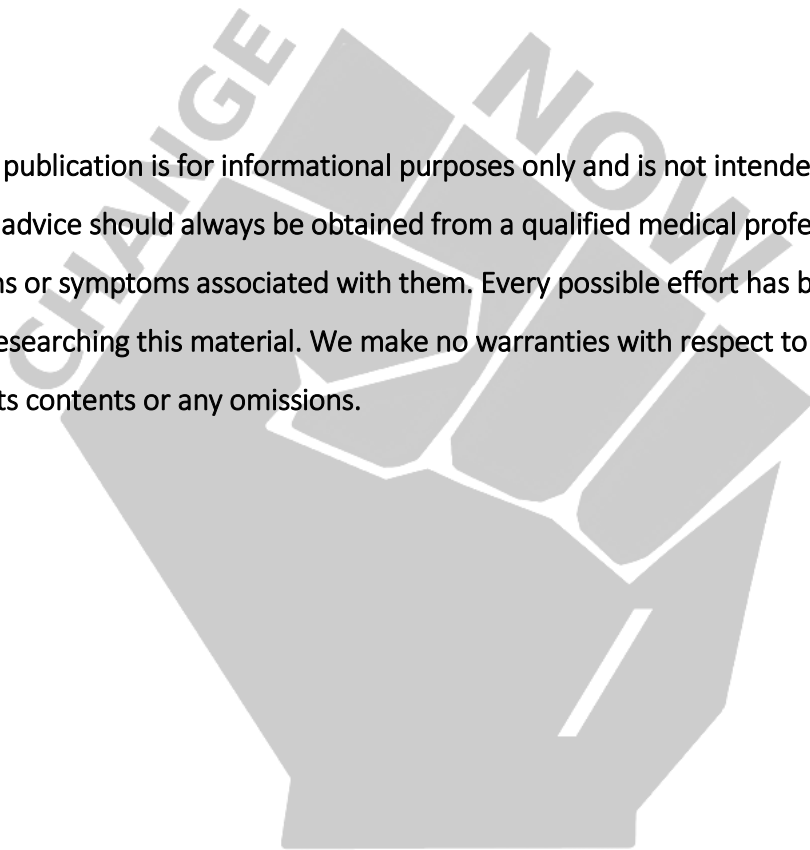




CHRONIC STRESS MANAGEMENT

Checklist/Mini Guide

Disclaimer: This publication is for informational purposes only and is not intended as medical advice. Medical advice should always be obtained from a qualified medical professional for any health conditions or symptoms associated with them. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.



Exercise

- ✓ Brisk walking for 30-40 minutes, 4- 5 times per week
- ✓ Aerobics
- ✓ Running
- ✓ Treadmills
- ✓ Weight lifting
- ✓ Swimming

Meditation

- ✓ Replaces stressful thoughts and chaos brewing in the mind and diverts attention from stress, thereby replacing the fight or flight response with the relaxation response in the body.
- ✓ Helps maintain Telomere health to prevent stress related premature aging

Healthy Clean Diet With Whole Food

- ✓ Energy
- ✓ Immune system health
- ✓ Reduces inflammation and oxidation in the body

Mindfulness Based Stress Reduction

Progressive Muscle Relaxation

1. Find a room to practice this – it should be relatively quiet, dimly lit, and you should be able to sit comfortably or lie down.

2. Close your eyes and start breathing deeply through your nose. Hold your breath for just a few seconds and then release it through your lips. Do this several times and imagine that your body is becoming heavy and warm. Release tension that you become aware of.
3. Continue to breathe slowly and clench both of your fists, tightening your biceps and holding the tension for a few seconds. Now release the tension and let it ebb away. Your focus should be on the changing sensations in your muscles. As you allow the tension to flow from your arms, hands, and fingers keep your hands open to shake off the remnants.

Continue this pattern through each of the major muscle groups in the body.

Take Control

- ✓ Don't be a victim of life's circumstances
- ✓ You can control your emotions
- ✓ You can control how you respond to stress
- ✓ You can control how you respond to life and its problems
- ✓ When you stop blaming circumstances and take back the reins, you take back your power, and power is the ability to take action in order control how situations and "life on life's terms" affects you

Create predictability

- ✓ This does not mean that there will never be stress, but even the fact that the stress itself can be predicted, like that which occurs at work, makes it easier to deal with.

