



Stress

Relieving Mantra

CHEAT SHEET



Say Goodbye to Stress

Anxiety, and Tension by Incorporating
Healthier Lifestyle Changes in Your Life!

Characteristics of Eustress, or Positive Stress

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance

Characteristics of Distress, or Negative Stress

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

Types of Stress

- Acute stress
- Episodic acute stress
- Chronic stress
- Emotional stress
- Physical stress
- Traumatic stress

Physical signs that indicate the fight-or-flight response

- Rapid Heart Beat and Breathing
- Pale or Flushed Skin
- Dilated Pupils
- Trembling

Ways to Reduce and Overcome Everyday Stress

- Get enough sleep
- Eat well
- Exercise



- Make time for hobbies
- Meditate
- Laugh
- Talk about your problems
- Positive thinking
- Learn to avoid procrastination
- Maintain a healthy support system

Ways to Eliminate Stress at Work

- Start Your Day Off Right
- Act Rather Than React
- Eliminate Interruptions
- Schedule Your Day For Energy And Focus
- Be Clear on Requirements
- Track your Stressors
- Stay Away From Conflict
- Identify Self-Imposed Stress
- Stay Organized
- Prioritize Your Priorities
- Take Time to Recharge
- Forget Multitasking
- Develop Healthy Responses
- Get Some Support

How to Begin a Basic Meditation Practice for reducing stress?

- Step 1: Get into a comfortable position
- Step 2: Close your eyes gently
- Step 3: Clear your head
- Step 4: Keep Going

How to Reduce Stress with Positive Self-Talk?

- Notice Your Patterns
- Replace Negative Statements
- Get Rid Of Outside Influences
- Focus On The Present



- Use Possible Thinking
- Treat Yourself Like You Would A Friend

How to Reduce Stress during Pregnancy?

- Focus on your Baby
- Laugh as much as you can
- Get Enough Rest and Sleep
- Talk about it
- Eat Well
- Try Gentle Exercise
- Drink plenty of Water
- Take Naps
- Foot Soaks
- Try Complementary Therapies

How to Manage Stress in Your Children?

- Talk with your Kids
- Focus on the Positives
- Listen before Offering Suggestions
- Make Sleep a Priority
- Reward Brave Behaviors
- Let them Know that it is Okay to be Imperfect
- Prepare them to Deal with Mistakes
- Schedule Relaxing Activities
- Stay Calm
- Encourage their Hobbies
- Stop Overscheduling



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