

Strategy #4: Stress-Management Plan and Resources

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