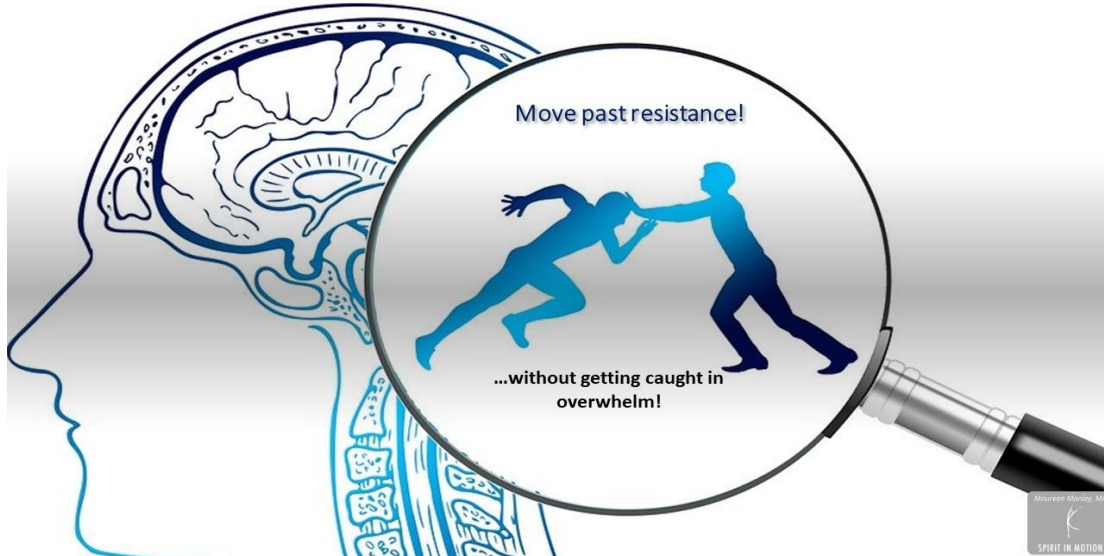


# Three KICK ASS Skills to Thrive By!

## #3 ADAPT & RENEW

Meeting, then moving beyond resistance, pressure, and stress!



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***STRESS = STIMULUS + RESPONSE***

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With the correct understanding's, strategies, and APPLICATIONS, working with resistance, pressure, and stress is radically doable!

## THRIVING WITH CHANGE!



“  
Inch by inch is a cinch,  
Yard by yard is hard.”

**Maureen Manley, MA Spirit In Motion  
Director of Inspirational Wellness, MSFC**

# Control The CONTROLLABLES



**Neuroscience now shows that small steps circumvent the brain's built-in resistance to new thoughts and new behaviors.**

- Take small actions
- Solve small problems
- Give yourself small rewards
- Recognize small moments and victories. Go over positive moments again and again.

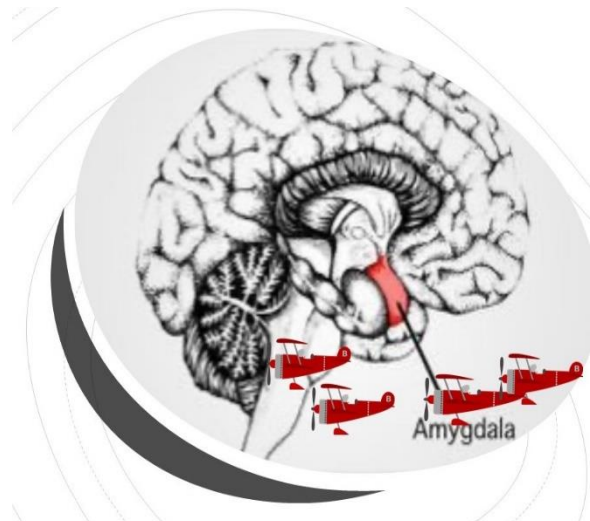
**By taking these small steps you can avoid going into a stress response.**

**IF** you do begin to feel overwhelmed, look to what you can do to break down what you are doing into more manageable steps!

## **Amygdala-Quick facts:**

1. Location: Part of Limbic System, at the end of the hippocampus
2. Function: Responsible for the response and memory of emotions, especially fear

The amygdala is the reason we are afraid of things outside our control. It also controls the way we react to certain stimuli, or an event that causes an emotion, that we see as potentially threatening or dangerous.



**By taking small steps you fly  
under the radar of the Amygdala!**

**Maureen Manley, MA Spirit In Motion  
Director of Inspirational Wellness, MSFC**

## **TAKE ACTION!**

*Circumstances Don't  
Predict Outcomes,  
PEOPLE DO.*



• What is an area, or topic in your life you feel overwhelmed and/or stressed?



• What are some simple doable steps you can take to *address* this area and/or topic?



• How will you feel when you are in action tending to this area or topic?