

## 1. QUESTION YOUR STRESS

What information is the stress trying to provide? Ask clarifying questions to get to root cause.

## 2. NAME IT TO TAME IT

You can bring the prefrontal cortex back online by naming it. Eg. I am really nervous or scared. Puts space between you and the feeling.

## 3. BREATHE

Breathing changes our heartbeats and biological responses.

## 4. REFRAME

What if stress is a sign you're doing something you care about? If you truly didn't care, you wouldn't stress. Shift your attention to a positive emotion (eg. love, joy, gratitude) and we change our brain chemistry:

- Stress hormones decrease
- Immune function is enhanced
- Improves our ability to think creatively and intuitively
- Better able to navigate change more effectively
- More resilient and bounce back more quickly
- More flexible

## 5. MANAGE YOUR TIME & ENERGY

Plan both your time and your energy.

## 6. FIND YOUR TRIBE

When part of a community, we feel less stress and oxytocin is released. Technology is not actually helping. Social connection = quality over quantity. Even if you're stressed in the moment, spending time with your family will yield greater returns in the long run..

## 7. FIND PURPOSE & FOCUS ON THE FUTURE

It's important to have a goal - to know it all means something. The future always comes and you've always gotten through your worst in the past..

## 8. PRACTICE OPTIMISM

Optimism is not just being a positive or negative person. It's also how you view yourself in relation to situations. Optimists in good times see it as personal, pervasive and permanent, whereas pessimist in good times thinks it's luck, situation-specific, and temporary. The opposite is true in bad times.

## 9. TAKE CARE OF BASICS

Exercise, drink water, eat healthy, sleep.

## 10. PRACTICE GRATITUDE

Research has linked gratitude to improved wellbeing. Embrace JOMO (Joy Of Missing Out)

## 11. SPEND TIME IN NATURE

Go outside, camping, hiking, walk on the water, parks, bike rides, etc.

## 12. MAKE SOMETHING

Use your hands. Carpentry, painting, knitting, sculpting, colouring with your kids, etc.

## 13. DO WHAT MAKES YOU HAPPY

Do you even know what makes you truly happy? Having fun and feeling happiness are different, and sometimes your happiness is not tied up in your partner.

## 14. REMEMBER ALL FEELINGS SUBSIDE

You got through the most stressed time of your life. You can do it again.