Mind-Body Exercise

- ✓ Yoga
- ✓ Tai Chi
- ✓ Qigong

Positivity

- ✓ Optimism makes you much more efficient at dealing with stress
- ✓ Look for the bright side

Positive Emotions

- ✓ Shown to effectively reduce the effects of chronic stress

Manage Your Emotional Response

- ✓ It's impossible to eliminate every stressor in life, but you can develop positive coping strategies to deal with the stress that you can't get rid of

Time Management

- ✓ Prioritize your schedule
- ✓ Use your time wisely

Learn to say no to others

Have Fun

- ✓ Make time each day for a little fun

Work-Life Balance

Daily Deep Breathing

Release Frustration

- ✓ Hit a boxing bag



- ✓ Run
- ✓ Best option is any activity that facilitates power and control over your body and mind.

Laugh Often

- ✓ Watch comedy shows and movies or funny videos on YouTube
- ✓ Spend time with fun people
- ✓ Get a Joke Of The Day calendar for your desk

Listen To Music

- ✓ Helps reduce cortisol levels

Vitamins

- ✓ Supports the body's nutrient needs to maintain energy and support healthy immunity which is impacted by stress

Support System And Social Network

- ✓ The greatest buffer from toxic stress next to exercise
- ✓ Maintain quality long-term social connections

Get Help

- ✓ Doctor
- ✓ Therapist
- ✓ Life Coach

Take Time For You



- ✓ Downtime to recharge, refresh and rejuvenate

Be Mindful

- ✓ Mindfulness is a form of meditation that can be done anytime, anywhere. It involves being present to what is happening now, rather than reminiscing about the past or worrying about the future. Notice your different senses (colors, sounds, textures, tastes, scents) as a way to keep you connected to the present moment.

Practice Gratitude

- ✓ Try being thankful for one hundred things every day
- ✓ Experience the feeling of being grateful and you will become more content

Change Limiting Beliefs

- ✓ Certain beliefs hold you back from life
- ✓ Identify these and change them to more helpful ones
- ✓ Replace negative thoughts with positive ones

Let Go

- ✓ Focus on things you can control and let go of those you can't

Things you can control

- My attitude, feelings, thoughts, and actions
- My job choice
- My performance at work
- My own self-awareness
- How I spend money
- How I deal with stress

- The relationships I engage in
- Future and present choices I make
- How I interpret situations
- How I learn from my mistakes
- How I handle difficulties
- How I deal with people
- Staying calm
- Goal planning/Goal fulfillment
- My optimism
- How hard I work
- How much I like myself
- My positive thinking skills
- How well I prepare for challenges
- How I handle myself
- How many risks I take
- How honest I am
- How seriously I take my commitments
- My communication skills
- The clutter around me
- Taking steps to reduce risks for disease
- How I deal with life on life's terms



Things you can't control

- People or what they do, say, think and feel
- My boss or his/her attitude
- What happens around me
- How much things cost
- Life's stressors
- My partner - what he/she thinks, feels or says

- People's expectations
- What people think about me
- Whether people like me
- Past choices
- The weather or natural disasters
- Traffic
- The past
- The future
- Other people's choices
- Who is in my family
- Growing old
- Dying
- Disease
- Life in general

Laughter Yoga

Take Nature Walks

- ✓ Relaxes the both body and mind
- ✓ Peace and tranquility to pervade the body
- ✓ Fresh air nurtures and soothes

Do Something Meaningful

- ✓ If you have a sense of purpose in life, and are able to make a productive or meaningful contribution to society, your sense of self-worth will increase and so will your resilience

Put Yourself First



Relax

- ✓ Hot baths
- ✓ Massage
- ✓ Hobbies
- ✓ Reading
- ✓ Writing
- ✓ Playing games
- ✓ Playing with pets

Visualization Meditation

- ✓ Imagine calm and peace and it elicits the relaxation response in the body negating the arousal state that occurs during stress

Massage

Acupuncture

- ✓ Balances the body's energy system
- ✓ Creates deep relaxation and releases stress

Reflexology

- ✓ Pressing certain trigger point in the feet balances the body's energy and releases tension

Counselling

- ✓ Mental health professionals can teach stress management
- ✓ Work through issues that cause you stress
- ✓ Create clarity in mind



