



No Stress Sundays

with Dr. B

September 27, 2020

Self Care



We all worry — the pandemic, the economy, social unrest and uncertainty—there’s a lot to worry about. When I find myself worrying I remember something a graduate professor told me, “Worrying only produces more worrying.” So I use a simple two-step process that stops the worrying and gets me back in the present, I deeply exhale, and I feel the ground supporting me. Use these two tools and you’ll stay calm and present,

so you can do what needs to be done *right* now.

Compassion



Everyone has a different optimal level of stress. I can handle many things at once. My wife likes to do one thing at a time. I used to think “What’s wrong with her?” But once I accepted we all operate best at different levels of stress, I became much more compassionate and understanding. If you find yourself being impatient with a family member, a friend or a colleague, step back. Instead of thinking, “What’s the matter with

them?, consider what you can do to empathize or offer help.

Looking Ahead



What can you do in the coming week to reduce your stress level? Here are some suggestions: Take a few minutes daily to sit quietly and calm your body and mind. Read something nourishing for your spirit. Take actions towards a long-time goal: writing, taking a walk in nature, playing an instrument, improving your diet, reconnecting with an old friend. The list goes on! This is a combination of self-care and compassion. We all need more of

both in the weeks to come!

Good News



Babies always make me smile. Watching these videos of twin babies doubles the pleasure. What a joy to see these pairs laughing, crying, playing off one another, being so present and alive. [Tune in here.](#)