

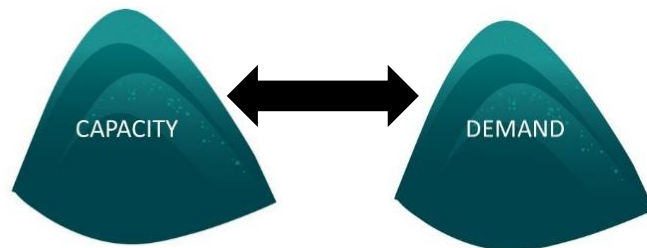


STRESS BUSTING

A simple, yet powerful way to define stress-

Stress is simply the gap between capacity and demand.

More specifically, it's *what happens* in the gap between capacity and demand.



Stress is communicating with you. The information you are receiving is not necessarily good or bad. You can communicate with the information in a proactive way!

STAY IN CONTROL WHEN THINGS HEAT UP!

The A-B-Cs of remaining in your optimal performance zone.

A-B-C

Awareness

Breathe + Appreciate

Correct

Awareness- The first step of learning how to work with stress is to assess it. Get clear about what it is and where it's coming from.

Breathe - Taking deep and steady breaths will help move you out of a stress response, and into a calm and higher reasoning state.

Appreciate- Feeling grateful actually shifts your brain chemistry to be able to think more clearly, logically, and even creatively so that you can problem solve more effectively.

Correct- With more clarity and more creativity flowing in your brain, you can start to think through adjustments that can be made to either reduce demand or increase your capacity,

Build your stress busting muscles!

Awareness

How do you feel stress in your body?

What do you do when you feel stress?

What are some of your stress triggers?

Breathe and Appreciate

How can you use the power of your breath to move yourself into a calmer and relaxed state?

How can you use appreciation to calm yourself when you are feeling a stress response?

What is one area in your life you can practice breathing and appreciating in?

Correct

Where in your life can you make corrections to remain a stress busting proactive warrior?

What is one area in your life you can practice making corrections to be a stress busting proactive warrior?
