



REDUCING STRESS & OVERWHELM

THE Most Essential Personal Skill

What relaxes one person, stresses another.

Therefore it must be true that stress is 100% self induced.

Which means it can **ONLY** be controlled from within.



It's astounding how much one's stress level goes down with the simple act of switching from skinny jeans to yoga pants.



somee cards
user card

4 KEYS TO REDUCING STRESS

1. Recognition
2. Thinking & feeling
3. Physical responses
4. An Alternative...

RECOGNITION

THE MYTHS

Stress is the same for everyone.

Stress is always bad for you.

It's everywhere & you cant fix it.

If I have no symptoms = I have no stress.

Only major symptoms need attention.

Some stress is good for you.

RECOGNITION

THE FACTS

80% of hospitalis-ations are stress related.

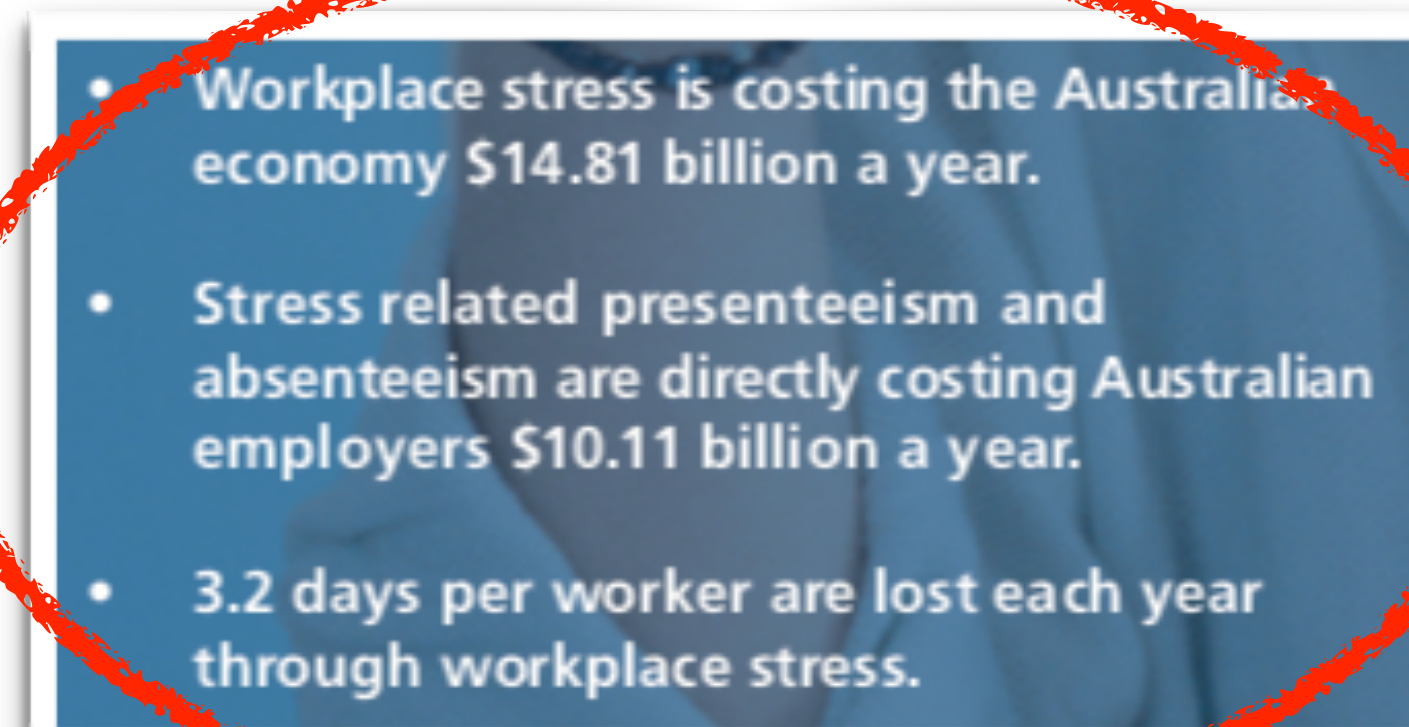
Stress costs the Aust economy \$14B/yr.

30% of Aussies have sleep problems = stress.

Even short term stress damages the immune system.

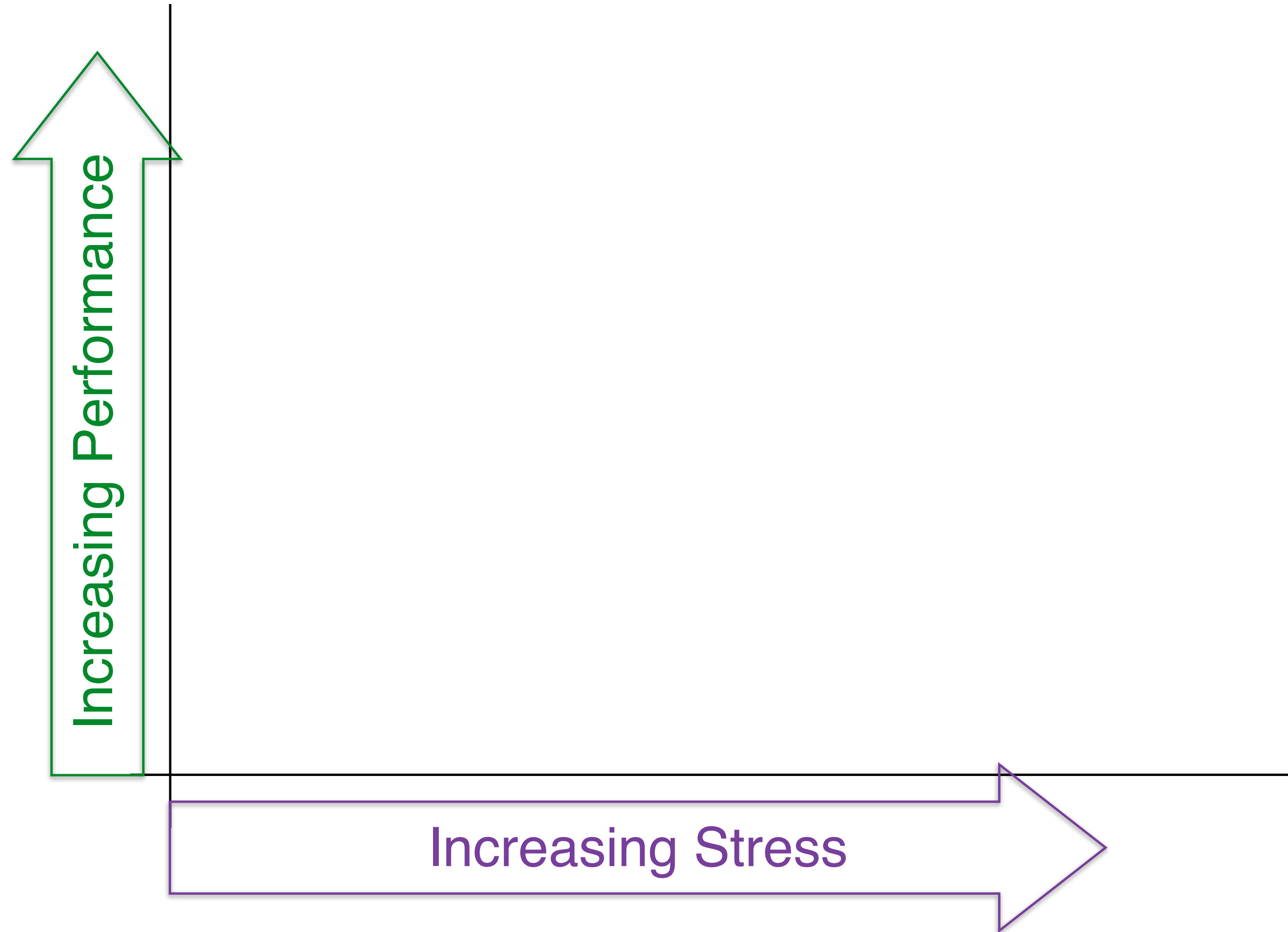
Stress can be relieved instantly.

