

TRANSFORMING STRESS



The Stress Epidemic

Anti-depressant prescriptions are up 495%,
40% of workers say jobs are harder,
96% of leaders say they feel burnt out,
Reported happiness is NOT increasing,
Suicide is up 15% since 1998,
Costs are up and wages are down...



“Stress is nothing more than a socially acceptable form of mental illness.”

– Richard Carlson

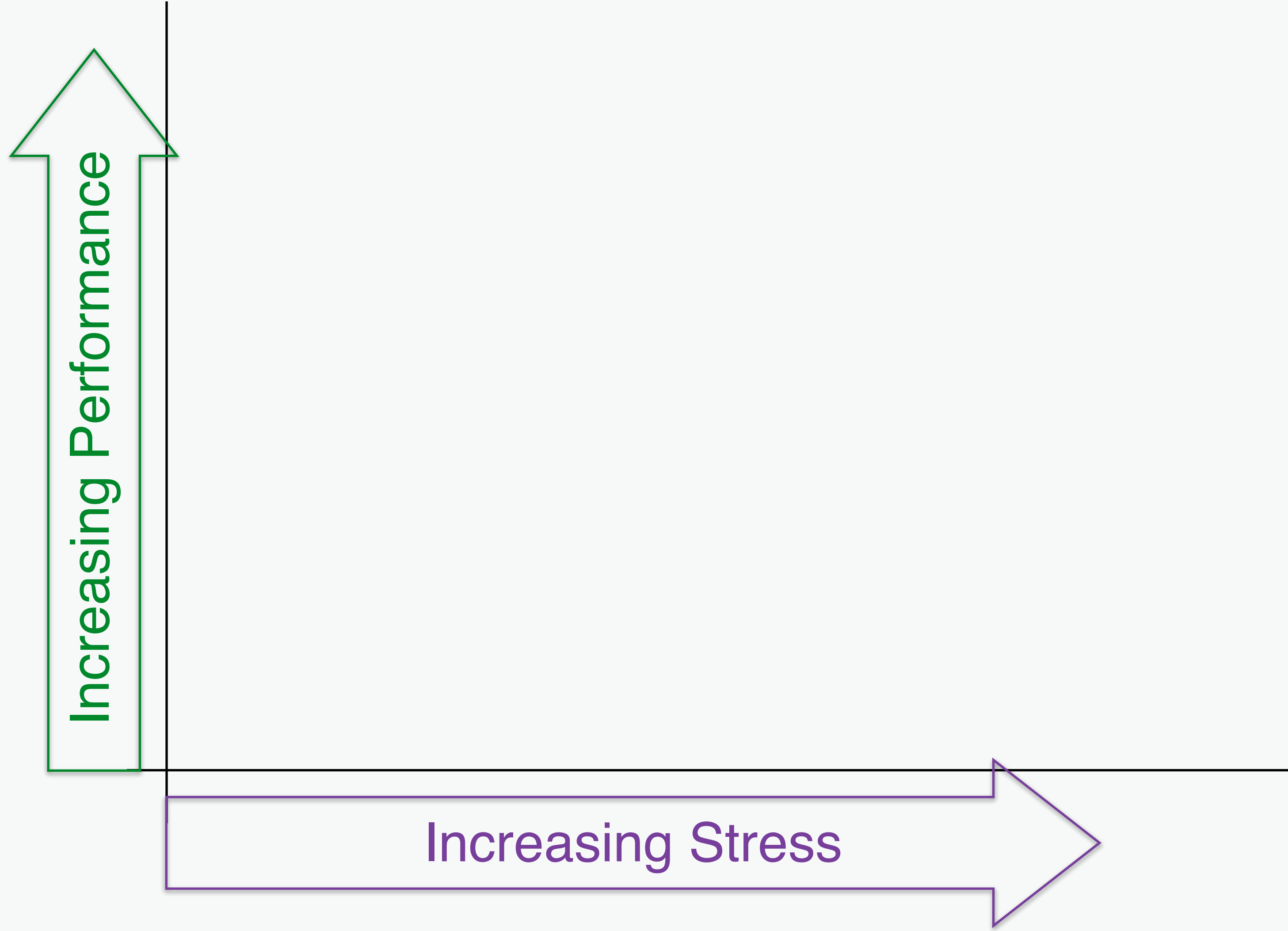
Transforming Stress

You can't control the external world...

