

	<i>Situation/ Activity</i>	<i>Ways to Be Attentive, Appreciative and Playful</i>	<i>Possible Cues to help it happen</i>
1	Screen time, Reading, Online Research, Writing, Composing, Solo Games (Escapism)	<ul style="list-style-type: none"> <li>• Ask myself how what I'm doing might be more fun or easier (see play-list*)</li> <li>• Identify why it's fun/transporting (stop &amp; self-forgive if it's not)</li> </ul>	"?" Flag at of screen beside camera
2	Conversations, Meetings, Social Activities with Others	<ul style="list-style-type: none"> <li>• Assess/convey/self-forgive for how I'm feeling about what I'm doing right now</li> <li>• Pay attention to what my body and instincts are telling me</li> <li>• Ask questions; don't plan responses — listen to understand</li> <li>• Listen to my own voice as others might hear it</li> </ul>	Small card with these 4 reminders clipped to event paperwork
3	Shared Time with Those I Love	<ul style="list-style-type: none"> <li>• Play the Teahouse Game (and invent other joyful creative games)</li> </ul>	Depends on person I'm with & where we are; location itself can be a cue
4	Exercising, Meal Prep, Other 'Chores'	<ul style="list-style-type: none"> <li>• Find way to combine not-fun activities with those that are more engaging</li> </ul>	Ready-to-go engaging activity placed right beside the materials used in the non-fun one
5	Listening to Music, Vacations, Walks, Baths, Other Sensuous Solo Activities	<ul style="list-style-type: none"> <li>• Use evocative lights, candles, incense, fabrics, seasonings, massage oils, costumes, other sensuous stimuli, binoculars, microscope</li> </ul>	Put these things around in easy reach
	<i>Situation/ Activity</i>	<i>Ways to Be Stress-Resilient</i>	<i>Possible Cues to help it happen</i>
6	Every Day Relaxation and Stress Resilience Building Activities	<ul style="list-style-type: none"> <li>• Low-stress diet**</li> <li>• Hot baths</li> <li>• Exercise</li> <li>• Music</li> <li>• Scents &amp; incense</li> <li>• Sleep</li> <li>• Sun</li> <li>• Non-duality reading/videos</li> </ul>	Keep low-stress diet ingredients on hand and find easy recipes for them; Schedule the activities.
7	Weather, Traffic, Time Waste, Safety Threats, Uncertainty Stresses	<ul style="list-style-type: none"> <li>• Be Self-Aware of My Lack of Equanimity</li> </ul>	Loved Ones' Awareness/Reminders
8	Social Anxiety/Entrapment/Conflict Stresses	<ul style="list-style-type: none"> <li>• Be Self-Aware of My Distrust of/Anxiety with Others/Conflict Aversion</li> </ul>	Loved Ones' Awareness/Reminders
9	Out-of-control Situations leading to Dissociation	<ul style="list-style-type: none"> <li>• Be Self-Aware of My Lack of Presence</li> </ul>	Loved Ones' Awareness/Reminders
10	Failure, Ridicule	<ul style="list-style-type: none"> <li>• Be Self-Aware of My Lack of Self-Acceptance</li> </ul>	Loved Ones' Awareness/Reminders

**\* Dave's Play-List:**

- just wandering around and paying attention in beautiful, warm places
- enjoying stimulating music, smells, tastes, touch, sights, sounds and the play of light (the hedonist in me)
- reading/participating in other 'transporting' arts, incl. watching well-crafted documentaries, non-formulaic imaginative works, clever comedy
- composing music, and writing (when I am in a space where I think I have something novel to express)
- meeting, and enjoying the company of, animals and exceptional people
- anything else that I discover makes me laugh or smile a lot

**\*\* Dave's Low Stress (Vegan) Diet Components:**

- Veggies & Fruit (esp. raw broccoli, cauliflower, spinach, cole slaw, berries, kiwi, bananas, smoothies)
- Spices (esp. turmeric 1/2 tsp/day UC); Nuts & Seeds (almonds, walnuts, flax for sensitive skin, hemp, sesame); Whole Grains, Legumes & Beans
- Mushrooms, Nutritional Yeast, Green Tea; Vitamin B12 & D
- Reduce: Oils, Sugars/Honey/Maple, Coconut, Black Tea, Creamers
- Eliminate: Cheese/Dairy (UC), Alcohol Sulfates (UC), Eggs (Cholesterol), Artificial Sweeteners, Hydrogenated Oils