Some stress could be good for you.



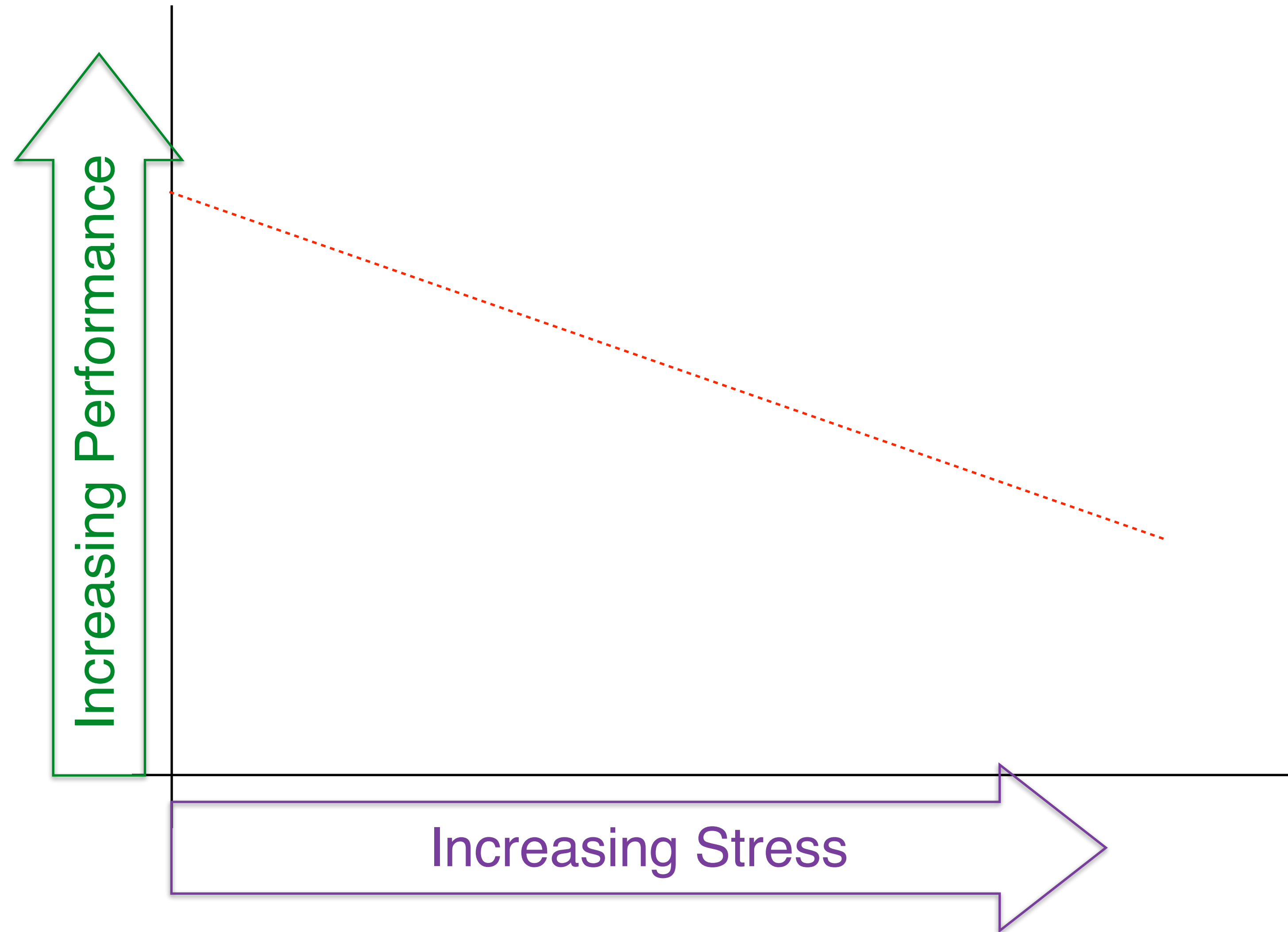
RECOGNITION

GOOD STRESS



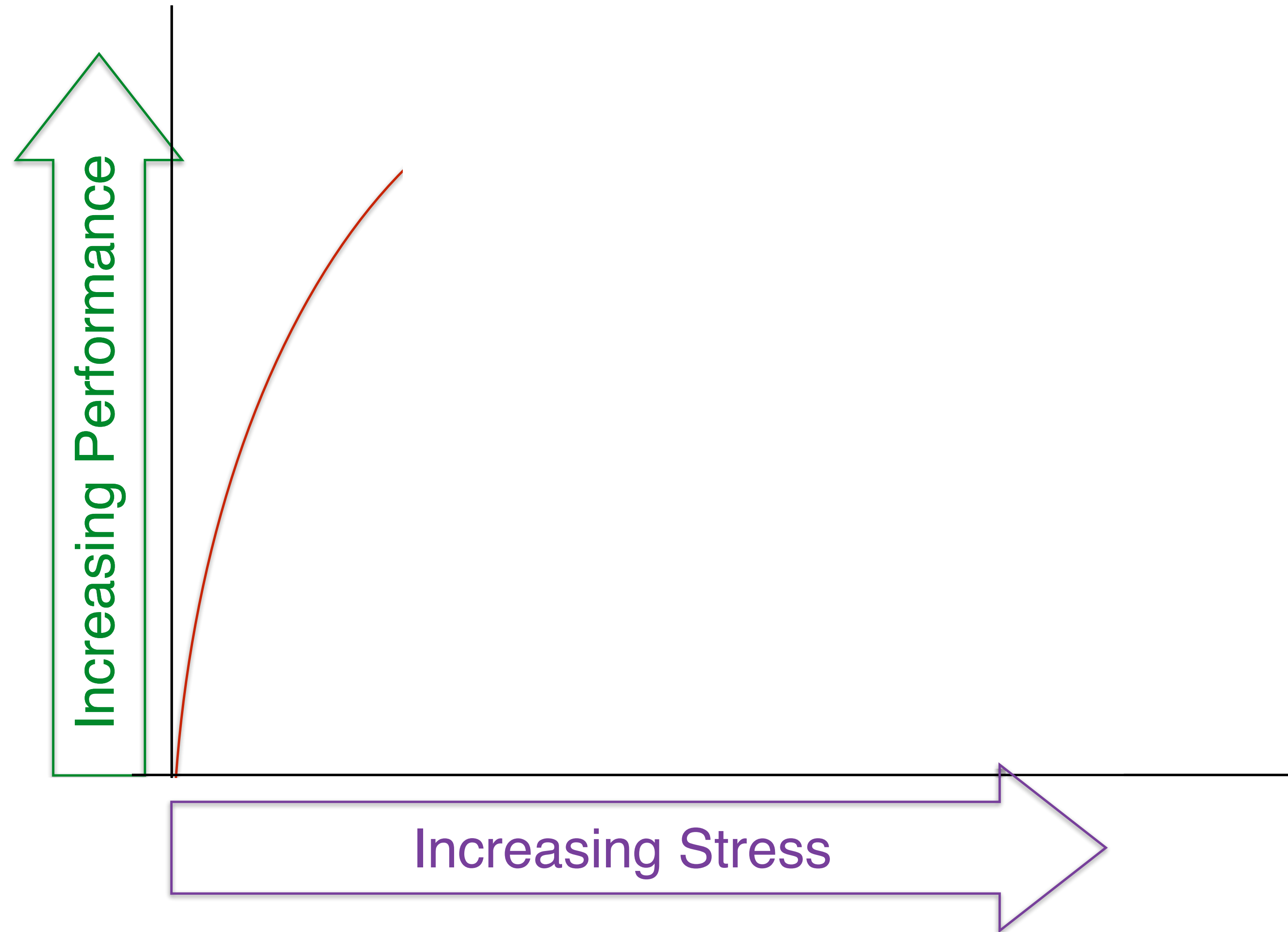
RECOGNITION

GOOD STRESS



