INDIVIDUAL Rx.

“Prescription for Keeping Yourself on Track”

Here are some issues and ideas you will find very useful exploring.

1. Exercise: stretching; walking; running; gym; aerobic activities

2. Quiet time: meditation; controlled breathing; music; massage; relaxation techniques; visualisation; guided imagery; yoga; Pilates; Tai Chi; acupuncture; mindfulness

3. Nutrition: *minimise* - caffeine; alcohol; tobacco; sugar; fats; salt
   *maximise* - healthy foods; plenty of water; vitamins

4. Sleep: quality; quantity; timing

5. Communication: express feelings and needs clearly; explore and change negative thoughts; address conflicts; regularly write a journal; ask for, and grant, forgiveness

6. Problem solving: identify problems; set goals; generate options; test solutions; try other solutions if necessary

7. Connections: time with partner; socialise with friends; talk to colleagues; family support; intergenerational links; use a mentor; count your blessings (show gratitude)

8. Lifestyle: have fun; use humour; be optimistic and kind; get involved with hobbies & creative activities; pets; explore purpose & happiness in life; study; de-clutter

9. Wellbeing: spirituality; community; self-help info; sport; work; gardening; nature; culture; art; theatre; literature; movies; music; holidays; volunteer; donate; travel

10. Networks: consult with your GP (i.e., health, medication); dietician; religious minister; medical specialist (e.g., psychiatrist).

© 2010 Dr. John Barletta MAPS
Clinical Psychologist
Level 1, Suite 2
3 Days Rd, Grange 4051
℡ 3356 4400
john@johnbarletta.com
www.johnbarletta.com