- ✓ Behavior modification

Psychotherapy

- ✓ Heal deep traumas from childhood
- ✓ Alter dysfunctional stress responses by healing unconscious wounds
- ✓ Change limiting beliefs
- ✓ Address any mental health issues that have arisen from stress

Learn Good Sleep Practices

- ✓ Turn off technology an hour before you put the lights out
- ✓ Create a sleep ritual that trains the body to a sleep routine
- ✓ Go to bed at the same time each night and wake at the same time in the morning

Go On Vacation

Spa Weekend

Try Something New

- ✓ Shakes up stale routines
- ✓ Provides a new perspective
- ✓ Stimulates the brain

Do What You Love At Least Once Daily

Do More Of What Works

- ✓ When you find that place of flow, the trick is to find ways to feel it more often



Take Up A Hobby

Get A Dog, Cat Or Goldfish

- ✓ Pets bring calm and social companionship

Walk Away

- ✓ Walk away from an escalating situation
- ✓ Do not engage in volatile or hostile arguments
- ✓ Take a time out

Surround Yourself With Positive People

- ✓ Avoid draining, overly needy and negative people

Naturopathy

- ✓ A naturopath will look at the whole person to determine advice, which can include diet, supplements, vitamins, massage, or homeopathy

Affirmations

- ✓ Affirmations are present tense statements in the first person (“I”), which help you change negative thinking to positive

Positive Self-Talk

- ✓ “I think I can, I think I can, I know I can”. Just like the “Little Train Who Could,” when we talk positively to ourselves we can accomplish much more than we thought we could



Smile

- ✓ Releases happiness hormones and neurotransmitters in the brain
- ✓ Relaxes facial muscle tension

Have Sex

Avoid Alcohol

- ✓ Alcohol is a depressant
- ✓ Those with chronic stress are at a higher risk for addiction when they drink

Avoid Stimulants

- ✓ Sugar, coffee, and amphetamines keep the adrenal glands overly active and therefore increase the release of stress hormones and promote the state of arousal
- ✓ Promote insomnia
- ✓ Prohibit a state of relaxation
- ✓ Too much coffee promotes nervousness, depletes levels of vitamin C in the body and increases stress levels

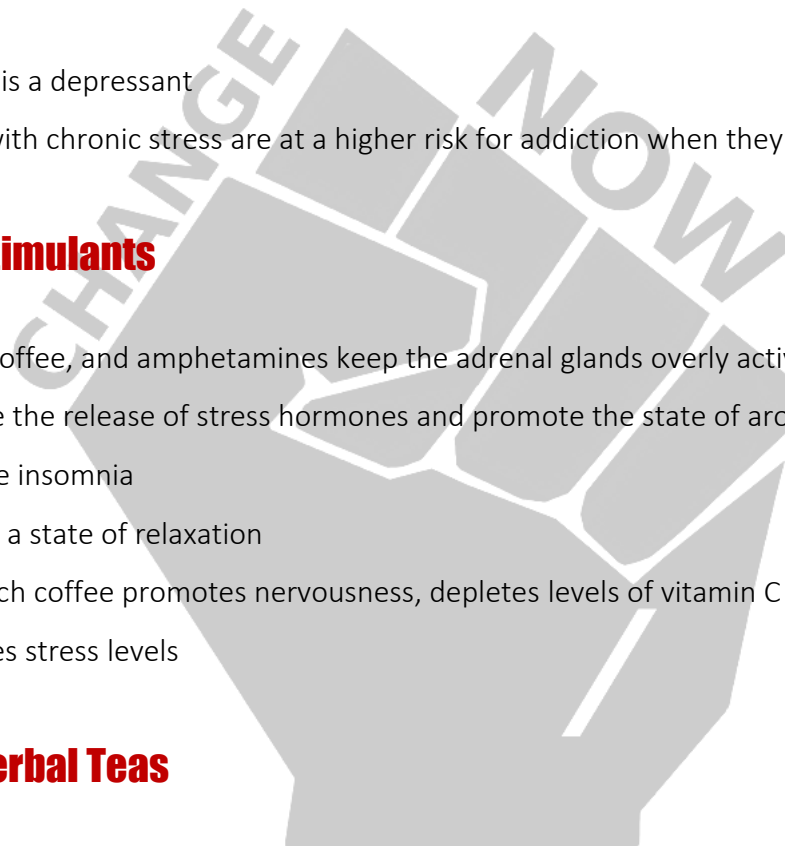
Drink Herbal Teas

- ✓ Chamomile tea promotes calm and drowsiness for better sleep and relaxation

Drink Green Tea

- ✓ Key antioxidants and nutrients
- ✓ Contains a compound that reduces anxiety

Supplements



- ✓ Magnesium is a muscle relaxant
- ✓ Melatonin is a natural sleep aid
- ✓ Valerian root helps anxiety
- ✓ B-complex improves mood