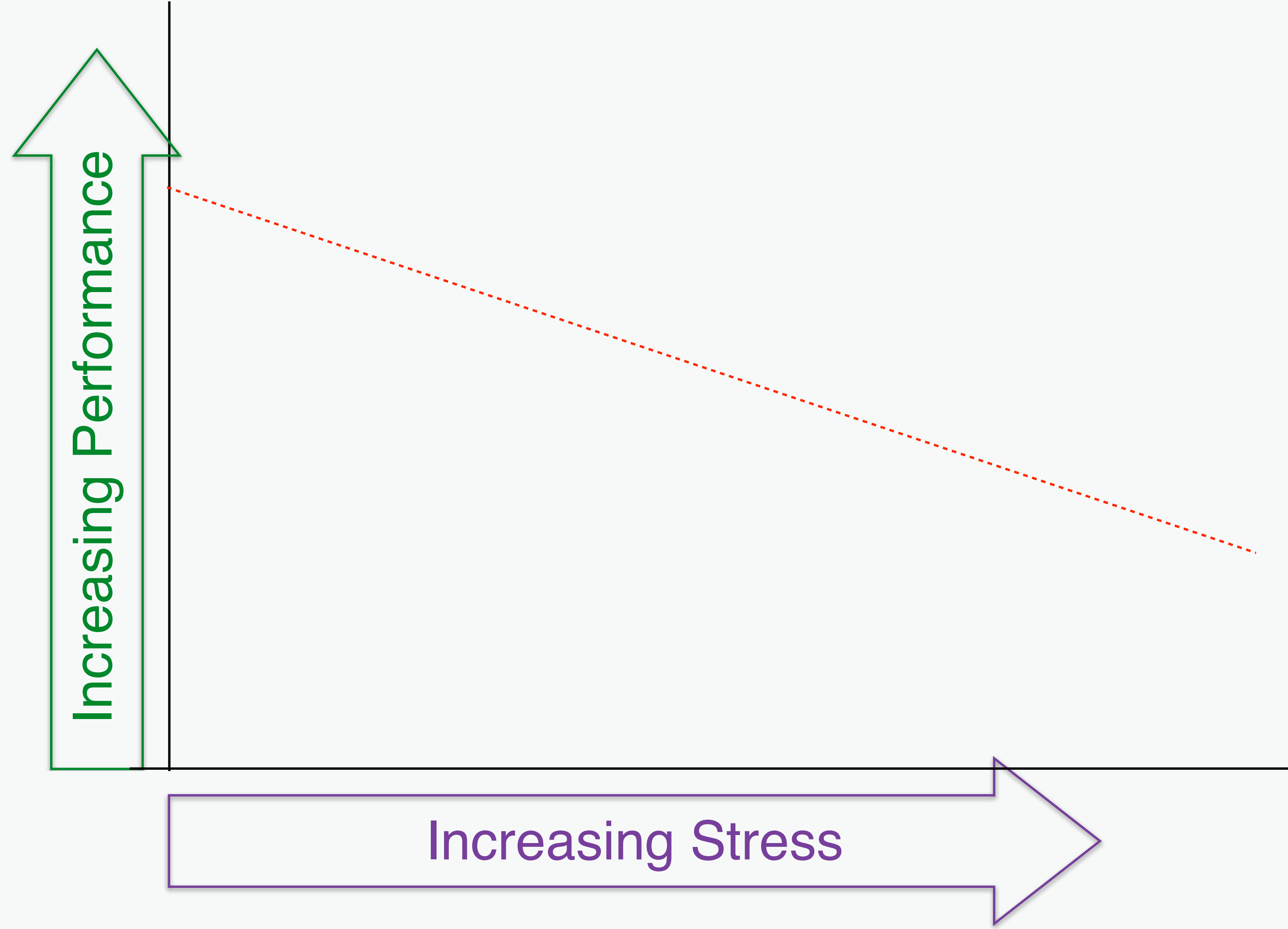
...but 80% of people put 80% of their effort into trying.

That futile effort is the
cause of most stress.

