

I. Unpredictability Is One of the Three Main Causes of Stress

Unpredictable Moods & Behavior

I **prevent** or **minimize** frustrations, conflicts, and disappointments.

I'm not benign and friendly one minute and angry-hot or icy cold the next because I'm irritated or frustrated.

Unpredictable Rituals/Routines/Daily Schedule

Healthy lifestyles foster stable emotions. Rest is crucial. I create bedtime and waking rituals/routines

I eat regular, healthy, balanced, moderately sized meals.

I exercise vigorously daily.

I complete chores without procrastination. E.g., Meals; Dishes; Groceries; Laundry; Garbage; Yard work; Cleaning; Clutter

I create regular times for meditation/prayer/dreamwork/journaling

I schedule times for lessons (Art, Music, Dance, Sculpting)

I create celebration rituals

Unpredictable Weekend Schedule

I create a schedule for weekend errands & chores

I set aside time for family outings and for volunteering

Unpredictable Transitions

I create greeting and leave-taking rituals

I let people know what coming up: It's five minutes to dinner time.

I'll be ready in five minutes. The computer needs to be off in ten minutes.

Unpredictable House Rules & Discipline

Adults **prevent** misbehavior

I communicate rules, expectations, and consequences beforehand in a clear, concise way

Unpredictable Social Contact

People love and need to interact with friends regularly not "here and there."

I schedule **daily** social interactions—family time, community clubs & organizations.

I create daily opportunities for and hour of physical activity with others (Running, sports, dancing, etc.)

An Unpredictable Environment

Never knowing where anything is. Having too much mess. Having too much junk.

I put items where they belong.

I schedule fifteen minutes every day to do general tidying.

Clutter Busters

1. First sort items into four categories—items to **donate** or give away, items to **sell** within a week on e-Bay or at a garage sale, items to **throw away**, and items to **keep**.
2. Take photos of items you'd like to remember for sentimental reasons.
3. Post the "Four Clutter-Begone Rules" where they will be seen. Follow them.

Four Clutter-Begone Rules

Rule One Keep flat surfaces such as dressers, beds, and counters free of all storage items. A useful item such as an attractive lamp or an item of beauty such as a loved sculpture is décor!

Rule Two Create storage spaces and zones for like things. For example, put sweaters together in one area. Buy attractive containers and furniture for storage. Find a place for everything and put everything in its place.

Rule Three Adopt the habit of "One-in-One-out." If you bring one item home, donate, toss out, or give away one item. Paper counts.

Rule Four Create a daily, fifteen-minute, clutter-busting routine. Ideally, at the same time each day, tidy up, organize, and put away.

II. Change Is One of the Three Main Causes of Stress

Too much change! Too often! Unwelcome changes

Places, people or things change excessively—At Home/School/Community

Actions, plans or opinions change too much & too often

III. Having Unmet Needs Is One of the Three Main Causes of Stress

Three Key Needs of Children and Adults:

1. **Belonging**

Regular, predictable, meaningful involvement with both groups and individuals

2. **Personal Competence**

Develop talents, loves, and skills in a variety of areas—spiritual, intellectual, emotional, physical

3. **Capacity for Self-Determination**

Having enough choices, influence, and control

SYMPTOMS OF STRESS

◇ **Fatigue**

◇ **Crankiness**

◇ **Hyperactivity**

◇ **Dulled Responsiveness**