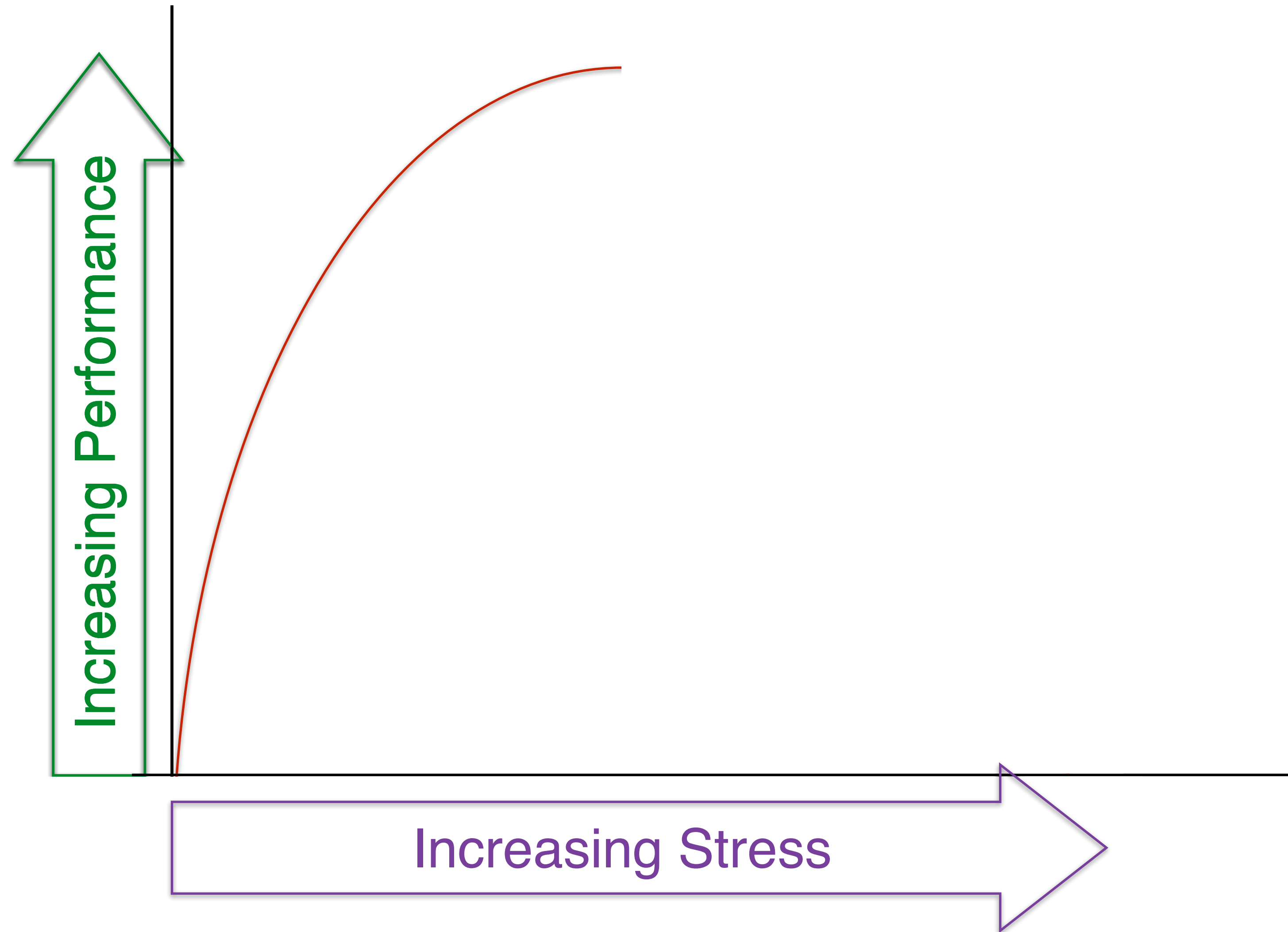
RECOGNITION

GOOD STRESS



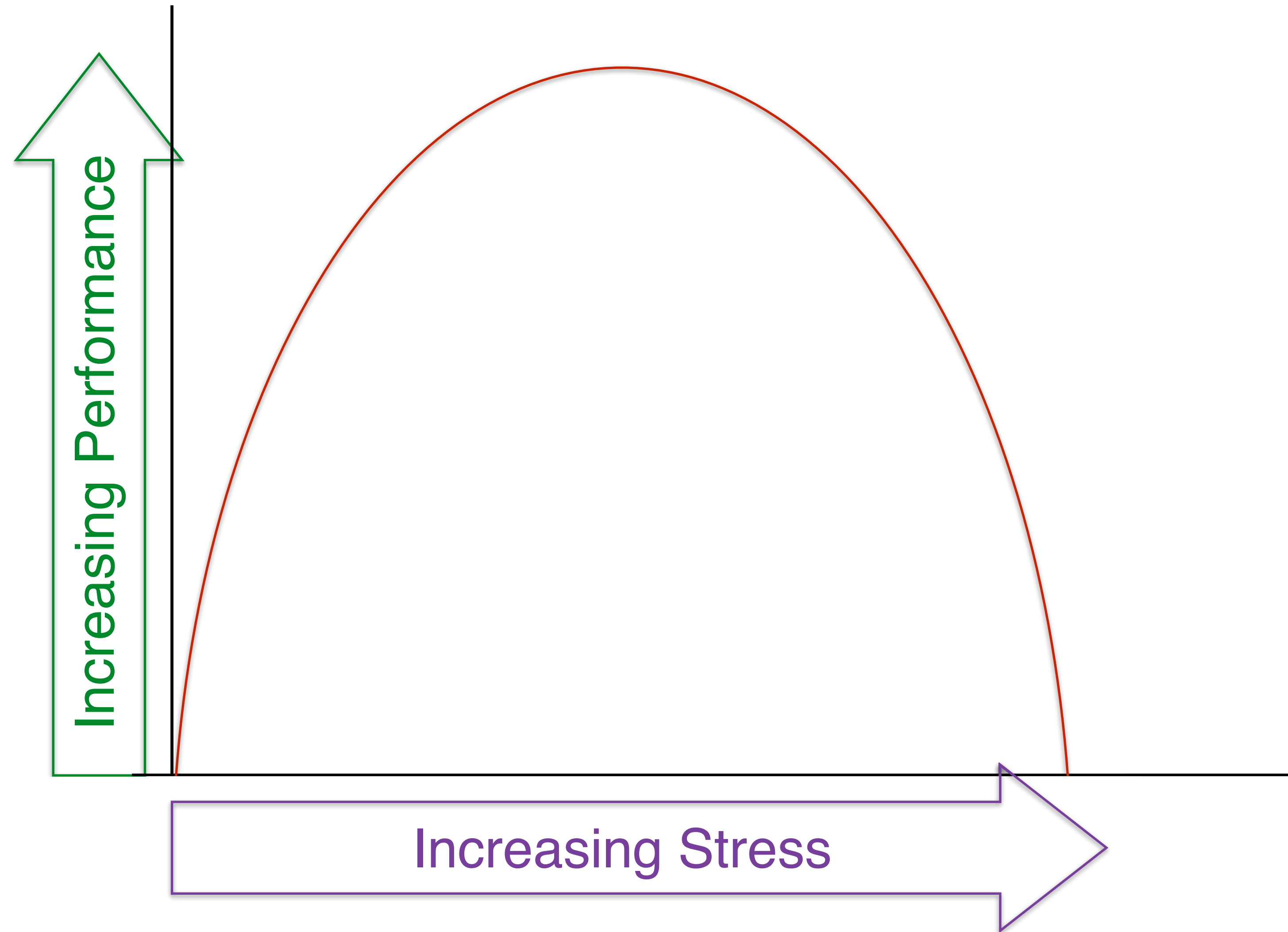
RECOGNITION

GOOD STRESS



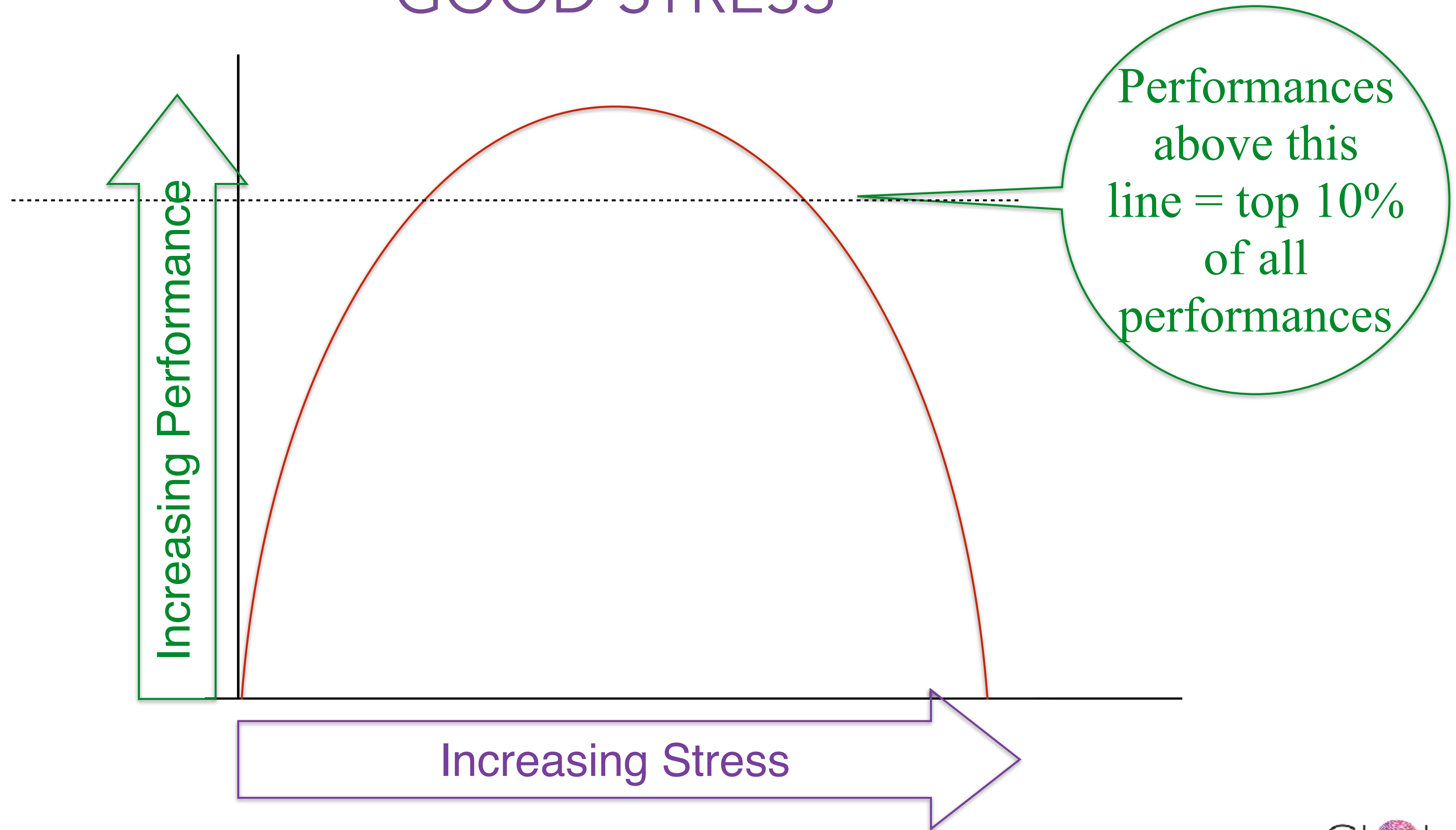
