



He aha nā mea nui?

Clarifying your values

Name _____ Date _____

Close your eyes and imagine yourself in one of your favorite places where you can take a few minutes to relax. The time is many years from now. You have lived a long and full life. Reflect upon your life from this mature vantage point. What did you most enjoy experiencing and doing? What did you most appreciate accomplishing or having? Write your answers in the space below.

Now close your eyes in the same space and you are your current age. You have just learned that you only have 6 months to live. Given only half a year to live, what do you want to experience, do, accomplish, and have? Write your answers in the space below.

Circle 10 values that you feel are the important to you in your life:

Family	Personal growth	Freedom	Peace of mind
Career	Spirituality	Inner healing	Preserving culture
Health	Learning	Order	Being physically fit
Travel	Creativity	Self-respect	Having fun
Leisure	Happiness	Independence	Financial security

Choose 5 values and list them in order of importance. If you'd like to use values that are not on the list, please write them below.

- 1.
- 2.
- 3.
- 4.
- 5.



Kāu hana o ka lā

How do you spend your time?

Name _____ Date _____

Waking through lunch Activities:	Time you spent:
After lunch through dinner Activities: Waking through lunch Activities:	Time you spent:
After dinner until sleep Activities:	Time you spent:

1. Which of the activities on your daily log are in line with your values? **Mark these activities with a star.**
2. Which of the activities on your daily log are **not** in line with your values? **Circle these activities.**
3. Based on your previous response, write down how you would be willing to reschedule, reduce, or eliminate low-priority activities in your day.

4. Are any of your values being violated by any of the activities on your daily log?

5. Are some of your values being neglected or ignored?

6. Write down how you would be willing to make a change so that it would be consistent with the values that you have been neglecting.



E ho'opa'a i kāu pahuhopu.

Set your goals

Name _____ Date _____

My Goal Statement (be specific)

Why is this goal important to me _____

How will I reach this goal? List 3 action steps you'll take (be specific)

1. _____
2. _____
3. _____

Skills and resources I'll need:

I will reach my goal by (date) ____/____/____

Additional dates and milestones I'll aim for

The obstacles I may face are:

I will overcome these obstacles by:

I will reward myself when I achieve my goal by:

Week 7

Stress Management & Negative Emotion

Here are some symptoms of depression you need to look for:

- *Kaumaha* or sadness... feeling down
- *Huhū* or irritable and angry often
- No interest in things you used to enjoy doing
- Don't like talking to other people or being around them
- Sleep too much and too long
- Feeling guilty or not good about yourself Don't care about the future
- Thoughts of hurting yourself
- Thinking too much about dying

Here are some symptoms of anxiety you need to look for:

- *Hopohopo* or worry too much
- *Maka'u* or afraid
- Very tense
- Feeling wound up or edgy
- Cannot keep still for too long
- Feeling shaky

By going through these lessons, you've already started to take control of your emotions. Some people find that knowing more about hypertension and cardiovascular disease and what to do helps take away some of the depression and anxiety.

Here are some things you can do to control depression and anxiety:

- **Talk about your feelings** with someone...an *'ohana* member or a friend. Talking with someone can be very helpful. You can even talk to your doctor or nurse.
- **Ask *'ohana* and friends for support.** We all need someone to lean on.
- **Take more control over your hypertension** by learning and doing all that you can. People who **control** their hypertension better also feel better.
- **Follow your treatment plan.** You can feel better by simply taking your medication as prescribed, eating less salt, watching your weight and symptoms, and staying physically active.
- **Be physically active** on a regular basis. Physical activity is the **BEST** way to combat depression and anxiety.
- **Find new things to do** and make new friends.
- **Get outside every day** and enjoy the beauty of our *'aina* aloha.

If you still feel depressed or anxious, **call your doctor for help.** There are things he or she could recommend to help you.