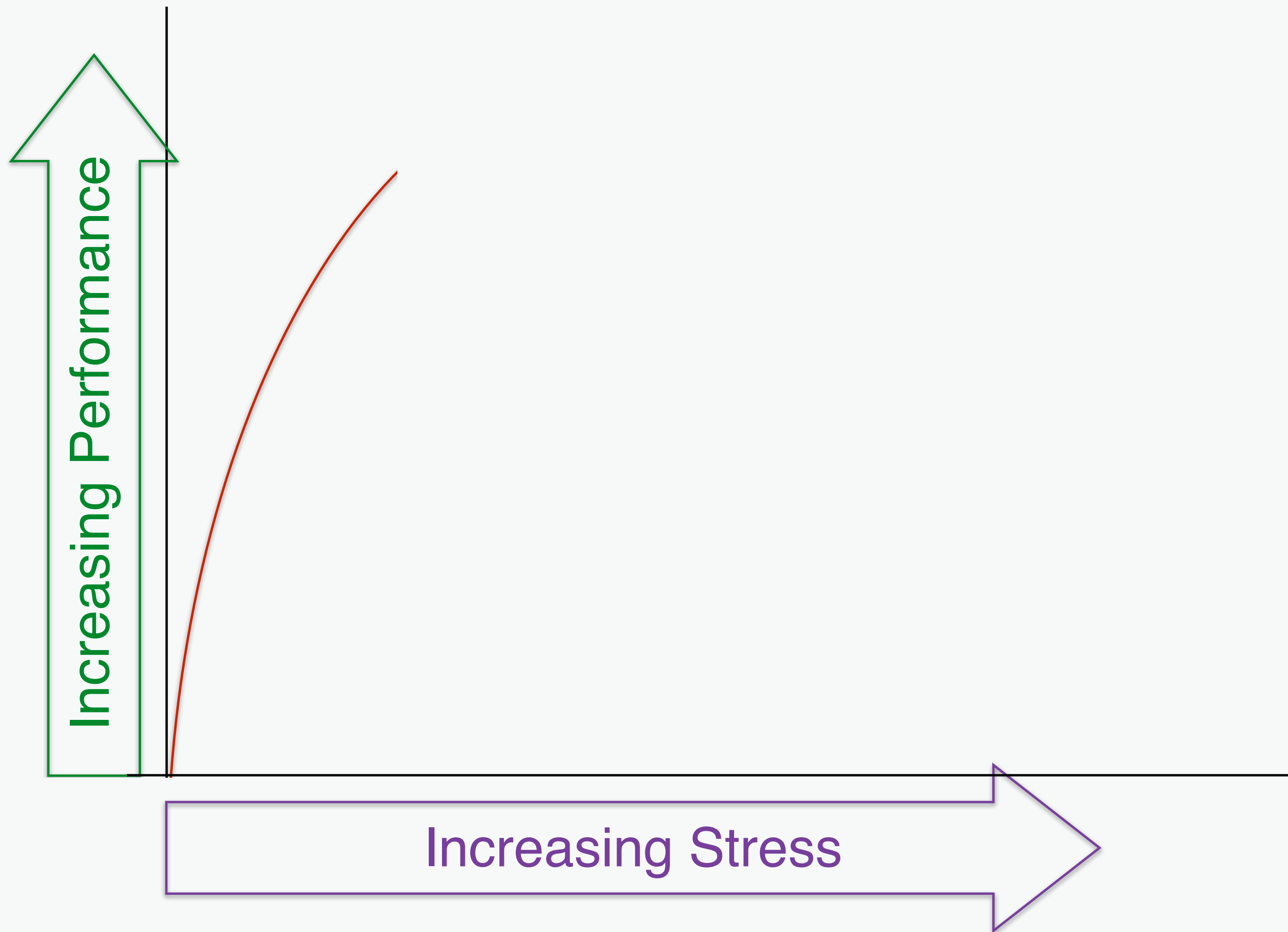
UNDERSTANDING STRESS



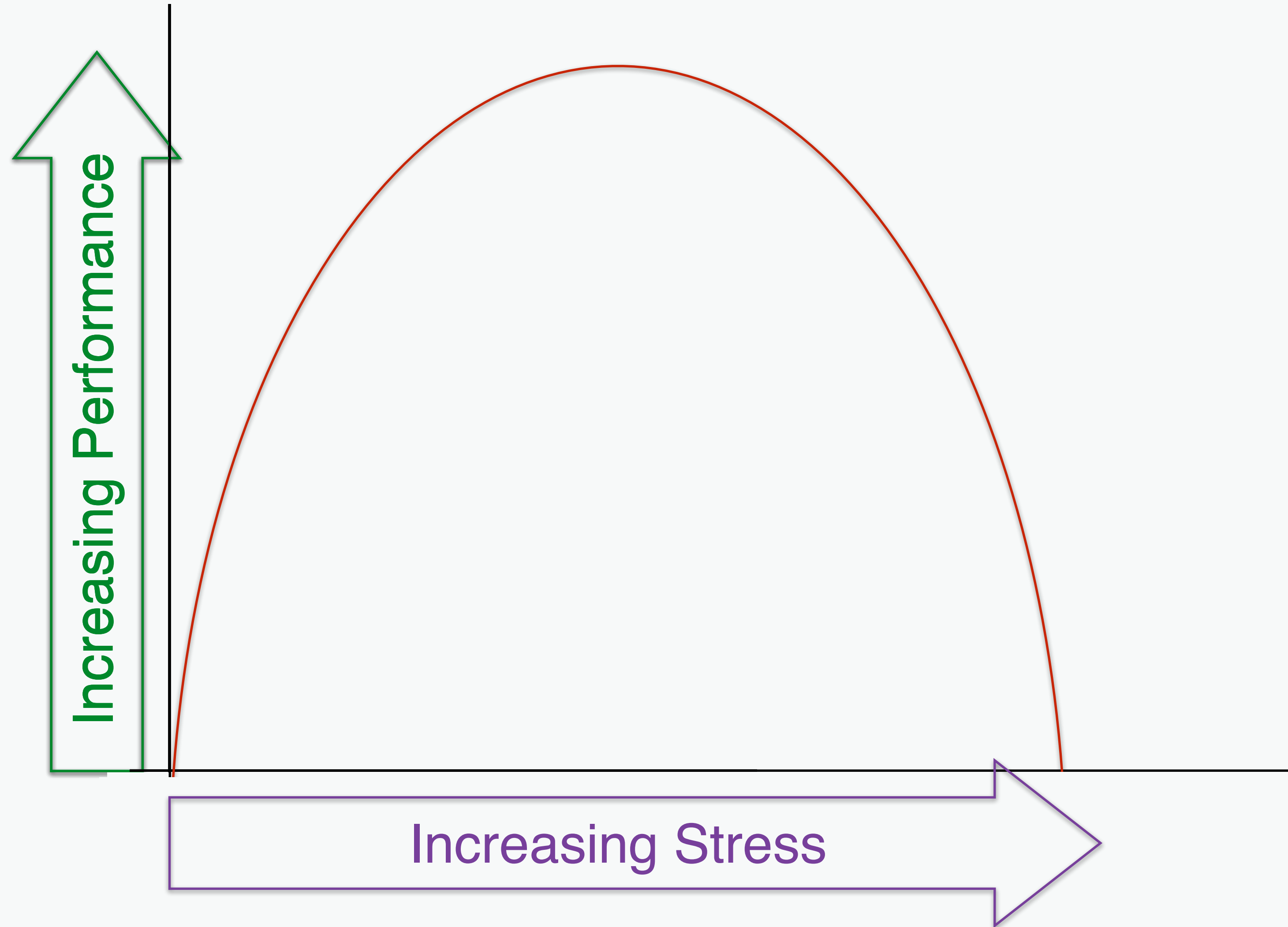
UNDERSTANDING STRESS



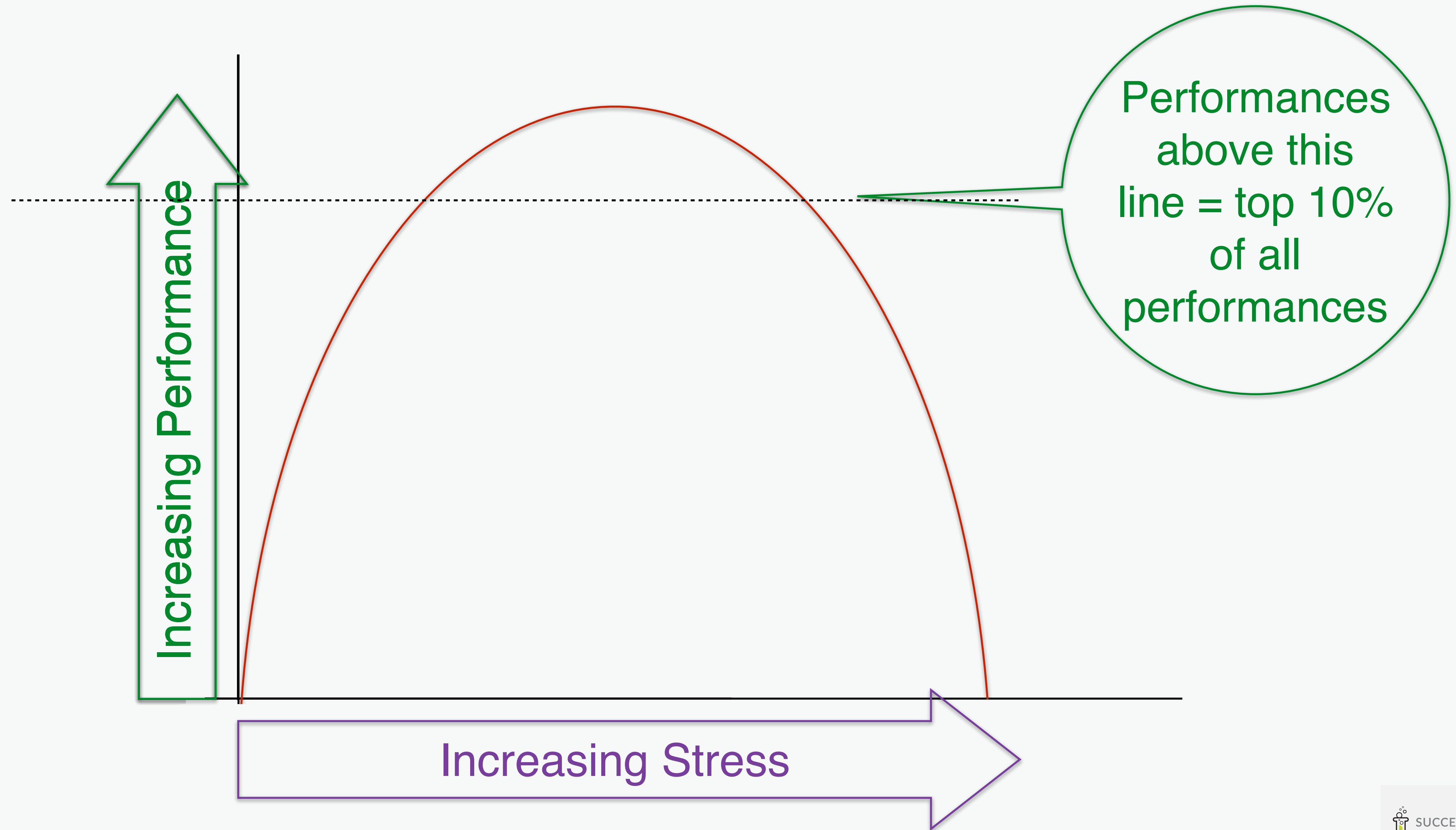
UNDERSTANDING STRESS



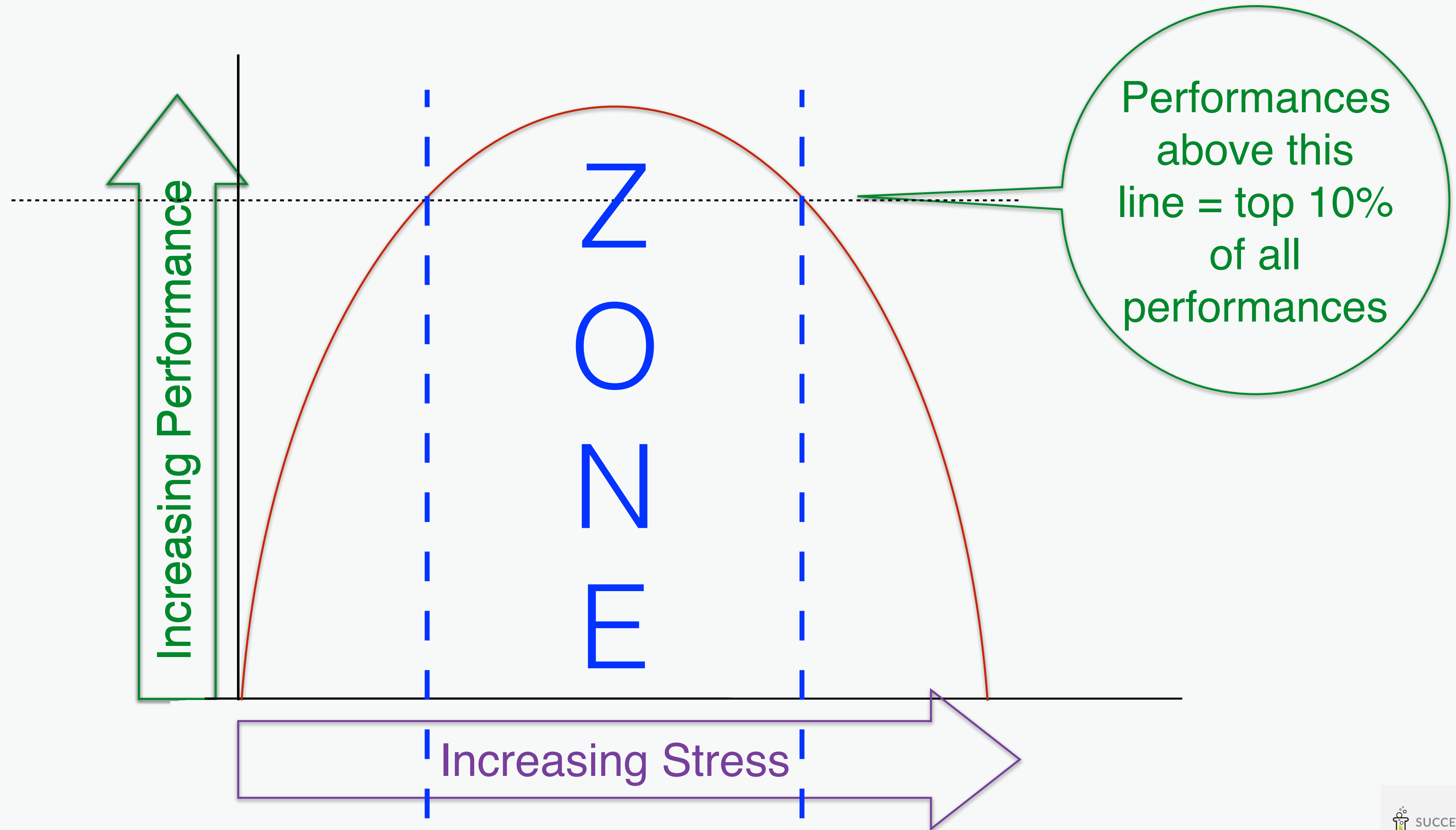
UNDERSTANDING STRESS



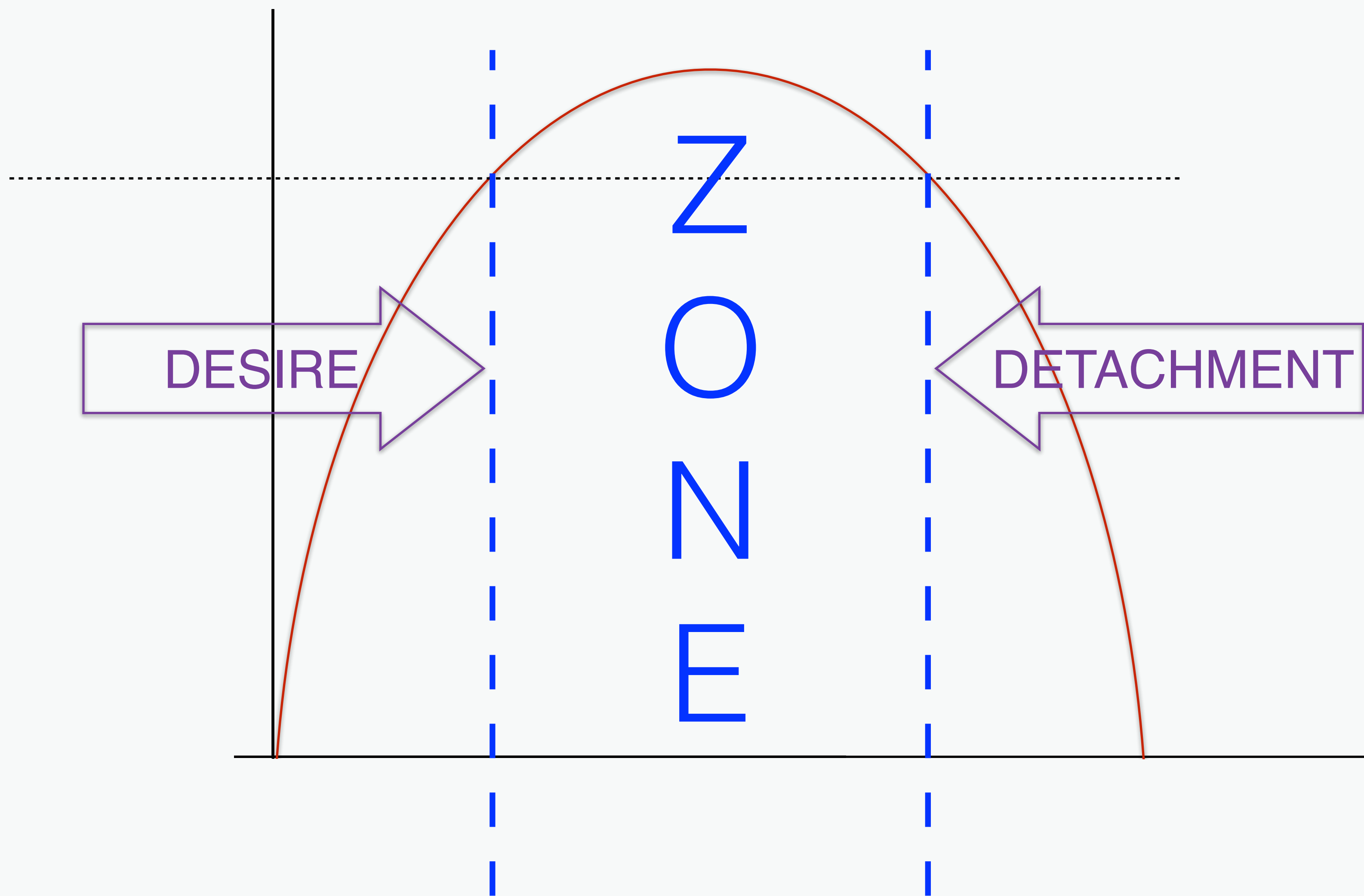
UNDERSTANDING STRESS



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Pro-Active Stress Reduction

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

Detachment is the result of
withdrawing meaning

...which was never there

Gaining Control

You must learn to:

