

A Focus and Think to Reduce Stress

- Look at the facts before jumping to conclusions.
- Analyze your options before making radical decisions.
- Do research on alternatives that may allow you to achieve goals using other approaches.
- Talk to an expert or find a knowledgeable person in your network to find out how they would handle your situation.
- Accept reality but don't dwell on today, rather look at your long term goals and how to best get there.
- Work with a financial advisor, or use the internet to learn more about how to manage your finances in this new environment.
- Leverage technology to your advantage for job seeking, research, tools, resources, etc

Get Creative around Stress

- ❖ Find the humor in it (it must be in there somewhere.)
- ❖ Loosen up, decide to "let it go" and relax your standards.
- ❖ Create a serene place you can escape to (a favorite place, a chair in a quiet corner etc.)
- ❖ Generate a list of ideas to make things better for you. today.
- ❖ Focus on the "good stuff" and count your blessings.
- ❖ Ask questions and brainstorm when you feel stuck.
- ❖ Put fun in your day, every day.
- ❖ Make a spontaneous decision to change your mindset when stress has hit--go for a walk, listen to music, talk to a friend, go to a movie etc.
- ❖ Use 'out of the box' ideas to address your challenges (e.g. put up a billboard with your resume info for a job search.)

Reducing Stress the Whole Brain® Way

Reduce your Sources of Stress

1. Control what you can--and get more done (e.g. get up fifteen minutes earlier, use time mgt. etc)
2. Prepare for mornings the night before.
- 3.. If you always get there early, set your watch back; If you always get there late, set your watch ahead.
5. Unclutter your life; get rid of things you don't use/need.
6. Don't rely on your memory - write everything down.
7. Practice preventive maintenance with everything (car, body, etc.).
8. Say "no" more often, do not over-commit.
9. Take advantage of off-hours (shopping, errands, breaks.)
10. Travel light, leave items at home unless you know you'll need them.

Take Care of Yourself to Help Cope with Stress

- Never wear uncomfortable clothes (especially shoes).
- Schedule tasks so that you do the most difficult ones when you have the most energy.
- Walk everywhere you can for built-in-exercise
- Get some physical touch (friend, pet, parent, etc.)
- Take time out to relax physically and psychologically.
- Find enjoyable ways to exercise. (friend, location etc)
- Talk to someone about whatever's bothering you.
- Take naps and leisurely baths or showers.
- Reward yourself after stressful activities.
- Listen to music instead of the news.
- Read and relax to unwind before bedtime.

A *Typical Stressors to Avoid for A*

- Unclear goals and moving targets
- Excessive drama and emotions
- Vague, ambiguous answers
- Illogical decisions
- Inefficiencies and time/money wasting
- Absence of clarity, focus and reality-checks
- Lack of facts or data to substantiate ideas
- Avoidable financial mishaps

Typical Stressors to Avoid for D **D**

- Absence of ideas and creative problem solving
- Inflexibility in a changing world
- Focus on control vs. new thinking
- Getting bogged down in detail and numbers in lieu of the big picture
- No long range perspective
- Absence of opportunities to be innovative or spontaneously respond
- Feeling "boxed in"

Avoiding Stress Triggers with Others

Typical Stressors to Avoid for B

- Out-of-control atmosphere
- Changes in plans mid-route
- Unstructured, unpredictable events
- Too fast a pace of change
- Inability to plan due to unknowns
- Unfinished business with no known deadline or outcomes
- Poor planning
- Change in routine
- Unexpected delays

B

Typical Stressors to Avoid for C

- Lack of participation in change decisions
- No communication about what is going on
- Impersonal handling and decision making
- Lack of personal interaction
- Uncomfortable work environments
- No opportunity to provide input
- Lack of personal support

C