RECOGNITION

GOOD STRESS



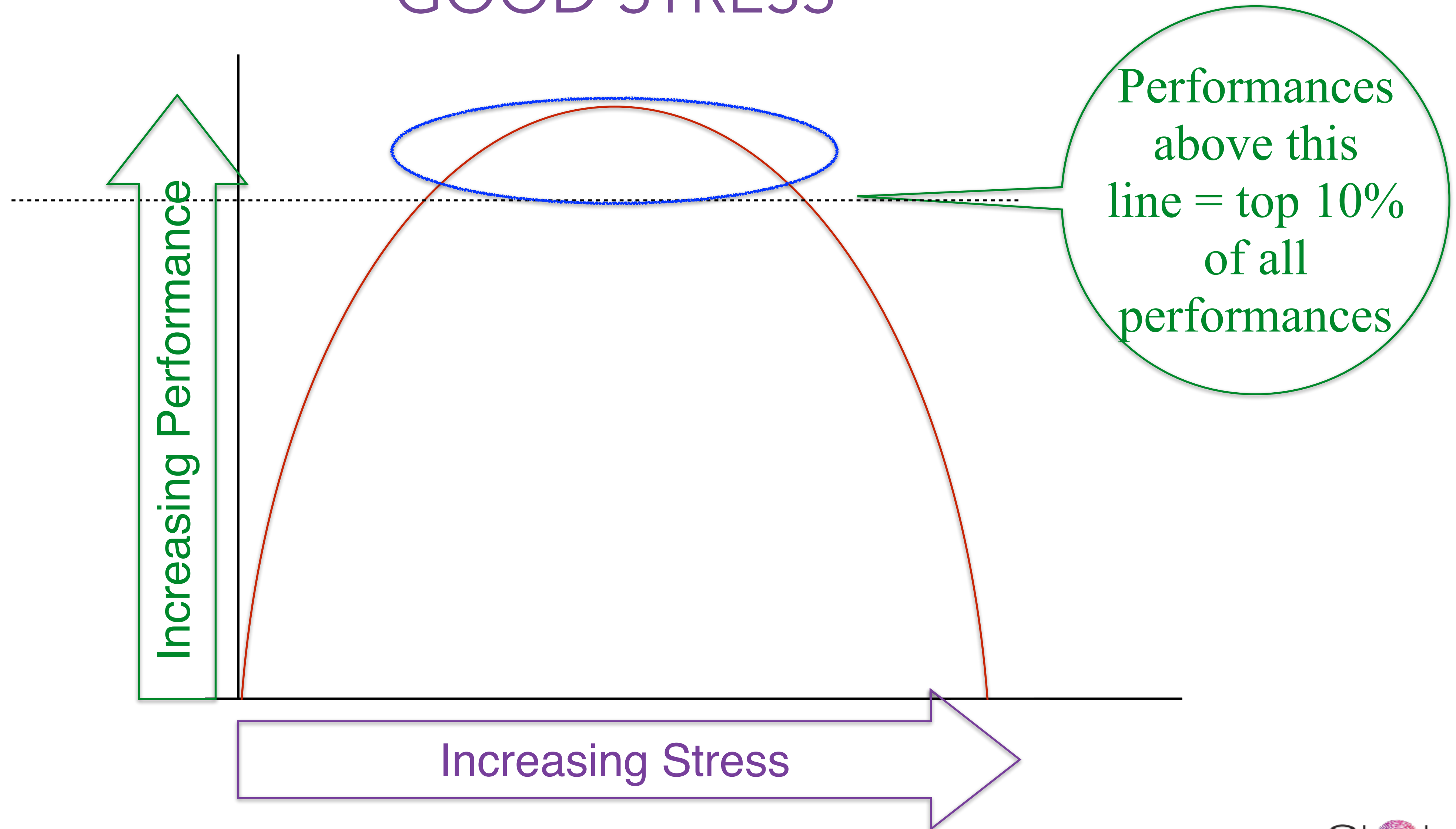
RECOGNITION

GOOD STRESS



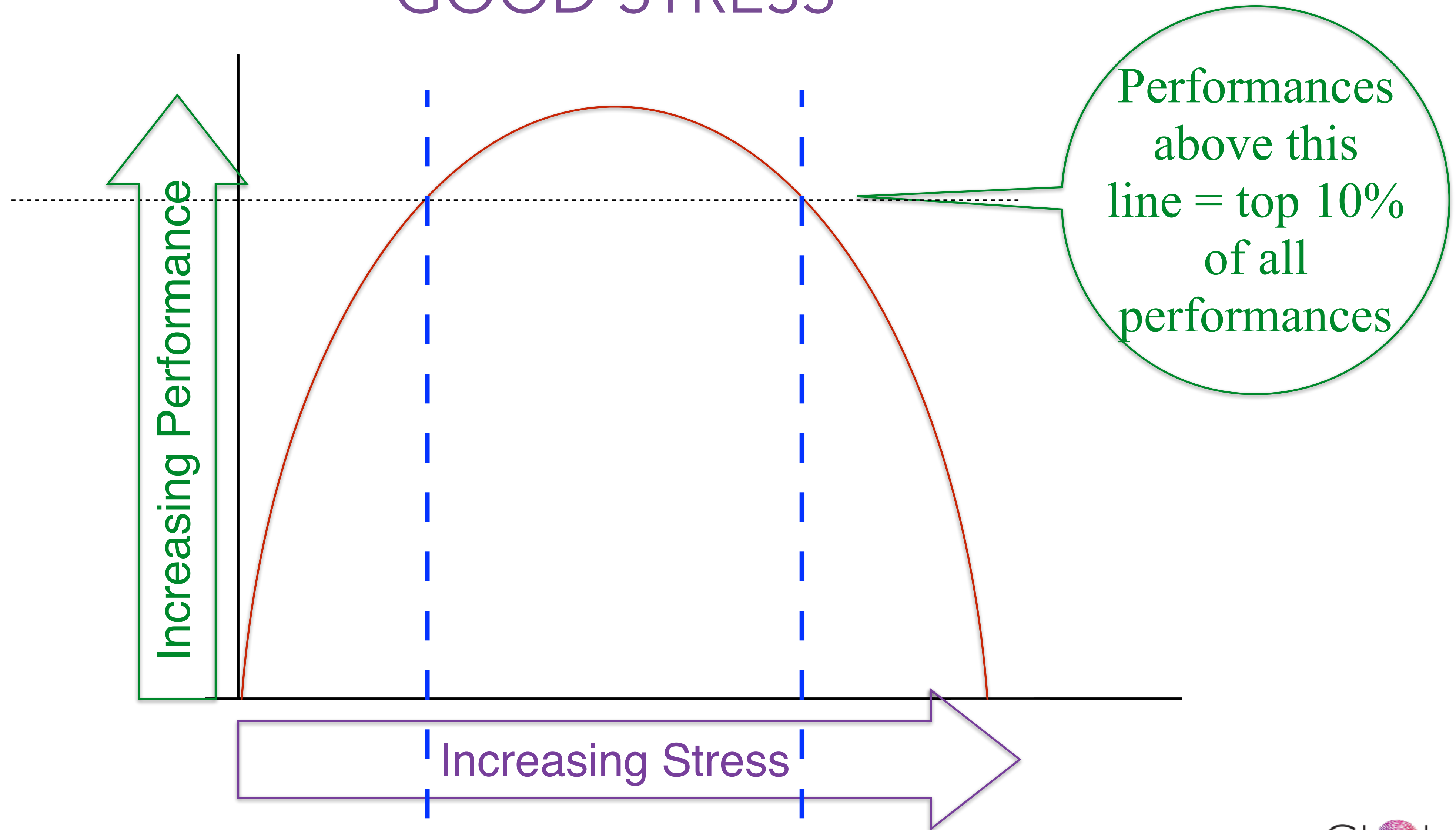
RECOGNITION

GOOD STRESS



