

Dealing with Stress

*Pep &
Verve
Coaching*

PLANNING

Write down a clear plan so you don't have to hold it in your head, and you know what steps to take.

FOCUS ON FIRST THINGS FIRST

What is my next small step?

TAKE ACTION

Just dive into taking action, any action, without getting lost in the detail. Once we start to move new doorways tend to open and greater clarity becomes possible.

RITUALS / HABITS

Consistently engaging in resourceful rituals / habits will meet our need for certainty and help us be more resilient when we encounter uncertainty.

FIND THE FUN

Remind yourself to not take it too seriously.

CELEBRATE CONFUSION

It is a sign of something new opening up.

CLEAR THE MENTAL CLUTTER

Journal / morning pages

De-clutter your environment

Take care of the little annoyances that are in your control

INTEGRATE

Allow time to integrate what you're learning, and how you're challenging yourself.

This might look like practicing one thing before you move on to the next, or may be taking some down time to allow it to sink in.

TAKE A BREAK

Stop and have some fun.

Catch up with a friend (and don't talk about what you're stressing over!)

Go to the movies

Play at the beach

Whatever will connect you back to enjoyment and lightness.

FOCUS

If you're in a cycle of unhelpful rumination, engage in an activity that requires all of your attention and thus helps break the cycle of over-thinking.

SELF-NOURISHMENT

How can you take care of yourself? Diet, exercise, bath, massage, etc.

SELF-TALK

Check your self-talk and be as encouraging of yourself as you would be of someone else:

You're doing great

Look how far you've come

You've got this

You'll get there

Everything's ok

BREATHE

Sounds simple, but when we're stressed we often hold our breath or take shallow breaths. Take time frequently to stop and focus on deeply breathing. You may even want to set an alarm to remind you throughout your day.

GET INTO YOUR BODY

Do things that help you to get out of your head and back into your body.

This might include exercise, mindful breathing, deep relaxation, dancing, etc.

MOVE YOUR BODY

Changing your physiology can change your mindset.

Movement helps us clear excess stress energy and helps us get out of our heads and back into our body.

MY RESOURCES

Remind yourself of the qualities within you (e.g. strength, commitment, wisdom)

Remind yourself of the people who are here to support you.

VALUES REVIEW

Remind yourself of your values.

What is the most important to you?

How can you incorporate these more in what you're doing?

WHAT CAN I GIVE

Ask yourself how you can serve others?

Perhaps there is a lesson you are learning that you can teach or share with others?

GROUNDING

Literally sit or lie on the ground. Notice how the ground is supporting your body.

CONNECT WITH NATURE

Time in nature is a proven source of stress reduction.

Spend some time outside in surroundings that you enjoy.

Stress
Overwhelm
Over-thinking
Self-doubt
Comparison