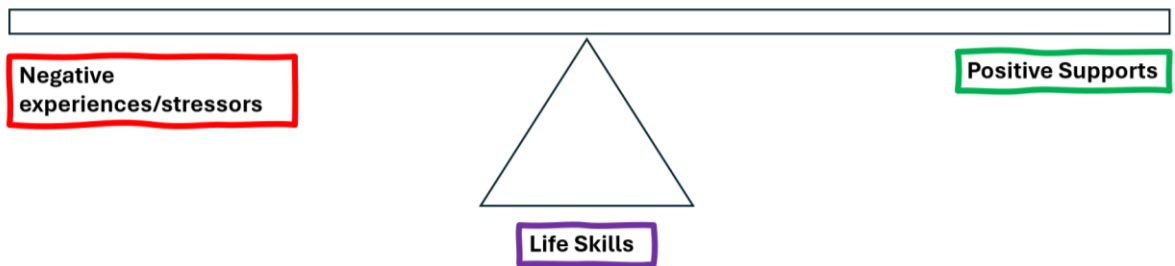


Your Balance Check-In



How to fill in your teeter totter:

My Sources of Positive Supports

We all have things in our life that we prefer to do or that once done, you feel so grateful to have the opportunity to do. How do you recharge? See below some examples and select the ones that apply to you. We encourage you to personalize them too.

1. Strong relationships: I have time to spend with the important people in my life (family and/or friends).
2. Personal health: I'm taking care of my personal health.
3. Physical exercise: I have time to keep active.
4. Pastimes: I have time to do my favourite pastime. Reading a book, playing bridge or other games, woodworking, knitting, etc.
5. Community support: I have strong connections with people in my community.
6. Finances: I have money to cover my needs and wants.
7. Mindfulness: I take the time to practice meditation or breathing exercises.
8. Support groups: I attend support groups with others going through the same thing as me.
9. Spirituality or faith: I belong to a faith community that supports me.
10. Other: add supports that don't fit in other categories.

Your Balance Check-In

My Sources of Stress

Stress is part of life. When positive, stress can motivate us. Ongoing and extreme stress can make it difficult to tackle the challenges in our lives. Below are some examples of the type of stressors that may apply in your life. Select the ones that you are currently experiencing. We encourage you to personalize them too.

1. Finances: Money is tight, and/or I am unable to pay for the things I need.
2. Work: Work is stressing me out.
3. Relationships: I feel torn between my family and my other responsibilities. I have challenging relationship.
4. Feelings of loss: I feel discouraged by having to deal with a dementia diagnosis.
5. Feelings of grief: I feel sad about the future dreams I, or the person I care partner with, have lost.
6. Mental Health: Myself and/or someone close to me has challenges with mental health/addictions.
7. Care Partnering: My care partnering responsibilities feel like too much.
8. Demands for attention are accumulating: Too many people need my attention.
9. Loneliness: I feel lonely. I do not have anyone around me I can count on.
10. Other: add stressors that don't fit in other categories.

Life Skills:

Life skills are not static. Depending on the circumstances, we can rely on a greater or smaller number of them. How well is your air traffic control system working? You can use your answers from the Life Skills Checklist exercise.

The more statements **A** apply to you, the more stressors can be present on your teeter totter, and it remains positive.

The more statements **B** apply to you, the more positive supports you need to keep your teeter totter leaning positive.

- If you have more A than B, move your triangle left.
- If you have more B than A, move your triangle right.
- You might have equal A and B: keep it in the middle!

Each day is different, and each situation will move your teeter totter in a different direction. Feel free to use the other resilience resources to help you reflect on where you are at on helpfordementia.ca. You will find suggestions of resources to match your needs.