

Moving Beyond Stress & Pressure

Overcome the Distraction of Worry, Stress & Burnout

Stress - The response of the body (physical, mental and emotional) to any demand for change.



- Perception
- Emotion
- Reaction
- Distraction
- Secondary Stress

1. Create motivation for change by understanding what stress truly costs us (stop saying that it's not so bad).

1. Identify your three greatest costs of stress.

2. Identify your three greatest causes of stress.

3. Identify three emotions that you value and want to create more of.

2. Implement techniques to avoid being depleted by toxic situations and overwhelming people.

Engaging in toxic behavior

- Blaming others
- Venting, gossiping & complaining
- Dwelling on the past
- Controlling people, places & things

Making everything about you

People pleasing



Practice positive self-talk

Experience gratitude

Perform kind acts

Prioritize what you value

Choose reactions

Send love and light to those who need it

"Wow, what are you going to do about that?"

Physical Activity

- More movement

Stress management

- Meditation - Mindfulness - Journaling - Exercise - Hobbies

Nutrition

- Less processed food/sugar

1. Create a daily reminder to replace one negative self-care habit with a positive one.

2. Identify one aspect of physical self-care that you would like to pick up.

3. Write down the easiest steps to starting.
