Strategy #4: Stress-Management Plan and Resources

	LIFESTYLE FACTORS	
	sleep hygiene	
	nutrítion	
PHYSICIAN/SPECIALIST	exercíse	MULTIDISCIPLINARY TEAM
medication		nurse/dietitian
specialized treatment		<u>counselor/social worker</u>
	Stress-	
	(Management)	
	Plan and	[]
GROUPS AND COMMUNITY SUPPORT	Resources	COMMUNITY HEALTH PRACTITIONERS
healthy living groups		<u>chíropractor</u>
church/spírítualíty		registered massage
paín clíníc/cancer care		therapíst
	PERSONAL CONNECTIONS AND SUPPORT	
	famíly/fríends	
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