



THE 3-MINUTE BREAK

The 3-Minute Break helps you combine what you've learned so far and use it in a short time.

The 3 Bs – Become aware, Breathe, and Body scan. Break it into three 1-minute sections.

Step 1: **Becoming Aware** – stop for a moment and notice your thoughts, emotions, and physical sensation.

Step 2: **Breathing** – gather and focus your attention with your deep breathing exercise.

Step 3: **Body scan** – Expand your attention from your breath to your body and then back to your present environment.

You can use the 3-Minute Break practically any time or anywhere – sitting at your desk, waiting at the stoplight, during the TV commercials, before taking a test, and any other time you'd like some quick stress relief.

**SIGN UP FOR THE LIVING
LESS STRESSED PROGRAM TODAY
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10-week program in one-hour sessions. Package includes ten mindfulness audios, written exercises, and worksheets.
A \$1400 value.

Living Less Stressed: Keeping Calm in the Chaos by Jerry Ryan, MS, CRC, LPC, NCC, CCTP, DCC out this Summer.

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BENEFITS OF MINDFULNESS



Study after study demonstrates the benefits of using mindfulness practices during your day. Improvements in a wide range of activities and areas of life have been documented in as little as eight weeks!

A mindfulness program was implemented in the work environment of a group of biotech employees and managers. At the end of the eight-week program, the workers reported that they were happier, less anxious, and more energized. They were also increasingly engaged in work and more productive.

These improvements were demonstrated in other studies even when the participants were working with slow, depressing music playing or when reminded of sad memories of the past. function

Dr. Sarah Lazar at Mass General – structural changes to insula – increased empathy, Increased immune system, beneficial to overall health/well-being

Proven Benefits of Mindfulness - *Source: Univ. of NC, Univ. Med. Ctr. Groningen, Netherlands, Univ. of Rochester, NIH, NIH and Clinical Excellence, UK, Belgium, Toronto

- increased positive emotions
- greater zest for life
- increased sense of purpose
- less feelings of isolation
- decreased symptoms of physical illness
- decreases in negative moods by accepting thoughts/emotions without judgment
- increased autonomy
- decreased need for looking good to others or feeling better about self
- more time on what is valued, fun, or interesting to do
- 25% decrease in mortality
- 30% decrease in CV mortality
- large decrease in cancer mortality
- reduces risk for depression
- reduces likelihood of relapse in 40-50% of depressed
- effective with antidepressant use
- when coming off antidepressants did as well/better than those staying on meds

Mindfulness Improves Resilience - *Source: City University in NY, Univ of Mass, Holocaust survivors

- Control, Commitment, Challenge
- Sense of Coherence: Meaningfulness, Manageability, Comprehensibility
- Happier
- Less Stressed
- More Energized
- More In Control Of Life
- Lives Had Meaning
- Challenges As Opportunities Vs. Threats

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EFFECTS OF STRESS



Emotional symptoms of stress include:

- Becoming easily agitated, frustrated and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless and depressed
- Avoiding others.

Physical symptoms of stress include:

- Low energy
- Headaches
- Upset stomach, including diarrhea, constipation and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire and/or ability
- Nervousness and shaking, ringing in the ear
- Cold or sweaty hands and feet
- Excess sweating
- Dry mouth and difficulty swallowing
- Clenched jaw and grinding teeth

Cognitive symptoms of stress include:

- Constant worrying
- Racing thoughts
- Forgetfulness and disorganization
- Inability to focus
- Poor judgement
- Being pessimistic or seeing only the negative side.
- Behavioral symptoms of stress include:
 - Changes in appetite - either not eating or eating too much
 - Procrastinating and avoiding responsibilities
 - Increased use of alcohol, drugs or cigarettes
 - Exhibiting more nervous behavior, such as nail biting, fidgeting and pacing



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