

Finally, you may like to try this checklist. How many of these things are you doing to protect yourself?

I am reducing my risk factors by:

- stopping smoking
- reducing smoking
- reducing fat consumption
- losing weight
- eating less
- exercising more
- being more active (less sedentary)
- managing my stress levels

I am lowering my blood pressure by:

- relaxing
- losing weight
- reducing salt intake
- exercising more

I use rapid relaxation:

- when driving
- when angry, worried or fed up
- to relieve angina

I work on reducing time pressure by:

- spending more time with family and friends
- making time for enjoyment
- using deadlining
- making regular time for myself
- saying No
- dropping the Superhero complex
- charging more for my time

I am reducing driven behaviour by:

- changing my beliefs about success
- listing my achievements and ambitions

I am eating more:

- fruit and vegetables
- fish
- wholemeal bread
- high-fibre cereal
- beans, pulses and lentils
- polyunsaturated fats
- rice, pasta and potatoes

I am eating less:

- red meat
- bacon
- crisps, cakes and biscuits
- fried take-aways
- butter
- whole-fat cheese
- sweets and chocolate
- sugary drinks
- and I'm drinking less alcohol

I am reducing speeding by:

- getting control of my workload
- using relaxation
- using deadlining
- not putting things off
- taking things more slowly and steadily
- doing slowing-down exercises
- remaining calm when waiting

Other things:

- I am taking my medication as prescribed

I am doing regular exercise:

- walking more
- cycling
- exercise classes
- other interesting and enjoyable exercise
- and I'm planning regular exercise or sport sessions in future

I relax regularly by:

- using the methods on the relaxation CD/audio
- using my own method
- using imagery
- using breathing exercises
- making regular times to relax
- finding new hobbies or interests

I am reducing overworking by:

- getting control of my workload
- increasing my other interests
- using relaxation
- changing my attitude to enjoying myself
- sorting out home tensions
- reducing my needs
- getting out of the habit