

# Free Yourself from Stress with Proven and Simple Strategies

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# Introduction



All of us in today's world have suffered from stress, it's a part of life that, unfortunately, cannot be avoided. **But too many of us have negative stress as a part of our daily and continuous existence**, in such a way that it may be deeply impacting our physical, mental, emotional and spiritual selves. Not to mention our relationships and circumstances.

**If this is you, you are not alone.** What's more, **there is so much that can be done to alleviate your stress now**, and going forward. As well as to better prepare you – from your mindset to diverse tools and strategies – to weather any upcoming storms with more ease, grace, and success.

In this short presentation, we will **clarify the key elements of stress, how it affects us, and our simple but effective model for how to start reviewing and relieving the stress in your own life.** We will also give you many **best practices for stress management** that can help you find solutions immediately.

At the end of the presentation you will find a **short exercise to help you jump start your own process of reflection and action towards expanding your balance and freedom.** Just go through the material first as it will make more sense and give you better results.

*Every person has their GREATNESS*

# What is Stress?



- It's a **natural bodily response** to any type of demand – positive or negative.
- It affects, even **disturbs**, our normal functioning – even when it's positive (i.e. wedding).
- **We stress out about being stressed out** → making it worse.
- But your **perception and attitude** are the key to how you experience and manage it.

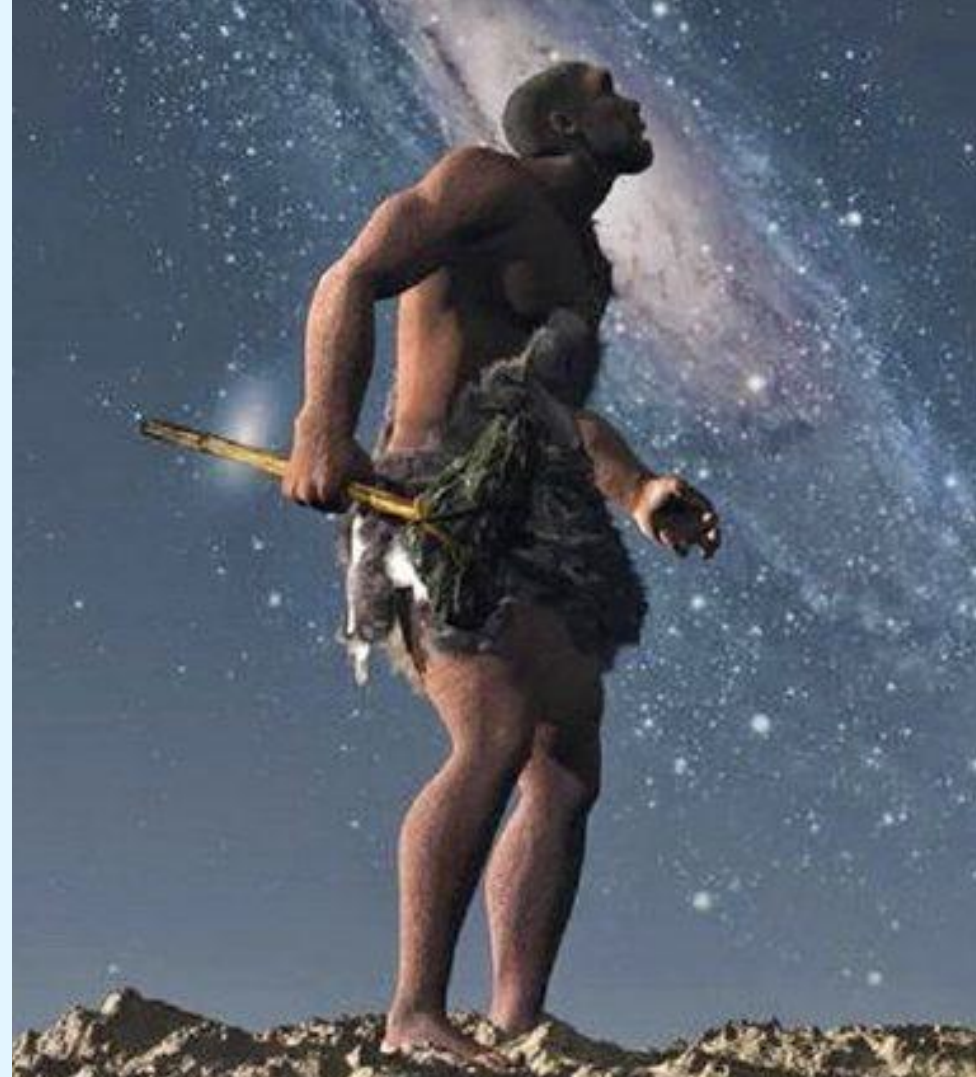


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# What do we know about Stress?

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- It's a fundamental for our **survival**.
- It affects **ALL of US** and we will always have and experience some form of stress.
- It's **negative, continuous stress** over long periods that presents a problem.
- There are many proven ways to **manage and reduce it**.
- So "being stressed" doesn't have to be your **typical state of being**.



