

5M Self Care Saturdays “How To Manage Your Stress Better” 7 Week Series

Week 3

Stress Is Your Ally

Why do we sometimes drive under stress while other times we fall apart?

- Not all stress is debilitating. Some lower levels help you to perform better, be more aware and alert and have energy.
- Science shows that changing your mindset about stress can literally change your physiology.
- Thinking about a time where you were stressed and rise to the occasion is one way to reverse your bodies response allowing you to turn debilitating stress into energy to succeed.
- Feeling stressed is a sign that you care about something.

When experiencing stress ask yourself the questions:

- What am I stressed about?
 - Why do I care?
 - Is there an opportunity inherently in this.
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- Remember your first line of defense against stress is taking a deep breath.

5 Mantras to help you to manage your stress better:

1. I have the power to hit reset when I'm stressed by taking a few deep breaths.
2. I will do what I can not feel guilty when I can't
3. I give myself permission to rest, create and savor moments of lightness in my day.
4. By taking breaks I'm actually being more productive.
5. I am deserving of happiness, excitement and enjoyment in my life and I choose it now.