



#UFSWomen

THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A STRONG WOMAN

WOMAN'S MONTH INTERACTIVE GUIDE WEEK 5



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ACTIVITY FOR THE WEEK

Stress-Management Plan

Read the following article "Creating your Personal Stress-Management Plan" by clicking on the following link: http://www.fosteringresilience.com/stress_management_plan.php

Use the steps within the article to guide you through the development of your own Stress-Management Plan by answering the questions below:



How will you identify and address the problem?

In what ways will you avoid stress when possible?

How will you let things go to focus on other things?

How will you ensure that you get enough exercise?

In what ways can you ensure that you actively relax?



How will you ensure that you foster healthy eating habits?



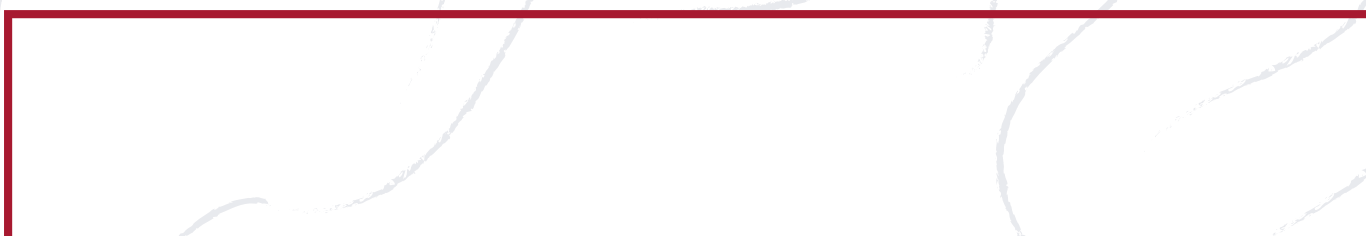
What can you do to ensure that you get enough sleep?



How will you take instant vacations?



How will you ensure that you release emotional tensions?



In what ways are you able to make a contribution?



CHALLENGE FOR THE WEEK

The Self Check-up

Everyone at one stage or another starts to evaluate certain aspects of their lives, for example, financial situation or physical health. Although... we often forget to evaluate our mental and emotional well-being in the process.

Please read through the following questions and answer them accordingly. Afterwards, reflect on what you have learned about yourself.

Who are you?



Why do you get up in the morning?

What keeps you awake at night?

When are you most alive?

What does being successful mean to you?

How might you apply your gift to a pursuit that is of deep interest to you and helps others?

What can you do to make a difference in one person's life, today?

What is your sentence (meaning, if you summarised your purpose in one 140 character sentence, what would it be)?

If you say yes to living purposefully, what do you say no to?

If you met an older version of yourself, what advice would you give yourself?

