



# IN the overwHElM™

## SELF-CARE CHECKLIST

Looking for calm in the chaos? Millie Grenough’s 4 powerful 60-second OASIS Strategies will instantly reduce stress, strengthen your physical, emotional, intellectual and spiritual well-being and make you healthier and happier. Take the self-care assessment ~ review these four areas below and place a checkmark near the statements that you feel are true for you on the whole (true at least 80% of the time). You may also add your own observations.

### Take care of me! -- How are you doing?

A check-list for you to score yourself:

5 = daily    4 = 5-6 x wk    3 = 3-4 x wk    2 = 1-2 x wk    1 = every once in a while    0 = never

#### Take care of your BODY:

- |                           |       |
|---------------------------|-------|
| 1. Exercise               | _____ |
| 2. Rest, sleep            | _____ |
| 3. Good nutrition         | _____ |
| 4. Fun times              | _____ |
| 5. Stimulating challenges | _____ |

Comments

Total Physical = \_\_\_\_\_

#### Take control INTELLECTUALLY

- |                               |       |
|-------------------------------|-------|
| 1. Organize & prioritize      | _____ |
| 2. Plan ahead                 | _____ |
| 3. Prepare for the unexpected | _____ |
| 4. Say “no” when appropriate  | _____ |
| 5. Delegate when appropriate  | _____ |

Total Intellectual = \_\_\_\_\_

#### Use EMOTIONS positively

- |                                |       |
|--------------------------------|-------|
| 1. Let go of the past          | _____ |
| 2. Find humor                  | _____ |
| 3. Express anger appropriately | _____ |
| 4. Express appreciation        | _____ |
| 5. Learn from crises           | _____ |

Total Emotional = \_\_\_\_\_

#### Use SUPPORTS/SPIRITUALITY:

- |   |       |
|---|-------|
| 1. Pray/meditate/think/join with others                 | _____ |
| 2. Call on support systems: friends, family, colleagues | _____ |
| 3. Communicate  | _____ |
| 4. Appreciate nature, seasons                           | _____ |
| 5. Take advantage of local arts, music, freebies        | _____ |

Total Supports/Spiritual = \_\_\_\_\_

Grand Total of 4 Self-Care Domains = \_\_\_\_\_



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*Self-Care Chart - How did you score?*

90 - 100 = doing fabulously
75 - 89 = pretty fine
61- 74 = riding close to the edge
51 - 60 = hmm.....you're in trouble
0 - 50 = time for a major overhaul

Some tips:

- ◆ Notice the “domains” in which you are already doing well. Keep them going.
- ◆ Notice the areas where you need to build up. Make a plan to get them going.
- ◆ Join with a friend to do some activities together. Give each other support.
- ◆ Chart your accomplishments. Celebrate your successes. © 2010 Millie Grenough

*A good coach can help you get on track - and stay on track. Give me a call!*

MILLIE GRENOUGH      Speaker/Executive Coach/ Author / Trainer  
[millie@milliegrenough.com](mailto:millie@milliegrenough.com)    [www.milliegrenough.com](http://www.milliegrenough.com)    203-789-2191  
Awarded *Coach of the Year* by the ICF of CT



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## BREATHING 101 - Treat Yourself to a June OASIS

“You Westerners! You’re so one-dimensional. You don’t even know how to breathe!”

So said Lous, my Indonesian mentor, when I complained about a grueling day at my teaching job in Barcelona.

Lous was absolutely on target: I didn’t know how to breathe! And because I didn’t know how, every time I got anxious or angry or panicky, I was depriving myself of the exact tool that I needed to deal with the situation.

Lous told me, “Look, Millie. Breath is your most basic survival tool. It’s the first thing you did when you popped out of your mother’s womb. It’s the last thing you’ll do when you leave this world. You better learn how to do it, or you’ll be in worse trouble. You’ll be sicker and sadder – and that’s no way to live!”

She was right. I was heading for trouble, and I didn’t even realize it. Ironically, *real* breathing is often the first thing to go when things get hectic in our lives – and that’s precisely the time when we need our breath the most.

Lous sat me down that afternoon and initiated me into *Real Breathing 101*. Right now I will pass on her teaching to you. Get ready:

- Find a comfortable place to sit down. Take your shoes off. Loosen your belt.
- Rest both hands on your belly.
- Bring your attention to your breath.
- Begin with an exhale. Let go of your anger, worry, agitation. Make room for calmness.
- Take three deep breaths, slowly, gently. Feel your belly deflate and inflate as you breathe.
  - On each *exhale*, let the anger, worry, and agitation sail out....
  - On each *inhale*, invite in calmness, peace, clarity....
- Let the breath do its thing.

Give yourself time to enjoy the slow-down.

That's it.

Ask yourself: "What is different in my body and in my mind from one minute ago?"

Notice any shifts with curiosity rather than with judgment.

