



## DEALING WITH STRESS

## Exercise

- ▶ Write down a situation that causes(d) overwhelm?
- ▶ What are the emotions you experience(d)
- ▶ Why do you think you are experiencing these emotions?
- ▶ Are these emotions temporary?
- ▶ What are your next steps?



**EXERCISE**

# Exercise

- ▶ **Jumping Jacks**



# Exercise

- ▶ Why do you do what you do?
- ▶ Who's lives do you impact every day?
- ▶ What is the vision you are pursuing?
- ▶ What are your priorities in life?
- ▶ What are your values in life?
- ▶ How can you engage with others more / better?
- ▶ How can you delight others more / better?

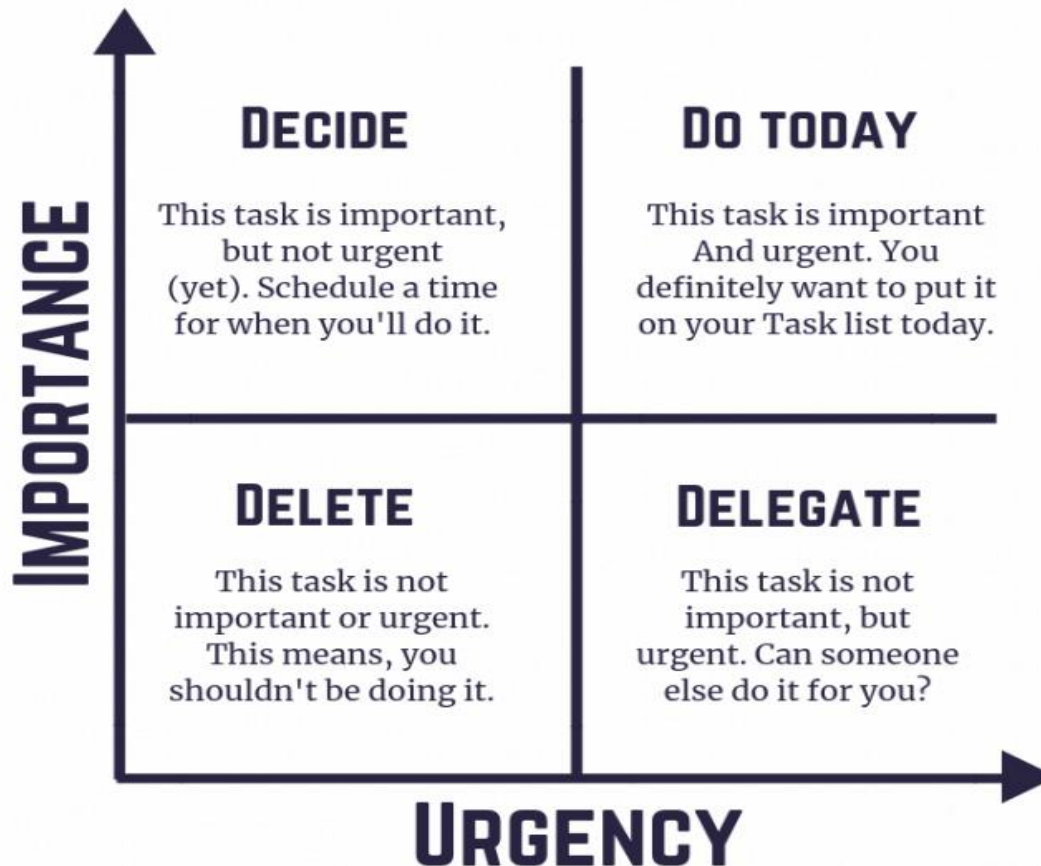


# Exercise

- ▶ **How will you proceed?**
  - ▶ Small smart choices
  - ▶ Consistency



# The Eisenhower Matrix



# Exercise

- ▶ Role Play



# Exercise

- ▶ Write down a problem / situation that gives you stress
- ▶ Producing as many possible solutions as you can
- ▶ Decide on the pros and cons of each one
- ▶ Select the best solution
- ▶ Write down each step that you need to take as part of the solution
  - ▶ What will be done
  - ▶ How will it be done
  - ▶ When will it be done
  - ▶ Who is involved
  - ▶ Where will it take place





# Exercise

▶ Breathe ...



# Exercise

- ▶ Cool down quickly ...



# Exercise for falling asleep

- ▶ **Body Scan**



# Mindful Morning

- ▶ Mindful Morning Jumpstart



Attached as PDF ...

- ▶ Stress Diary





Now ... Go out, **BE CALM** and  
Enjoy life!!!