

July is National Stress Month

Stress Relievers

Wellness Recommendations: The following are some tools and techniques for developing a humor perspective. Don't try them all at once. Just try one for several weeks and see how it works.

◆**Plus Conversations** — People are always talking about how things go wrong or what's not working in their lives. The next time you sit down to solve some problems, talk to a friend about what is working in your life. What has gone right and why? Conversations nourish and sustain creativity and optimism. Viewing yourself from a vantage point of success helps you become more open, hopeful and creative.

◆**Mini-Vacations** — Take a break! Day-dream. We as adults have the right to play, to enjoy ourselves, to escape. But it may not be appropriate to leave in the middle of a company meeting and catch the next mental flight to Burma. (Unless you're going to quit.)

When feeling pushed to the limit, you may, for example, pull out maps of New Zealand and daydream about a fly-fishing vacation.

You can calculate the drive time from the rental car place to the river. Plan what flies to take. You can visualize yourself wearing waders standing in waist-deep water placing a fly delicately on a slow moving pool near the far bank. Taking a vacation in your mind can help you escape from your problems for a few minutes and help you regain your perspective.

◆**Photo Funnies** — Go to one of those photo booths where you can get a strip of black & white photos of yourself for a couple of dollars. Close the curtain and take four pictures of yourself acting completely silly. Put your finger up your nose; wag your tongue; bug-out your eyes. Do crazy and ridiculous things.

Now discreetly pull the pictures from the machine and carry them with you in your wallet, briefcase or the glove compartment of your car. Look at them when you're feeling angry, frustrated or sad, to remind yourself that you are also the person in those photos. Better yet, if you're feeling really frisky, send copies to your friends to let them

know you can act as silly as the next person.

◆**Joy List** — This process involves writing down all of the things that bring you joy in life, including the absurd moments that didn't seem so funny at the time. They can include taking walks, playing with the dog, or watching sunsets. The process of jotting down events becomes a discipline and a daily reminder to lighten up.

Take it Easy:

Disciplining yourself to seek out fun, joy

and humor can help you cope with your everyday troubles just a little better, while boosting morale as well as your ability to stay healthy.

Developing the fluidity of spirit that is so common in survivors is a characteristic of healthy, prosperous and successful individuals in this age of rapid change.

By choosing to develop your capacity for humor, joy and laughter, you can take your wellness to a new level of fun.

Reprinted from the Health and Wellness Guide by Pacific Care and Secure Horizons.

Do you need to add humor to your life?

	YES	NO
1. Do you get easily and often offended?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you block out memories of embarrassing moments?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you experience angry thoughts when under stress?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you use humor inappropriately as a guise to embarrass or ridicule others?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have a hard time letting go of a stressful thought?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you take yourself too seriously?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is it common for you to go daily without laughing?	<input type="checkbox"/>	<input type="checkbox"/>

Results: Any YES response reflects a need to increase your humor perspective. The information in the wellness recommendations will help you in developing a humor perspective.



9th Annual SPIRIT MOUNTAIN FUN RUN/WALK FOR HEALTH
August 17, 1996 ** Grand Ronde, Oregon

Prizes include trophies and ribbons for the runners.

Registration fee (includes t-shirt) — \$8. Children ages 6 and under — \$5.

After August 15, 1996 — add \$2 late fee.

EVENTS ARE TO BE COMPLETED BY 10:30 AM

1 mile, 5K race time: 8:30 am

Walk for Health will start immediately after the race begins

We ask walkers stay to the right of the road so runners will not have their race times affected.

Spirit Mountain Fun Run/Walk for Health Registration

Registration fee: _____ Age: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

WAIVER: I hereby release the Confederated Tribes of Grand Ronde and the Confederated Tribes of Grand Ronde Human Service Division of all liability that may result from participation in this event. In filling out this form, I acknowledge that I have read and fully understand my own liability. (If you are under 18 years of age, your parent or guardian must sign the waiver.)

Signature (parent or guardian if under 18) _____ Date _____

(circle one): 1 Mile 5K Walk for Health

T-Shirt (circle one): Childs: S M Adults: S L XL XXL (sizes based on availability)

Completely fill out the official entry form and return it with the registration fee to the Grand Ronde Tribal Health Department, 9615 Grand Ronde Road, Grand Ronde, OR 97347 before August 17, 1996 or at the registration table by August 20, 1996 before the event begins.



SPIRITUAL ENCAMPMENT

JULY 12-14

GRAND RONDE POW-WOW GROUNDS

Friday, July 12 6 to 7 pm **CIRCLE TACK**
7 pm "Honoring the Children" Mtn Pow-wow
This is a small informal pow-wow for children and their families. Come and warm up for the big pow-wow in August. Indian Tacos \$3.50. Fry Bread \$1.50. Pop \$1.

Saturday, July 13 6 am **Sunrise Blessing**
8:30 to 9:30 **Cultural Activities**
12 to 1 pm **Lunch**
1 pm **Cultural Activities**
5 pm **Dinner**
6 pm **Evening Activities**

Sunday, July 14 8 am **Breakfast Clean up camp**
Sweat Lodge Ceremony
Closing

Open to all — families are encouraged to participate.
Bring lawn chairs. Camping and showers available, please supply our own tents, sleeping bags, towels, snacks, and beverages.
Meals provided to participants of the encampment, please RSVP to Bonnie at 879-2016 or Vivian at 879-2051 (or 1-800-422-0232).
No alcohol or drugs allowed.