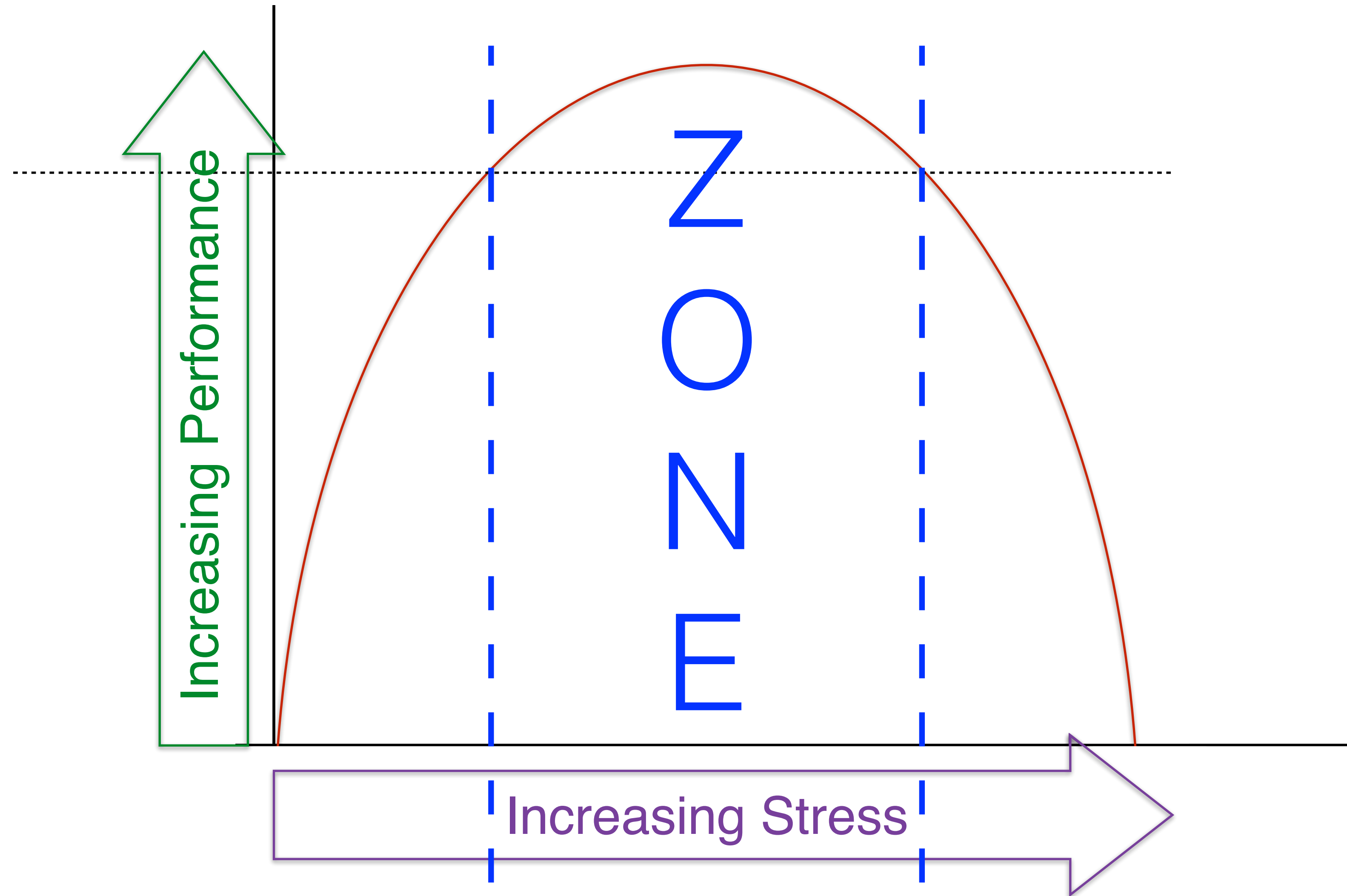
RECOGNITION

GOOD STRESS



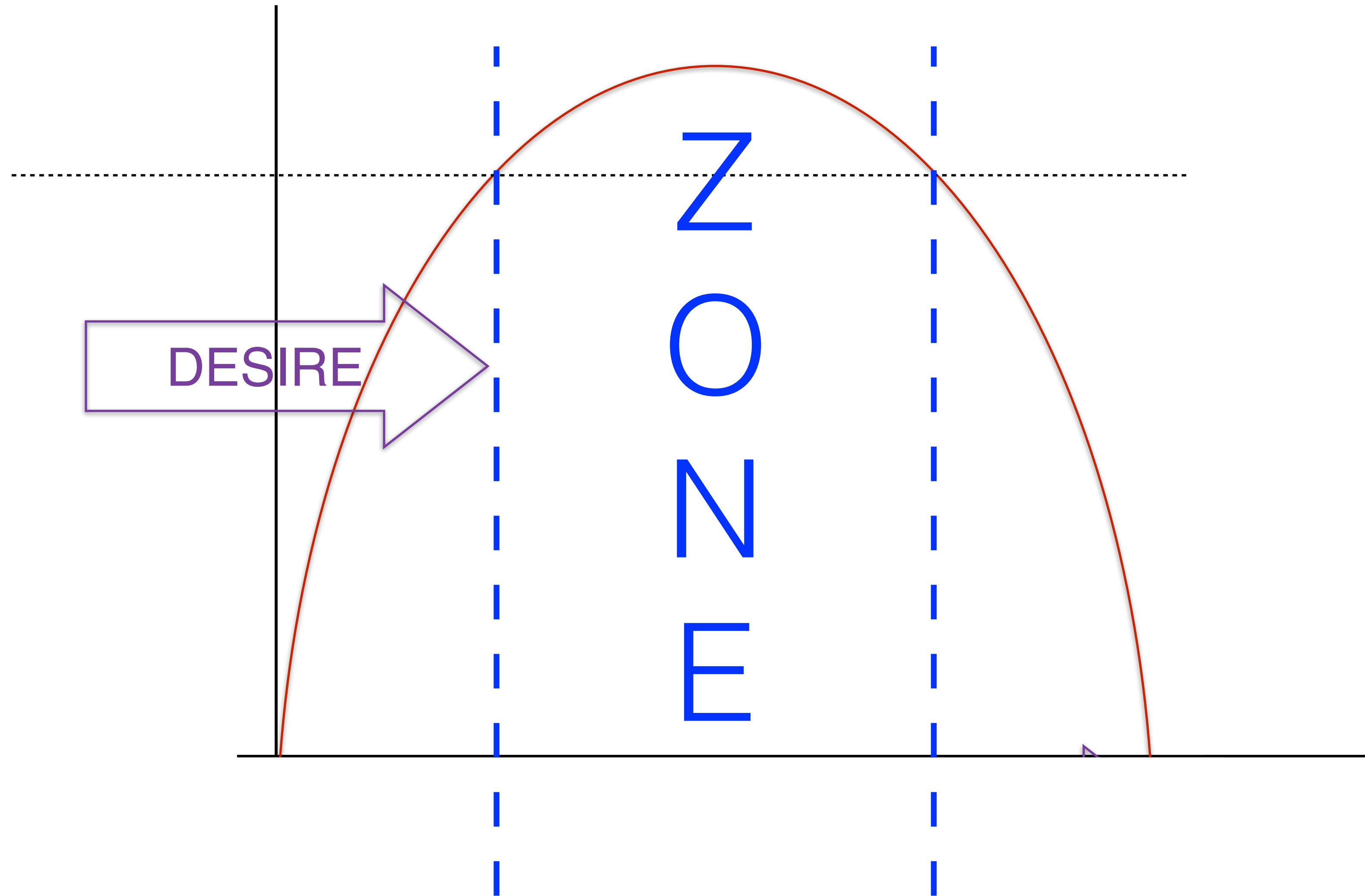
RECOGNITION

GOOD STRESS



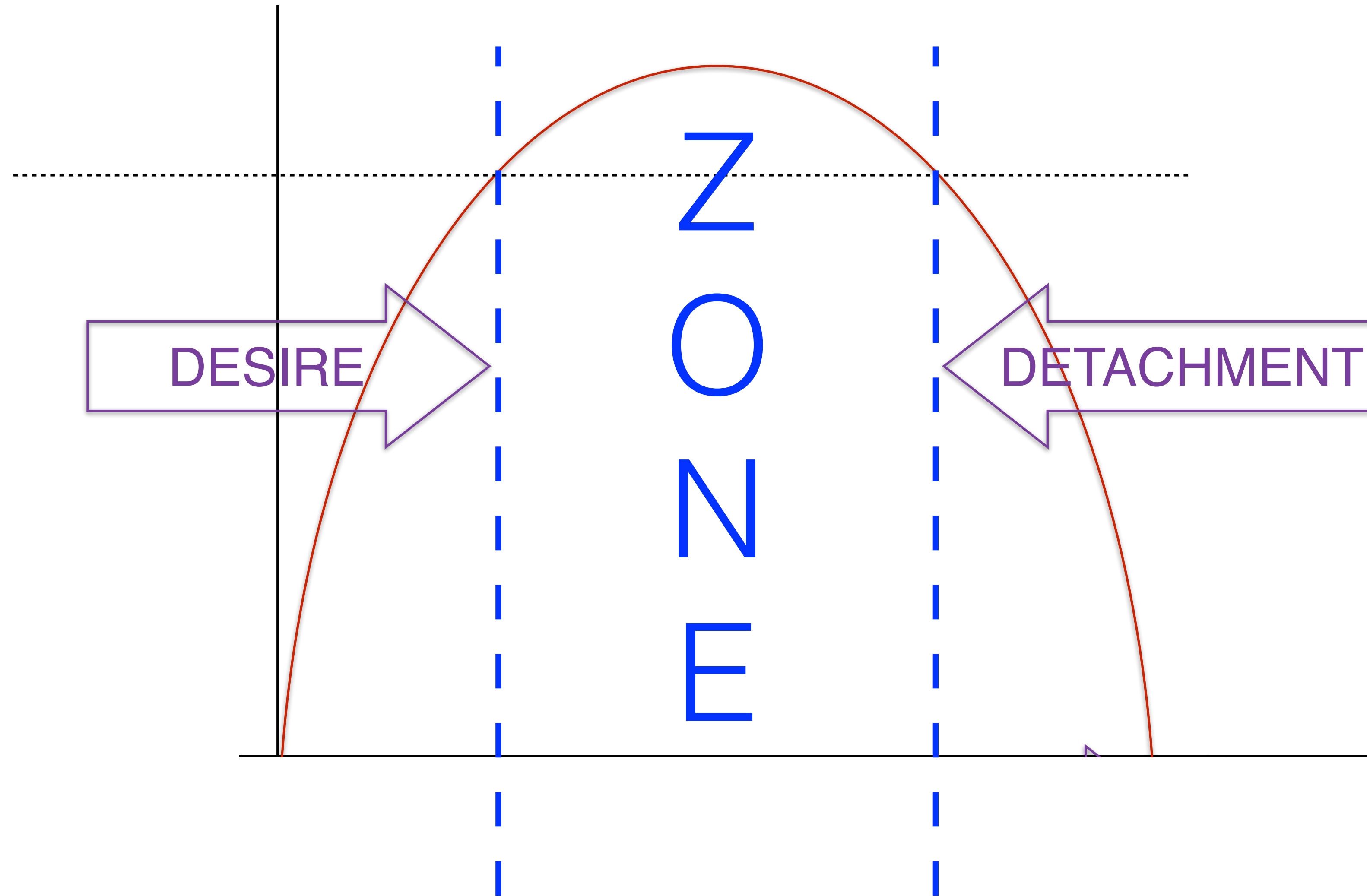
RECOGNITION

GOOD STRESS



RECOGNITION

GOOD STRESS



Stress is the result of engagement

we take things seriously, buy into drama, catastrophise, awfulise...