Stress can make controlling hypertension harder. So, managing stress in your life can help you to manage your hypertension too. Stress is **like** an emotion. When things in life are too much to handle, we may feel overwhelmed, not in control, or *huikau* (the mind scattered all over the place).

So, here are some simple things you can do to help lessen the stress:

- Prioritize things in your life. An important priority should be to control your hypertension. You can make a list of all the things you need to do...starting with the most important to the least important. After that, take care of them one by one.
- Each day, write the things you need to do down on paper. Organizing your thoughts on paper can help.
- Take time out and take deep breaths. You can meditate, pray, chant, or simply just count to four taking slow and deep breaths.
- E hula 'oe! Practice your hula.
- Remember the important things in life...like *'ohana*, friends, and yourself. 80% of the things we worry about are for nothing, he mea 'ole.
- Take a walk and enjoy the outdoors.

Week 7

Meditation for Stress Management

Meditation is an effective form of stress reduction and has the potential to improve quality of life and health. It can help you feel calm and give you a clear awareness about your life, body, and mind. Meditation has been part of cultures around the world and has successfully been incorporated for the treatment and prevention of health conditions like high blood pressure, heart disease, diabetes, depression, anxiety, etc. When practiced regularly, you become more focused, attentive, and adept at living in the present moment.

Count to Four

Count to Four is a meditation practice you can do anywhere. Set your alarm for every hour. When your alarm rings, stop what you're doing and start your count to four. Take a deep breath in counting to four in your head and breathing in from your nose. Then, exhale from your mouth counting to four. Repeat for a few minutes, taking time to relax, refocus and bring your blood pressure down.

Breathing should come from your diaphragm, not your chest. To practice breathing from your diaphragm, place your hand on your stomach and take a deep breath. Your stomach should move up and down and your chest should be still.

Meditation and Breathing Apps

Omvana

Omvana is a free application for your iPhone or Android that helps with meditation, focus, relaxation, and sleep. It offers hundreds of personal growth audios to include categories such as sleep, productivity, inspirational speeches, and guided meditations. For stress management you might consider these tracks to start: *Beginners Meditation Day 1* by Vishen Lakhiani and *Day 1: Guided Gentle Breath Meditation* by Tom Cronin. When you download and sign into the application with your Facebook, you'll receive 25 free tracks. Simply download the application in the App Store (Apple) or in the Play Store (Android).

Instructions

To Download Free Tracks

- In the upper left hand corner, tap Store.
- On the bottom bar, tap Top Tracks
- Under Top Tracks, tap Free
- Download any of the free tracks by tapping Free on the right hand side

To Play Tracks

- In the Library, tap on a cover of the track to play it
- Simply follow the instructions of the vocal recording to meditate, relax, and focus

To Mix Tracks

- In the Library, tap Mixer in the top right corner
- Align the ambient track with the vocal track so that they may play simultaneously (music or relaxing sound will play with vocal instructions to meditation)

Stop, Breathe, & Think

Stop, Breathe & Think is an application for your iPhone or Android that serves as a simple tool to guide you through meditation for mindfulness and compassion. The application allows you to check in with yourself and log your emotions before initiating meditation. It offers an easy to read introduction on how to meditate by explaining the basics, how it works, ways to practice, and an explanation of function for the free meditation tracks.

Instructions

To Check in with Yourself

- Tap **Begin** under HOW ARE YOU?
- Follow the instructions on screen

To Meditate

- Tap LIST OF MEDITATIONS

To Check on Progress

- Tap my progress
- This section features how often you check in with yourself, how long you've meditated, and your emotions throughout the week

Other Options

CDs

Various CDs are on the market that guide you through meditation and can be ordered through Amazon.

- **Guided Meditation for Beginners** is recommended for those meditating for the first time

YouTube

Meditation audio can also be found on YouTube for free.

- The website, Mindful Muscle compiles various guided meditation videos from YouTube <http://www.mindfulmuscle.com/5-top-guided-meditations/>

