



2022 Quarter 4

NEWSLETTER

BLOMQUIST HALE APP:

Your Direct Connection to Mental Health Resources

We are excited to announce our **NEW phone app!** You can now download the Blomquist Hale app to your smart phone! The Blomquist Hale app gives you direct access to mental health resources such as webinars, informational handouts, articles and more! When searching on the app, you will find topics such as:

- Workshops
- Mental Health
- Wellness
- Marriage & Family
- Self-Help
- Grief & Loss
- Financial
- Addiction

Simply search Blomquist Hale on the app store to download this FREE resource.

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- Blomquist Hale YouTube Page
- Managing Stress

100+ Recorded Workshops

Did you know that you can access over 100+ workshop recordings on our YouTube page? To access these videos, simply search Blomquist Hale on YouTube.com or click [HERE](#).

- Addiction & The Brain
- Aging Parents Dealing with Dementia
- Anxiety & COVID Re-Adjustment
- Boundaries: Toxic People
- Boundaries: Toxic People Part II
- Burnout at Work
- Calming the Nervous System During Isolation
- Communication 101
- Communication in the Workplace
- Communication: Difficult Conversations
- Conflict Resolution & Anger Management
- Constantly Being Overwhelmed
- Coping with Holiday Stress
- Couples 101
- Dealing with Financial Stress During the Holidays
- Dealing with Stress
- Divorce: Navigating & Moving Forward
- Doing Love: Real Love Endures
- Don't Quarantine Your Love: Couples Workshops
- Don't Sweat the Small Stuff
- Emotional Intelligence
- Emotional Intelligence II
- Emotional Regulation
- Falling Back in Love While Juggling Life
- FAQ for COVID-19: Kids Edition
- Feeding your Family – Healthy!
- Financial Fitness
- Financial Stress
- Finding Gratitude During Times of Crisis
- First Responders & Health Care Providers: COVID-19
- Getting Through Depression - The Mindful Way
- Goal Setting: Focus & Vision
- Gratitude
- Happiness During COVID-19
- Health & the Gut
- HR During COVID-19
- HR Solutions for Unprecedented Times
- Identity Formation & Boundaries
- Improving Communication Within Your Relationship
- Income Planning Retirement
- Irritability Isn't My Style
- Irritability Isn't My Style - Part II
- Leadership During COVID-19
- Leadership: Empathy
- Leadership: Trust the Team
- Leverage Power for a Happier Life
- Loss, Grief & Depression in Kids Under the Age of 12
- Mind Shield for Brain Burn
- Mindful Eating 101
- Mindfulness & Meditation
- Mindfulness & Stress Reduction
- Motivating Employees to Engage
- Parenting: Anger & Meltdowns
- Parenting Anxiety 101
- Parenting: Blended Families
- Parenting: Boundaries
- Parenting: Bullying
- Parenting: Burnout & Boundaries
- Parenting: Connecting with Your Teen
- Parenting: COVID-19 Pandemic
- Parenting: Depression & Suicide
- Parenting: Difficult Conversations With Your Teen
- Parenting: Divorce & Coping With Change
- Parenting: Don't Sweat the Small Stuff
- Parenting: Emotional Coaching
- Parenting: Emotional Coaching Your Teen
- Parenting: Growth Mindset vs Fixed Mindset
- Parenting: Healing Your Inner Child
- Parenting: Helping an Anxious or Highly Sensitive Child
- Parenting: Love & Logic
- Parenting: Love Languages
- Parenting: Okay is the Magic Word
- Parenting: Parental vs Child Role
- Parenting: Returning to School
- Parenting: Seek to Understand
- Parenting: Shame Resilient Parenting
- Parenting: Sleep Hygiene vs Power Struggles
- Parenting: The Bullying Epidemic
- Parenting: Thinking Errors for Kids
- Parenting: Time
- Resolving Family Problems
- Returning to Work – Stress & Depression
- Seasonal Affective Disorder
- Secondary Trauma & Compassion Fatigue
- Self-Care During Stressful Times
- Self-Soothing for Kids & Teens
- Sensitivity Training
- Stress & Anxiety – Teen Edition
- Stress Management
- Stress Science
- Suicide Prevention
- Suicide Understanding & Suicide Prevention
- Taking Care of your Mental Health During COVID-19
- Teacher Workshop
- Team Building
- Technologies & Families
- The Addicted Brain
- The Unexpected Joy of Being Single
- Thinking Errors
- Thinking Errors - Part II
- Time Management
- Tools for Anxiety - Young & Old
- Trauma 101
- What the Brain Needs for Success
- Why we Sleep
- Working Remotely
- Working With Difficult Co-Workers

How Well Do You Manage Stress?

The holidays can be filled with good food, celebrations, parties and wonderful music. It can also be a time of stress. The following quiz is a quick measurement of your ability to resist stress. Rate each question below with a number 1 - 3.

0 - Definitely not true 1 - Usually not true 2 - Somewhat not true 3 - Definitely True

#1	#2	#3	#4	#5
Getting out of bed in the morning is easy for me.	I have the freedom I want and need.	At times I've sacrificed for an exciting opportunity.	Sticking to my routine is not important to me.	I vote because I think it makes a difference.
#6	#7	#8	#9	#10
I agree that you make your own lucky breaks.	I agree with the goals of my company & boss.	I've been "lucky in love" because I'm a loving person	I believe I get what I give but I don't keep score.	It's important for me to try new things.
#11	#12	#13	#14	
Free time is a gift I really enjoy.	I work hard and I'm paid fairly.	My family is a great pleasure to me.	I speak up for what I believe in.	

Add your scores for #1, #6, #7, #9, and #13. This is your stress management score. The higher it is, the more control you feel over your own life. _____ Add your scores for #2, #3, #8, #10 and #14. This is your commitment score. The higher it is, the more committed you are to your life and the joy you get out of it. _____ Add your scores for #4, #5, #11 and #12. This is your risk score _____.

Add up your three scores. This is your Stress Resistance Score (S.R.S.) _____.

If you scored 35 or above: You are very resistant to stress

27 to 34: You are somewhat resistant but could be more so; look at each item, and choose a few to work on.

18 to 26: You may benefit from looking at your attitudes and habits to improve your stress resistance.

Under 18: You are a sensitive person and stress is hard for you. You may find it helpful to work on one statement per month.

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SOLUTIONS