Homeopathy

- ✓ Uses very minute traces of a medicine found in nature, to treat “like with like”

Say “No”

- ✓ Avoid overwhelm
- ✓ Set boundaries
- ✓ Take care of yourself

Express Your Feelings

Express Your Creativity

Avoid Stressful People And Situations

- ✓ Compromise
- ✓ “How important is this issue? Do I want to be right, or calm?”

Get Organized

Anticipate Don't Procrastinate

- ✓ Rather than say, “I need to” or “I have to,” tell yourself, “I choose to.” This helps empower you.



Emotional Freedom Technique

- ✓ Stimulates various energy meridian points in the body by using gentle finger tapping while simultaneously saying custom-made verbal affirmations
- ✓ Helps eliminate emotional “scarring”
- ✓ Reprograms the body’s response to emotional stress

Find Stress Relief That Works For You

- ✓ Take what you like, and leave the rest

Make Meal Times Social Times

Find Community

- ✓ Joining a group of like-minded individuals can help overcome any sense of isolation and bring a healthy sense of belonging into your life
- ✓ Community is vital to our well-being as we are social animals
- ✓ Reach out and connect

Love

- ✓ Kids, puppies, friends, family and lovers all support wellbeing and good health

Be OK Being Alone

- ✓ Learn one of life’s ultimate lessons, the art of loving yourself
- ✓ Be gentle and kind with yourself at all times
- ✓ Practice sending loving-kindness to yourself

Trust



- ✓ Learn to trust life to give you what you need
- ✓ Stop worrying about the future that causes more stress
- ✓ Learn valuable lessons from adversity

Believe

- ✓ Whether you believe in the ultimate goodness of life, or in a higher power, or a divine being, having a spiritual belief system can help you offload some of your stress
- ✓ It is a relief to hand troubles over

Forgive Yourself

Forgive Others

Accept What Is

- ✓ Another energy sucker is railing against the way things are
- ✓ Accept having to alter “your plan”
- ✓ Stop resisting life on life’s terms
- ✓ Invite the “universe” to support you

Perform Random Acts Of Kindness

- ✓ Science shows that being kind to others produces oxytocin, the “love hormone” which makes you feel happier
- ✓ Reduces blood pressure, stress levels, depression and anxiety
- ✓ Increases energy

Give

- ✓ Increases feelings of self-worth, happiness and self-esteem

- ✓ Promotes calm and peace

Receive

- ✓ Receive help, support and kindness to experience more joy, happiness, and less stress

Face Your Own Mortality

- ✓ Once you become aware that we all live in the “crucible of death,” to quote author Stephen Jenkins, you can live with more aliveness and vitality, knowing, as the Tibetan Buddhists say, that death can come at any moment

Process

- ✓ Journaling, talking to a friend, or a counsellor, or thinking things through as you walk your dog or do your daily jog, processing your stress can be a good way to off-load the burdens of the day

As You Give So Shall You Receive

- ✓ Studies have shown that when we give to others, we feel better about ourselves, our self-esteem improves, and we increase our sense of connectedness and belonging.

Reintroduce Romance Into Your Relationship

Take Up A New Hobby

Focus On What Is Going Right

- ✓ Stop thinking about what is wrong and focus on all that is right in your life

Keep Things In Perspective

- ✓ Stop catastrophic thinking
- ✓ Stop all or nothing thinking
- ✓ Don't panic

Sit In Silence

- ✓ Just sitting in silence and focusing on quiet helps to elicit the relaxation response in the body, and calms your mind

Lie With Your Feet Up

Live In Harmony With The Natural Cycles Of Nature

- ✓ Before the advent of electricity, humans lived in a closer relationship with the natural cycles of the earth. Consciously tune into these by observing the changing seasons, the shortening or lengthening days and nights, and the cycles of the moon to feel more in tune with the natural rhythms of the earth and the cosmos. This will help you feel connected to something much larger than yourself and can bring your inner peace, knowing that you are part of a larger order.