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I still have tough times during the day when I forget to breathe. I am sure you do, too. But now, thanks to my friend Lous, I pay more attention to what my body is telling me. And usually it's telling me to *Breathe – take an OASIS!*

Last week my coach client Cathy wrote me:

*"Millie, you remember that you asked me to start noticing what goes on in my body when I get anxious? At first, I didn't know what you meant and I thought the question was kind of crazy. But since I trust you, I thought 'What the heck?' I'll give it a try.' Funny thing, fifteen minutes later when I got anxious because of something my boss said to me, I noticed that my stomach tightened and my brain got buzzy and fuzzy. I thought, 'Geez, this must be what Millie meant.... what was it she suggested to do after that?..... Ah, now I remember: she said to stop and take three deep breaths – REAL breaths.'*

*You know what? I took three breaths right then and there. My boss didn't even notice I was doing it. Immediately I felt the tightness loosen, and my brain was able to think more clearly. Amazing – I knew what I had to do to take care of the situation. And it didn't even cost a cent! Thanks for teaching me that wonderful tool. I look forward to our next talk."*

Next time you feel anxious or scared or panicky – do what Cathy did. Give yourself a refreshing OASIS: clear your brain, re-charge your body. Treat yourself to *Real Breathing 101*. Before you know it, you may develop a new happy, healthy habit. Why not? It's free ~

Happy June!

615 words

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For more information on how to use your breathing in all kinds of situations, check out Millie's *OASIS in the Overwhelm* books, CDs, and Training at [www.milliegrenough.com](http://www.milliegrenough.com)

Invite Millie to your business or group to have an in-person *OASIS* experience.

**MILLIE GRENOUGH**, LCSW, MAT, CRS, BCD, is a Motivational Speaker, Executive-Life Coach/Trainer, Author, Clinical Instructor in Social Work of Psychiatry at the Yale University School of Medicine, international workshop presenter, and author *OASIS in the Overwhelm: 60-second strategies in a busy world*. She has worked with international teams on four continents for more than three decades.

Ms. Grenough brings a wide palate of work experience to the plate. An ex-shy Kentuckian and former Catholic nun, Millie has earned her living as a waitress, ESL teacher to business people and doctors in Barcelona, textbook author (*Sing it! Learn English through Song*, 6-book-6-cassette series published by McGraw-Hill), business owner, keynote presenter, and nightclub singer.

After a near-fatal accident forced her to change her high-velocity life style, Ms. Grenough developed the *OASIS* Strategies to help herself – and others – live a more balanced life.

Her book *OASIS in the Overwhelm: 60-second Strategies for balance in a busy world* (Beaver Hill Press, 2005) has received international acclaim. *The Hindu Business Line* calls it “a whiff of fresh air.” Dr. David L. Katz, medical advisor to *Oprah Magazine* says about *OASIS*, “Millie Grenough is offering nothing less than the opportunity and means to change your life – for the better.” Dr. Bernie Siegel, author of *Love, Medicine & Miracles*, says, “There is practical and simple information available in this book to help restore you on your journey through life.”

Ms. Grenough is certified in Gestalt Therapy, Clinical Social Work, and EMDR (Eye Movement Desensitization & Reprocessing), and is one of ten people worldwide named *Master Rubenfeld Synergist* in the body/mind Rubenfeld Synergy® Method.

President of Grenough LLC, a New Haven based Coaching/Training Organization, Millie has a passion for helping individuals and groups reach their full potential – while remaining sane and healthy.

Her work has been published in Bottom Line Personal, Hindu Business Line, New York Times, Seattle Post-Intelligencer, Village Voice, Woman's World and the Yale Weekly Bulletin.

For more information or photos, please [www.milliegrenough.com](http://www.milliegrenough.com)

To setup an interview with Millie Grenough, please contact Renee O'Connell at 203-888-4733 or [renee@milliegrenough.com](mailto:renee@milliegrenough.com)

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**MILLIE GRENOUGH**

200 Orchard Street, Suite 301      New Haven, CT 06511  
203-888-4733

[millie@milliegrenough.com](mailto:millie@milliegrenough.com)

[www.milliegrenough.com](http://www.milliegrenough.com)

# Change your Channel!



Millie Grenough, Connecticut Post

MILLIE GRENOUGH, Executive Coach and Clinical Instructor at Yale University School of Medicine, is an international speaker and trainer, and author of ten books. Millie appears regularly on TV and radio; her work has been featured in *Bottom Line Personal*, *Hindu Business Line*, *The New York Times*, *Seattle Post-Intelligencer*, *Village Voice*, *Woman's World*, and *Yale Weekly Bulletin*.

For more information on Millie and her OASIS 60-second strategies for balance in a busy world, visit :

[www.milliegrenough.com](http://www.milliegrenough.com)

MILLIE GRENOUGH  
200 Orchard Street, Suite 301  
New Haven, CT 06511

## You feel stress coming on...

You know you are headed for that chaotic place...

Your body cues tell you to slow down...

So what can you do about it?

## Change your Channel!

All it takes is 60 seconds. You **can** move yourself from chaos to calm in one minute. You will feel better. And the people around you will be glad you did it.

You **do** have time to do the OASIS strategies.

When you are calm and relaxed, your time is more productive. When you change your channel from overwhelm to oasis, you change your life.

Don't care if you're in a bad mood? Keep this in mind:

Stress contributes to 80% of all major illnesses.

You **can** lead a healthier, happier life. Why wait?

Give yourself an



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[millie@milliegrenough.com](mailto:millie@milliegrenough.com)  
203-888-4733

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