

Strategy #4: Stress-Management Plan and Resources

<p>PHYSICIAN/SPECIALIST</p> <p><i>medication</i></p> <p><i>specialized treatment</i></p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>LIFESTYLE FACTORS</p> <p><i>sleep hygiene</i></p> <p><i>nutrition</i></p> <p><i>exercise</i></p> <hr/> <hr/> <hr/> <hr/>	<p>MULTIDISCIPLINARY TEAM</p> <p><i>nurse/dietitian</i></p> <p><i>counselor/social worker</i></p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>GROUPS AND COMMUNITY SUPPORT</p> <p><i>healthy living groups</i></p> <p><i>church/spirituality</i></p> <p><i>pain clinic/cancer care</i></p> <hr/> <hr/> <hr/>	<p>Stress- Management Plan and Resources</p> <p>PERSONAL CONNECTIONS AND SUPPORT</p> <p><i>family/friends</i></p> <hr/> <hr/> <hr/> <hr/>	<p>COMMUNITY HEALTH PRACTITIONERS</p> <p><i>chiropractor</i></p> <p><i>registered massage</i></p> <p><i>therapist</i></p> <hr/> <hr/> <hr/>