Peace is the result of detachment

it is permanently present



Exercise: Meditation

Guided

THINKING & FEELING

THE EFFECTS OF STRESS ON THINKING

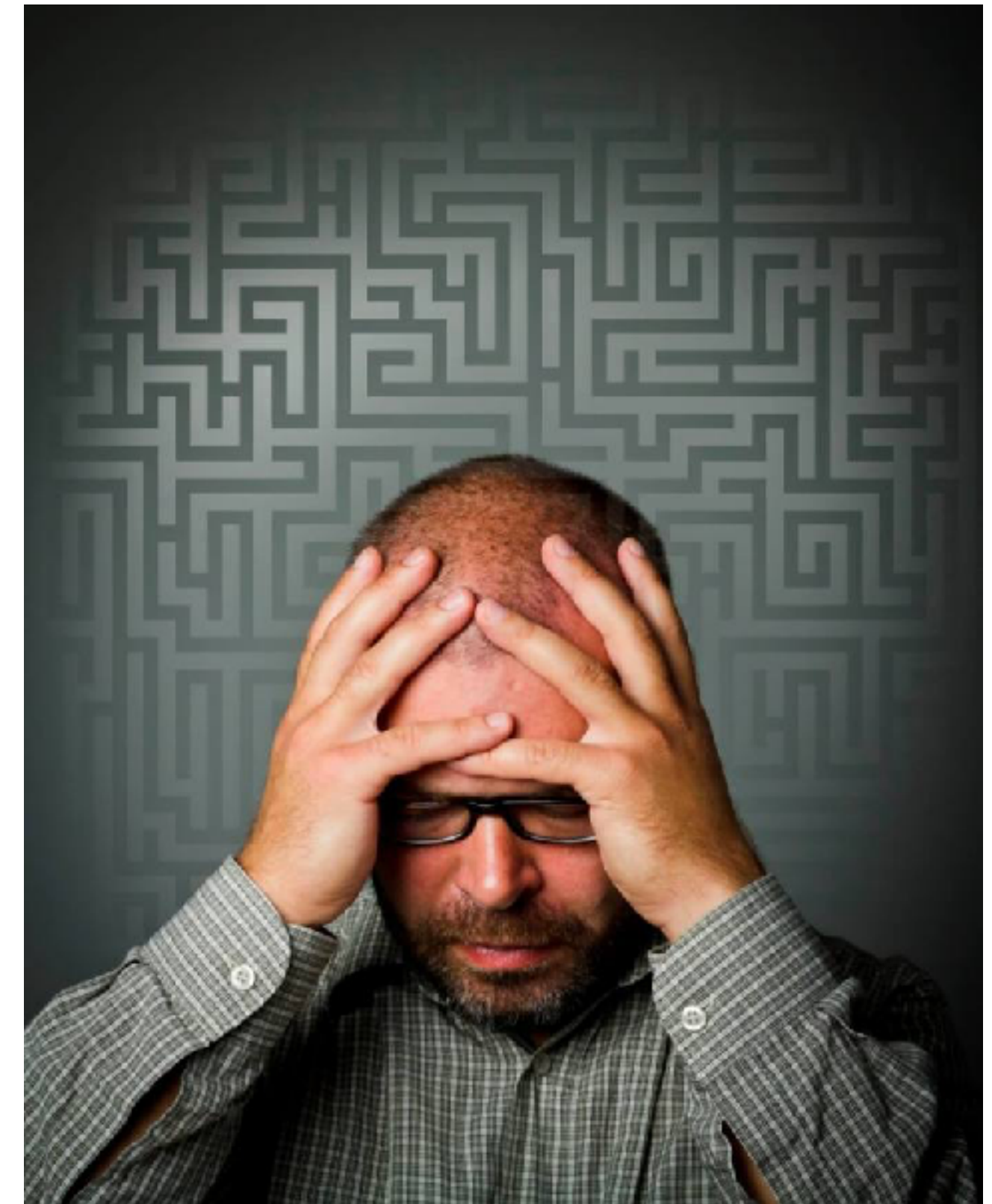
Mental slowness (fogginess)
Confusion
Generalised negative attitude
Worrying
Mind racing without progress
Difficulty concentrating
Forgetfulness
Difficulty being logical
Overwhelm



THINKING & FEELING

THINKING SOLUTIONS

Choosing a response
Reframing the problem
What can I be grateful about?
Systematic problem solving
Finding the big picture
Practicing acceptance
Forgetfulness
Expect the unexpected



Exercise: Meditation

Mindful Walking

THINKING & FEELING

THE EFFECTS OF STRESS ON FEELING

Anxiety
Restlessness
Lack of motivation
Overwhelm
Irritability/Anger
Sadness
Depression
Lethargy



THINKING & FEELING

FEELING SOLUTIONS

Journalling

Express your feelings

Learn to forgive

Stay in the present

Practice mindfulness

Meditate more often

Find silence & stillness

Observe and suspend judgement



Exercise: Meditation

Presence

PHYSICAL RESPONSES

THE PHYSICAL EFFECTS OF STRESS

Tense muscles & organs

Headaches

Over/Under eating

Angry outbursts

Drugs, alcohol and/or tobacco abuse

Shallow breathing

Social withdrawal

Rapid ageing



PHYSICAL RESPONSES

PHYSICAL SOLUTIONS

Intense (regular) exercise

Ruthless time management

PSR

Eat better

Reduce alcohol

Get to bed early

Avoid negativity

Deep breathing

Massage

Meditation

Autogenic relaxation

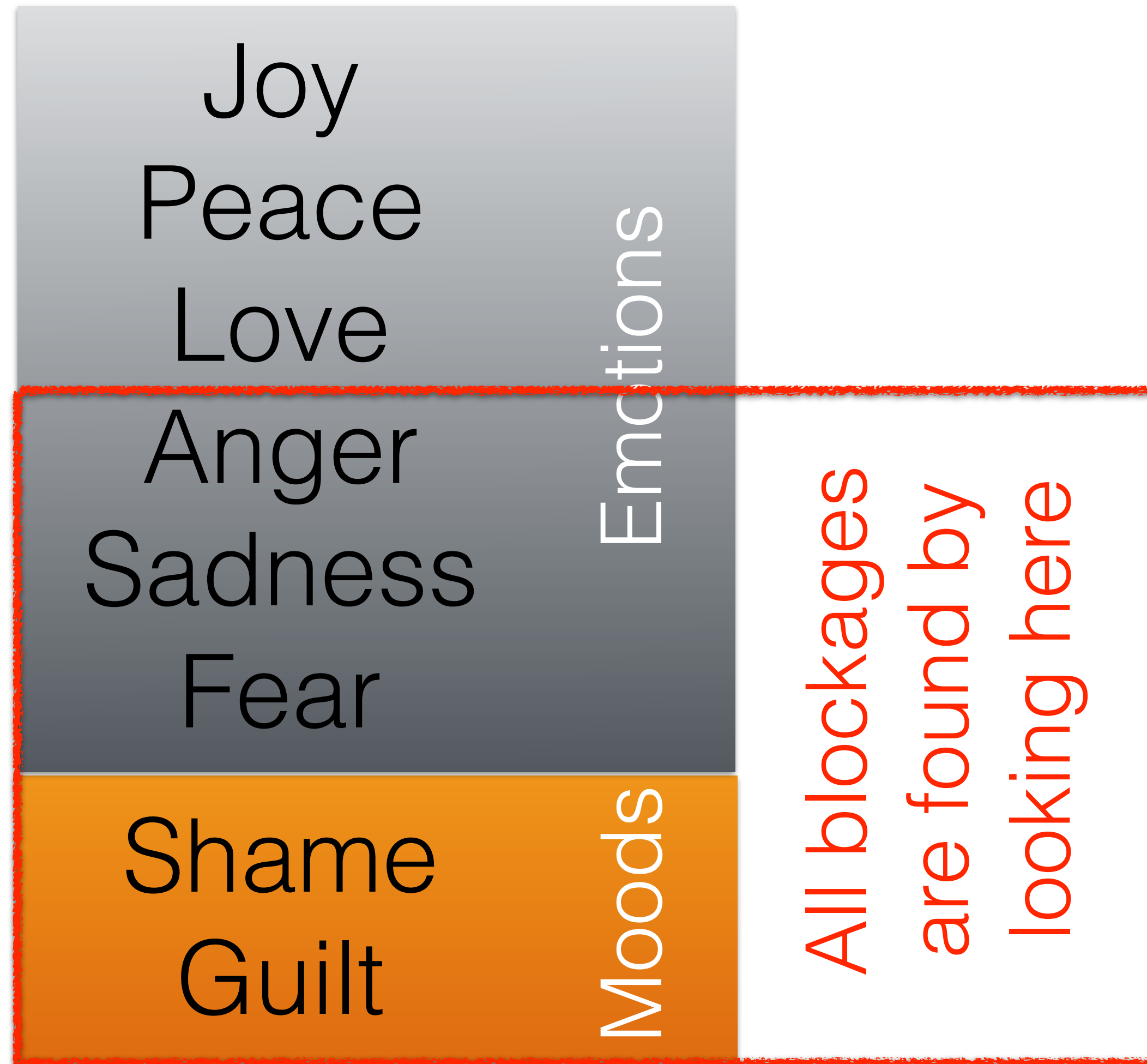
Sing, draw, paint, dance...

