



Control Life

Reward/Effort Ration

- 1. The System
 - Effort a unit of time - hours, days, weeks...
 - Reward a unit of happiness - none, some,
 - Balance effort against reward...
- 2. Results
 - predictable
 - Unpredictable
- 3. The Future
 - importance of timing
 - Predictions

Use of Time

- 1. Needs - you need to identify your own needs
 - Common to many
 - Common to few
 - Only for You
- 2. Wants
 - Needs are necessary for existence and
 - Wants not necessary for existence - they make
- 3. Priorities - establish priorities among your needs
 - priorities change with time
 - Situation dependent

Decision Making

- 1. Solve Problems
 - a. Timescale
 - b. Single Question
 - c. More Information
 - d. Choices
 - e. Decisions
- 2. Good Decisions
 - a. Fear of being wrong
 - b. Priorities
 - c. Easy/difficult problems
 - d. No Regrets

Be Better

ILL Health

- Minor illness and Stress
- Serious illness
- Pre-existing illness

Reducing stress

- Behaviour
- Unwind
- Understand
- Control

Being Better

- Self-improvement
- Happiness

- Central nervous system
- Cardiovascular system
- Respiratory
- Gastrointestinal
- Urinary system
- Genital
- Musculoskeletal

Your Life

Choosing

- Increase resources
- Reduce demands
- Personal objectives
- Health

Personal Resources - recognising....

- Weaknesses
- Strengths
- Fears

Demand of environment

- Finances
- Job
- Family and friends