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# Stress MYTHS



- I am a **nervous person**, and I can't do anything about it.
- I am a **calm person**, so I don't experience or suffer from stress.
- I **need stress to motivate me** and boost my productivity and creativity.
- My **life is intense** now and there is nothing I can do about it.
- Since **I function well**, I don't have real problems with stress.
- I am one of those people who doesn't really need **a lot of time to sleep**.
- **Meditation, yoga**, can't and don't work for me.

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# Impotence



*“Stress is no less than the incapacity to  
CONTROL and MOLD the priorities  
that form our lives.”*

- Huda Akil, Neuroscientist, University of Michigan

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# How do we feel Negative Stress?

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- Overwhelm
- Fear
- Anxiety
- Toxicity
- Lack of emotional control
- Rush
- Tiredness
- Blocks (STUCK)
- Anger, frustration
- And much more...



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The KEY is...



## PERSONAL POWER

A young girl with curly brown hair is dressed as a superhero. She wears a red cape, a blue mask covering her eyes, and large red boxing gloves. Her arms are raised in a classic power pose. A blue rounded rectangular box with a red border is superimposed over her face, containing the text 'Where in your LIFE are you losing POWER?'.

Where in your LIFE are  
you losing POWER?

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# How to alleviate Stress



- There are 3 habitual reactions to any form of stress:

- Desire
- Rejection
- Blank, blocked



Lack of  
POWER



- Continuous stress often comes from situations where our typical stress response is **automatic, like a reflex** → creating a **block** → that takes away our **freedom, balance and power**.
- The key is to **become objective** again, break the blocks and look for **intelligent and creative** ways to relieve the stress, as YOU need to.

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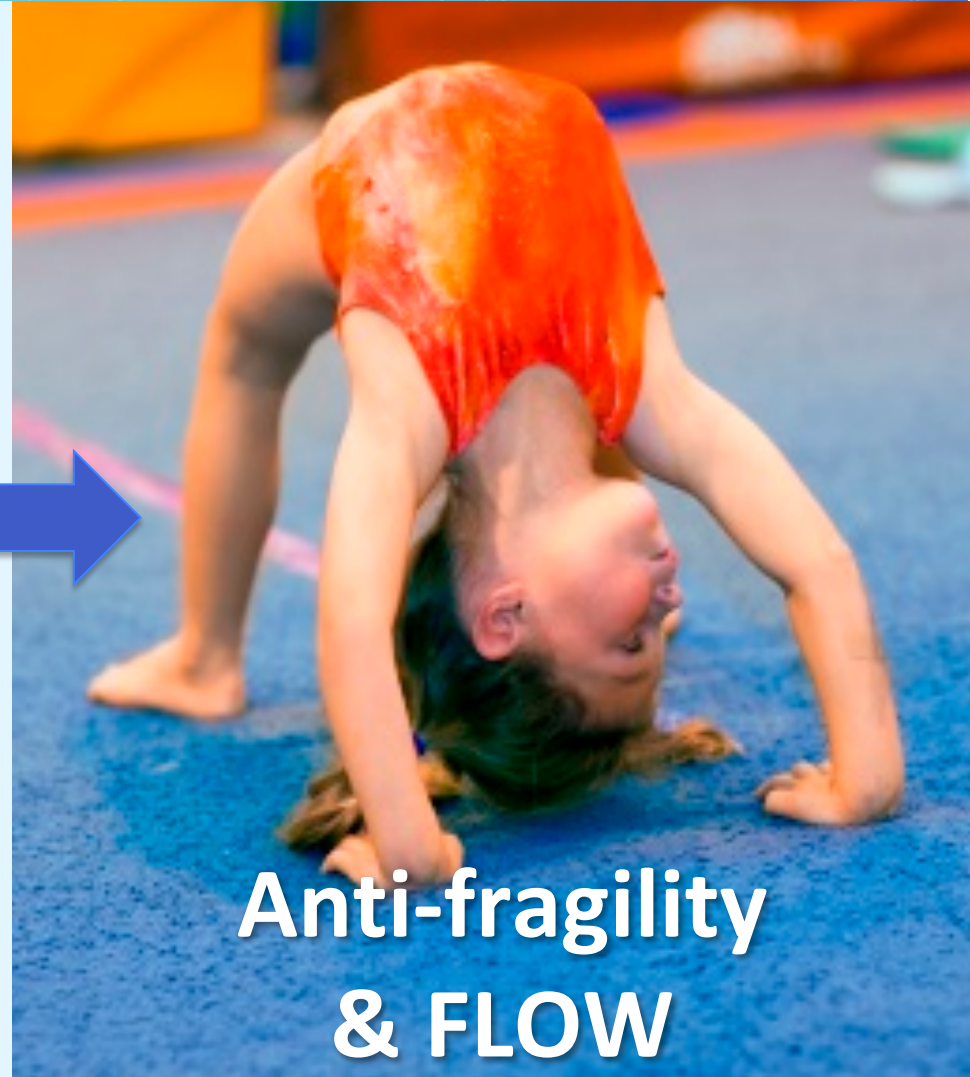
# How do we regain POWER?