Create fun

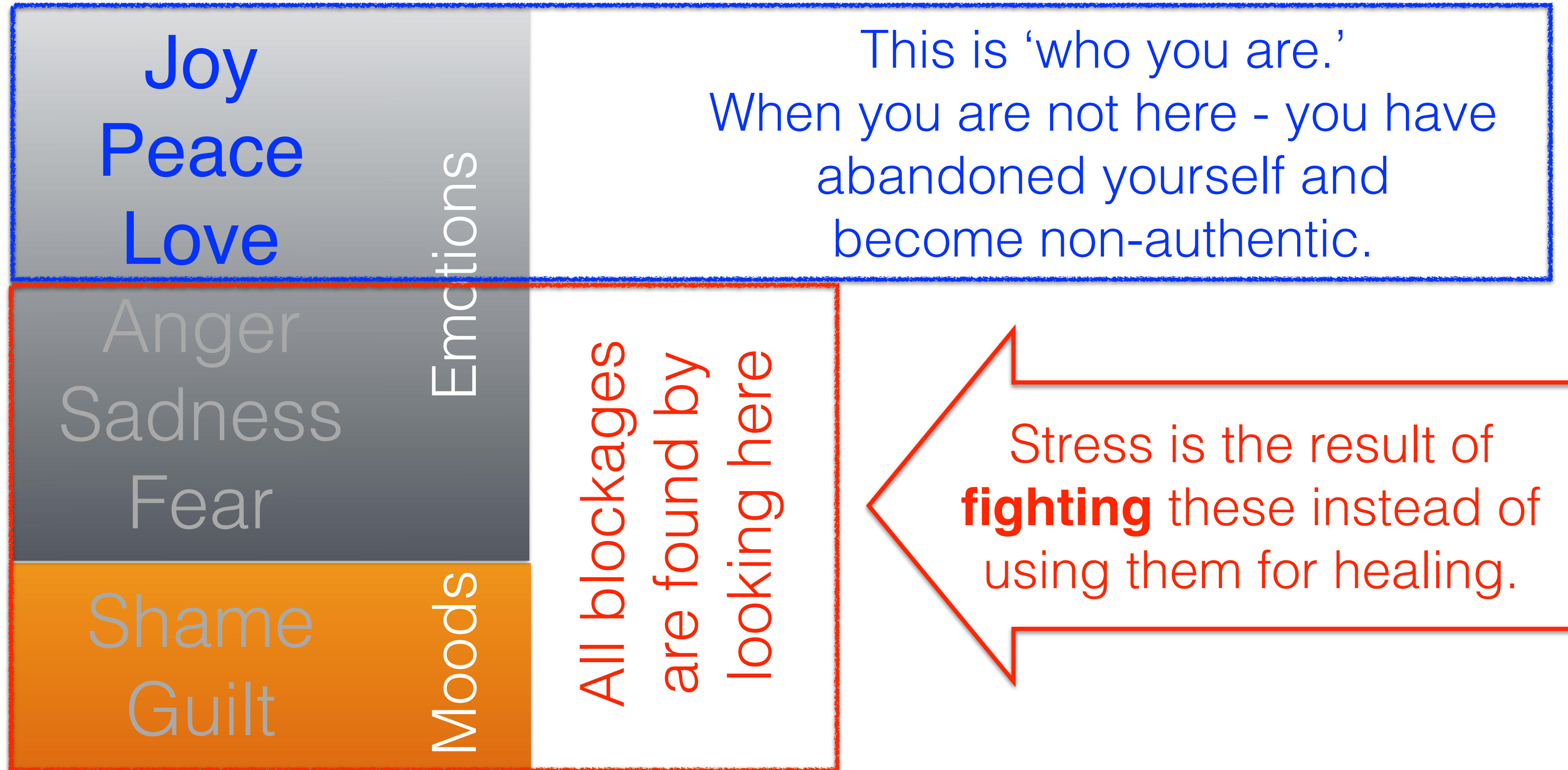
Exercise: Meditation

Candle

AN ALTERNATIVE VIEW



AN ALTERNATIVE VIEW



AN ALTERNATIVE VIEW



You are not your negative feelings.
*You are **experiencing** them.*

Your feelings are both:

- valid and
- notoriously unreliable.

If you turned toward them and explored them...

...they would dissipate.

This would create peace.

Example: Who has something they want to work on?



REDUCING STRESS & OVERWHELM

STEP
1



RECOGNITION

What are the main stresses in your life right now?

What do you do to add to your stress?

What are two myths about stress?

1. _____



REDUCING STRESS & OVERWHELM

STEP
2



THINKING & FEELING

My solutions will be:

What are the effects of stress on your feeling?

My solutions will be:

STEP
3



PHYSICAL RESPONSES

What are the physical effects of stress for you?

My solutions will be:

STEP
4



USING STRESS FOR HEALING

THE ALTERNATIVE!

How can you specifically use your self-induced stress for your healing?

Download from the workshops tab of the members site.

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REDUCING STRESS & OVERWHELM

Grading Element	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
Recognition	Always recognise when I am stressed and what the cause is; know what I am doing to make it worse; self correct to relieve instantly.	Mostly recognise when I am stressed and what the cause is; mostly know what I am doing to make it worse; can self correct although not instant relief.	Sometimes recognise when I am stressed and what the cause is; sometimes know what I am doing to make it worse; can't self correct and need outside help.	Rarely recognise when I am stressed and rarely aware of the cause; don't see that I can do anything about it, it is outside my control.	
Thinking	No matter what is happening I always feel able to choose my response, I can reframe, connect with the big picture and accept what is with gratitude.	No matter what is happening I mostly feel able to choose my response, I can reframe most of the time, connect with the big picture and mostly accept what is with gratitude.	Sometimes I feel able to choose my response, I can reframe sometimes, have trouble connecting with the big picture and often struggle with gratitude.	Rarely able to choose my response, I can rarely reframe, can't find the big picture and lack acceptance and gratitude.	
Feeling	When stressed I am always able to observe and suspend judgement, stay present, mindful and at peace and keep myself motivated.	I am often able to observe and suspend judgement, often stay present, mindful and at peace and sometimes keep myself motivated.	I am sometimes able to observe and suspend judgement, sometimes stay present, mindful and at peace and have difficulty staying motivated.	I am rarely able to observe and suspend judgement, rarely stay present, mindful and at peace and can't get motivated.	
Physical Effects	I am always aware of the physical effects of stress so I exercise, eat and sleep well, always manage my time, practice my PSR, avoid negativity and meditate.	I am sometimes aware of the physical effects of stress so I exercise, eat and sleep well most of the time, usually manage my time and practice my PSR, and meditate often.	I am rarely aware of the physical effects of stress so I rarely exercise, eat and sleep well, rarely manage my time and practice my PSR, and meditate only when I remember.	I am never aware of the physical effects of stress so I don't exercise, eat and sleep well, never manage my time and practice my PSR, and don't meditate.	
Using Stress to Heal (The Alternative)	I always turn towards my feelings, explore them, let them dissipate and find peace.	I usually turn towards my feelings, explore them, let them dissipate and find peace.	I sometimes turn towards my feelings, explore them, let them dissipate and occasionally find peace.	I never turn towards my feelings, never explore them, and rarely find peace.	
Action Items					Final Score

WHAT NEXT?

We are using
Zoom instead
of GTW

NEXT DAY Q&A

Wednesday 4th July 8pm (Sydney time)

You will be receive an email from **ZOOM** to access this session.

WORKSHOP 5: RELEASING ANGER, SADNESS, FEAR, SHAME & GUILT

Saturday 4th August 10am - 3pm (Sydney time)

Venue: 3 Harrigan's Lane, Jacobs Well QLD

REMEMBER...

Post about your progress.
Sharing problems is as important
as sharing victories.
Support each other.
Ask me anything - I will answer as
many questions as you ask!