- Recognise what **is** and **isn't** under your control,
- Direct your efforts into that which you can control,
- Re-direct your thoughts away from what you can't control,
- Focus on what you need to do,
- Develop rituals that force your own compliance,
- Learn to eat the frog,

Creating Balance

A balanced life doesn't mean spending the same number of hours on work as you do on personal activities.

It's big mistake # 1... because it's not **realistic**.

The right balance today **will not** be the same as tomorrow.

Balance comes from a blend of **enjoyment** & **accomplishment**.

SETTING BOUNDARIES

Boundaries are not difficult to set - they are notoriously difficult to enforce.

Yet most people pushing for what they want - will be leaning on your boundaries and expecting you to “give”.

If you do (*give in that is*) -
you are failing to stand up for you.

BEING A SUPERHERO

When results count more than **effort** or **intention** we are forced to become overachievers just to maintain our status.

(which may still be unimpressive in our own eyes)

CREATING AN HOUR OF 'ME TIME'

One in twenty four = 4.1%

When we fail to find even an hour for ourselves we are demonstrating that we are:

- Powerless
- Worthless and
- Unloveable

VISUALISATION

Close your eyes and step into your:

- Boat,
- Garden,
- Beach...

BREATHE

Square breathing:

- Breathe to the count of 4
- Hold to the count of 4
- Breathe out (slowly) to 4
- Hold to the count of 4

GET INTO NATURE

More screen time = Less grounded

Less grounded = More fantasy

More fantasy = Less reality

Less reality = More paranoia

More paranoia = Less rationality

Less rationality = More self center-ed

More self center-ed = Less capable

Less capable = More dependant

Releasing Tension

Reorganise	What do you need to re-organise so that you stress less?
Rethink	What areas of your life do you need to rethink ?
Reduce	How can you reduce your list of responsibilities?
Relax	What options can you employ to relax more?
Release	What do you need to let go of? <i>(forgive, get over...)</i>
Recognise...	...that it's all bullshit.

Meditation/Prayer

Mindfulness

Square Breathing

Sprint/Rest

Assignments

1	Identify where stress shows up in your life and ask what you do to make it worse - <i>then make some changes!</i>)
2	Commit to at least one stress reducing activity per day.
3	Work on building up to <u>1 hour / day</u> of 'me' time.