- In any negative stress situation, we have 3 possible reactions/decisions:
  - Change it/ourselves
  - Leave it
  - Accept it
- Accepting is the most difficult because it requires a lot of **determination** and **mental effort** → there are things that simply **we CANNOT control**.
- But we can always change our **ATTITUDE**.



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# So how do we do it?



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# 1. Your Stress Profile



First reflect on the **factors inside you** that affect the way you see, feel and deal with stress. They include:

- Experience of stress - physical & emotional
- Perception – of yourself, others & the situation
- **Expectations – of yourself & others**
- **Triggers – what sets you off**
- **Limits – how much you can and are willing to endure**
- Attitude – towards the stress situation
- Belief systems – anything that influences you
- Thought patterns – ways of understanding what is happening
- Habits – usual reactions to stress



“ Know thyself ”

~ Socrates

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## 2. Your Stress Situation



Next, consider the **external factors** that are causing or influencing the stress you experience and the **circumstances that affect how you deal with it:**

- Environment
- Social circle
- Toxicity
- Priorities
- Commitments
- External challenges
- Potential resources

A close-up photograph of a green leaf with a single water droplet hanging from its tip. The droplet is in the process of falling, creating a vertical column of water that has just struck a pool of water below, forming concentric ripples. The background is a soft, out-of-focus green and yellow bokeh.

“ No man is an island”

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# 3. Personal Innovation

Finally, explore the **tools you have or can acquire** to support and guide you in the way you experience and deal with stress:

- **Self-leadership**
- Critical thinking
- Strategic planning/prevision
- Communication
- Organization/Prioritization
- Creativity/Resourcefulness
- **Assertiveness/Versatility**
- Emotional intelligence
- Mindfulness
- **Compassionate Mind**
- And many, many more...

“ God is in the details”




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We are more powerful than we know...

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Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

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# General TIPS for De-Stressing

- 1) **Sleep** – and if you can't, let's get you there first. This is an absolute first fundamental.
- 2) **First thing's first** – get very clear on what makes the most difference and do it first.
- 3) **Accept what you cannot control** – then find a way to bend it to your needs.
- 4) **Say it out loud** – it helps organize and calm your mind.
- 5) **Write it down** – anything you need to get OUT OF YOUR HEAD, to move forward.
- 6) **Avoid RUSH** – lowers your stress hormones from the first moment of the day.
- 7) **Time for YOU** – we ALL need time to decompress, so insist on it, no matter what.
- 8) **Listen to YOUR BODY** – it's wise, always telling you things, don't push it.
- 9) **Move** – we have a body for a reason, engage it and it will alleviate your MIND.
- 10) **Ask for HELP** – proper help can give you shortcuts to relief and is a JOY.



# Specific TIPs for Professional De-Stressing



- 1) **Needs** – get clear on what you absolutely need to perform well and then nurture them.
- 2) **Limits** – identify your limits and those of your environment and assert yourself.
- 3) **Preferences** – know your peak/lows for focus, energy, motivation & respect them.
- 4) **Objectivity** – practice seeing yourself and situations from the outside in for insights.
- 5) **80/20 Rule** – optimize the 20% that contributes 80% to your desired results.
- 6) **Anticipate challenges** – get ahead of the pain and organize around it, as you can.
- 7) **Communicate up front** – state key needs to clients/collaborators from the beginning.
- 8) **Delete/Delegate** – constantly look for ways to create EASE. Especially by reducing TOXICITY.
- 9) **Respond Strategically** – instead of REACTING impulsively...
- 10) **Connect & Feedback** – with each other as a Team. You are stronger, smarter, TOGETHER.

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# Sketchbook Liberating YOU from Stress



Please define one (1) **area of stress for you**, be it a one-time situation or a continuous one. Explain it in detail.

How do you experience it and what in **YOUR STRESS PROFILE** may be making this more difficult for you?

- Experience of stress (physical & emotional)
- Perception
- Expectations
- Triggers
- Limits
- Attitude
- Belief systems
- Thought patterns
- Habits

What external stressors in **YOUR STRESS SITUATION**, that may or may not be within your control, are making this stressful?

- Environment
- Social circle
- Toxicity
- Priorities
- Commitments
- External challenges
- Potential resources

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# Sketchbook

## Liberating YOU from Stress



### LIBERATING YOUR STRESS PROFILE

Think of at least three (3) strategies, small or large, that you can make to change the way you experience this particular stress.

1)

2)

3)

4)

5)

### LIBERATING YOUR STRESS SITUATION

Think of at least three (3) strategies, small or large, that you can make to change, accept or eliminate the stressors in your stress situation.

1)

2)

3)

4)

5)

What did you learn? And about **YOURSELF**?

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2021 Awarded the **European Prize** for Technology & Innovation



2019 Awarded the **European Prize** for Business Excellence



2018 Awarded the **Gold Medal** for Professional Merit



2017 Awarded the **Gold Star** for Professional Excellence



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## Each person has their greatness...

That each person has their greatness, means that each team and organization also has it, as long as it is willing and able to work towards it with integrity, excellence, and heart.

We are here to guide you, accompany you, and empower you in all the necessary steps.

Each road is unique and paved with opportunity and transformation.

**In short, with GREATNESS.**



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