<table>
<thead>
<tr>
<th>Situation/Activity</th>
<th>Ways to Be Attentive, Appreciative and Playful</th>
<th>Possible Cues to help it happen</th>
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</thead>
</table>
| **1** Screentime, Reading, Online Research, Writing, Composing, Solo Games (Escapism) | • Ask myself how what I’m doing might be more fun or easier (see play-list*)  
• Identify why it’s fun/transporting (stop & self-forgive if it’s not) | “?” Flag at of screen beside camera |
| **2** Conversations, Meetings, Social Activities with Others | • Assess/convey/self-forgive for how I’m feeling about what I’m doing right now  
• Pay attention to what my body and instincts are telling me  
• Ask questions; don't plan responses — listen to understand  
• Listen to my own voice as others might hear it | Small card with these 4 reminders clipped to event paperwork |
| **3** Shared Time with Those I Love | • Play the Teahouse Game (and invent other joyful creative games) | Depends on person I’m with & where we are; location itself can be a cue |
| **4** Exercising, Meal Prep, Other ‘Chores’ | • Find way to combine not-fun activities with those that are more engaging | 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 | • Use evocative lights, candles, incense, fabrics, seasonings, massage oils, costumes, other sensuous stimuli, binoculars, microscope | Put these things around in easy reach |

<table>
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<th>Situation/Activity</th>
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<th>Possible Cues to help it happen</th>
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</table>
| **6** Every Day Relaxation and Stress Resilience Building Activities | • Low-stress diet**  
• Hot baths  
• Exercise  
• Music  
• Scents & incense  
• Sleep  
• Sun  
• Non-duality reading/videos | 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 | • Be Self-Aware of My Lack of Equanimity | Loved Ones’ Awareness/Reminders |
| **8** Social Anxiety/Entrapment/Conflict Stresses | • Be Self-Aware of My Distrust of/Anxiety with Others/Conflict Aversion | Loved Ones’ Awareness/Reminders |
| **9** Out-of-control Situations leading to Dissociation | • Be Self-Aware of My Lack of Presence | Loved Ones’ Awareness/Reminders |
| **10** Failure, Ridicule | • Be Self-Aware of My Lack of Self-Acceptance | 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 Sufates (UC), Eggs (Cholesterol), Artificial Sweeteners, Hydrogenated Oils