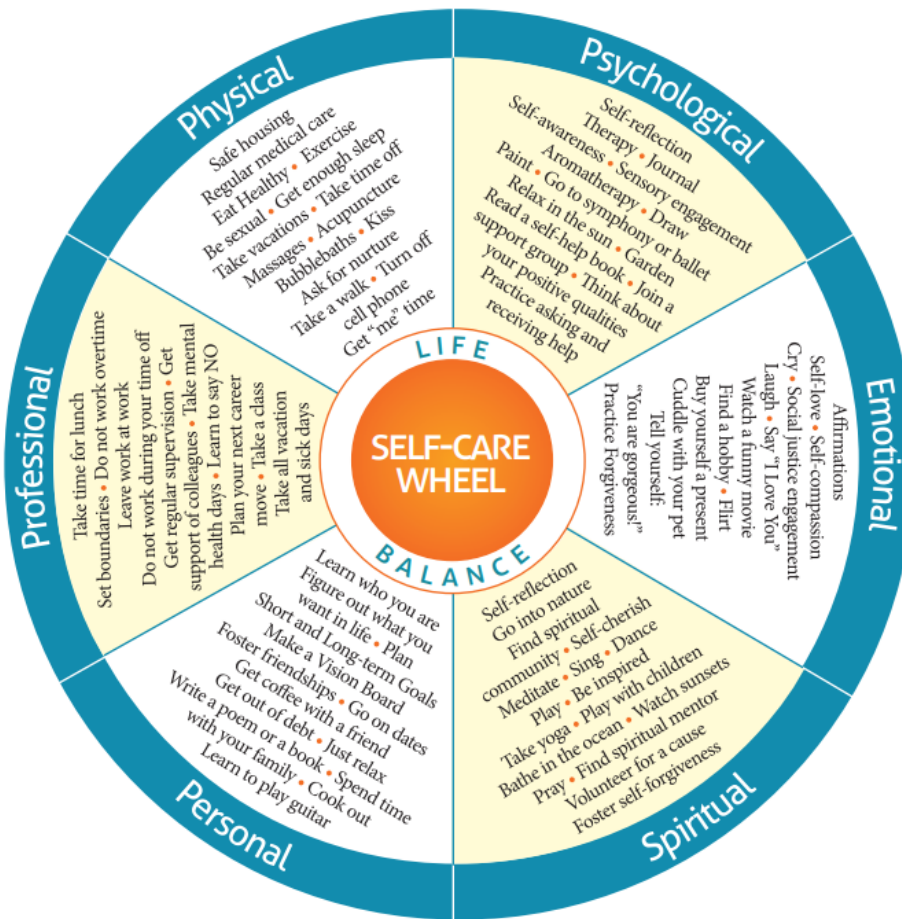
Naming and Taming Your “Bugs”:

1. On the following page (next to the bug icons), make a list of three to five things that have been annoying you recently and which are unresolved. These could be things you have failed to do, things about the people you encounter or the environment you are in, even things about your roommate or folks at home (you will not be forced to share)!
2. Are any of these things life-threatening? Disgusting? Demeaning? Pathetic? Humorous?
3. Now, take a moment to quietly apply your analytic mind to these annoying things a little further. Is there a pattern? Are they natural phenomena or man-made “stuff”? Are they behaviors or attitudes and if so, whose? Are they related to cultural perceptions of efficiency or fairness or social justice? Are they related to your identity values?
4. Which of the things that you have identified as annoying do you have the power to have removed from your presence?
5. Which can you make a decision to put up with a little longer?
6. Is there one that you need help addressing? Who will you reach out to for help?
7. To survive in the presence of annoyances that won’t go away, consider:
 - Assuming positive intent and trying to re-frame the meaning of a behavior, cultural value, or attitude as either neutral or positive.
 - Discussing one or two of your annoyances with a peer (who is not a source of annoyance, that is). Short, structured discussions of annoying things with trusted people can be a good way to “blow off steam” and move forward towards bridging.
 - Learning to use the S.T.O.P. Mindfulness technique:
<https://www.mindful.org/stressing-out-stop/>
 - Taking time to practice one of the personal, psychological, spiritual, or emotional self-care techniques listed in the self-care wheel on the back of this form.

These are the things that are bugging me:



Use the self-care wheel on the following page to come up with activities to help you de-stress. Try to commit to at least one self-care activity per day for a week. Switch categories from time to time, so that any one activity does not turn into a chore!



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|-----------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |