

TASK TIME: 2 MINUTES

**Mindfulness Minute
Week 1 Day 5**

[Watch Now!](#)

It will teach How to deal with mind-wandering. It's part of the practice!



How A Lack Of Mindfulness Can Cost You

Let's talk about the opposite of mindfulness: mindLESSness.

Have you ever taken a shower and at the end had no idea whether or not you shampooed your hair? Have you ever come out of the mall and had no clue where you parked your car? Have you ever walked from your bedroom to the kitchen and by the time you get to the kitchen you have no idea what you came in for? That's mindlessness.

We do things mindlessly all time. And when we do, our mind typically goes off into the future (where we preview worrisome events that may never come to pass) or it goes back to the past (where we review negative events that have already happened and can't be changed.) And this very real form of time travel can make us angry, resentful, sad, depressed, tense, fearful and/or frustrated. Staying in the present moment - being mindful - helps reduce anxiety and eliminate anger.

Exercise: This week, whenever you are engaged in a repetitive task, notice how your mind tends to wander and notice if it goes to a negative place. This week, do whatever you can to bring your mind back to what you're doing in the present moment. By the way, whenever you realize that your mind has wandered, YOU'RE BACK in the present

TASK TIME: 2 MINUTES

Diet & Nutrition
Week 4 Day 22

[Watch Now!](#)

It will teach you how to love
the foods that love you back.



The Importance of Diet and Nutrition

To feel healthy and energetic you need to eat a variety of whole foods. The best choices are foods that are not overly-processed and look like they did on the farm to where they were grown. Try to eat five or more servings of fruits and vegetables each day. Breads, cereals and pastas made from whole grains that have at least 2 grams of fiber per serving are important too. Limit your consumption of fats to 30% or less of your total calories and saturated fats to less than 10%. Avoid sugar and processed or baked foods that are high in sugar or corn syrup. Avoid fried foods.

Balance the calories you eat with the calories you burn through exercise, walking and living. Burn off 250-500 calories a day with moderate exercise.

This month, focus on eating at least 5 fruits and vegetables every day. Try making a list of how many different fruits and vegetables you eat each week. See if you can increase the number each week during this month with a goal of eating 25 different plant based foods per week by the end of the month.

Exercise: This week, try eating a fruit or vegetable instead of a processed snack.

Become Aware of Negative Self-talk

Surprisingly, the #1 source of stress in life is often our own thinking. Psychologists call this “negative self-talk.” Our minds spin out a non-stop internal dialogue that comments on just about everything that happens. We say things to ourselves like, this line is SO long, this task is taking forever, this lecture is so boring. This voice in your head can be pessimistic, irrational, judgmental and sometimes even vicious.

You may notice this voice from time to time, or you may not. Even though we can hear this inner voice as plain as day, sometimes it still manages to operate just below our level of awareness. This is where it can do the most damage, acting like a mean parent or a judgmental teacher. You might hear it say things like, I’m a terrible person, I’m no good at anything or you might hear it say things about others like, I’ve got the world’s worst boss and my kids will NEVER learn to pick up after themselves. This judgmental voice in our heads is a major source of stress.



TASK TIME: 2 MINUTES

Exercise: Become aware of your self-talk. Just hear what it says, particularly when you are stressed. Notice if the voice in your head ever seems kind and supportive and/or notice when it seems mean and condescending. Notice if the voice seems irrational or rational. Notice if the voice is helpful or unhelpful. Do you think it adds to your stress or lowers it?

Behavioral Change Solution Day 25

[Watch Now!](#)

Learn the equation for changing behavior.

Journaling: What You Don't Know Can Hurt You

In his book, *The 14-Day Stress Cure*, Mort Orman, MD makes the point that we get confused by the term stress. Dr. Orman thinks it is kind of a vague, all-inclusive term that makes stress seem like it's impossible to solve.

"You see, 'stress' is just a word we use to stand for hundreds of specific problems in our lives," Orman explains. "Stress itself is never our problem. It's just a 'buzzword' or a code word for lots of other things that trouble us. But when we lump our problems together and call them 'stress,' we forget what we really want is relief from very specific things – like getting angry, feeling frustrated, having bad relationships or dealing with all sorts of other day-to-day problems."

Dr. Orman makes a very good point. The word 'stress' generalizes our problems to the point where we don't really have to face each problem individually and figure out how to solve each and every one. A good way to break through this smokescreen and get to the root of your stress is to keep a journal (or a log) of anything that bothers you for at least a week, preferably two. Don't try to decide what's stressful, just make a note of anything that bothers you. For more instructions on how to keep a journal of your stress see the box below.



TASK TIME: 5 MINUTES

Exercise: Today you are going to go to **MyStressTools**, and try the journaling feature. Use the box that is provided to record anything that's happened to you today that was in any way stressful, annoying, unpleasant or frustrating. Make separate entries for each stressful event. You don't have to write much, just a short phrase like "got stuck in traffic on the way to work," or "Got into an argument with my spouse," will do. The journaling feature will help you store, track and rank all your stressful moments for as long as you like. Try spending five minutes at the end of each day for a week or two keeping track of your stress.

Daily Stress Journal ---> [Write an entry today!](#)

Building Resilience

This month we're going to focus on our Resilience Coach program, a four week program designed to help you learn about and increase your resilience. The best part is it requires only 2 ½ minutes a day to watch the videos!

Resilience is the ability to bounce back from adversity. People who are resilient have determination, persistence and optimism. They take a problem-solving approach to life, have outlets for managing stress, are proactive (that is, when faced with a problem they don't get stuck trying to decide what to do next) and have a good social support network. Resilient people actively face their fears, get regular exercise, stay flexible in their thinking, often have a strong faith in God and or a higher power and take pride in living a life with integrity.

While some people are born resilient and other people have to learn it, we can all benefit by increasing whatever resilience we do have. So, every day for the next four weeks we encourage you to watch that day's 2 ½ minute video, and do the suggested activity.

TASK TIME: 3 MINUTES



Exercise: After watching Day 1 make a list of anything that stresses you out and apply problem solving to permanently eliminate at least one stressor to the list.

Resilience Coach

Week 1 Day 1

[Watch Now!](#)

Solving The Stress You Can't Avoid

When your stress-related problem is avoidable, or even predictable, it's often easy to solve. Some areas of avoidable/predictable stress could include your commute to work (request flex hours, move in the opposite direction of traffic, telecommute, listen to a recorded book during the commute, or use mass transit and work WHILE you commute), the morning rush (get things ready the night before), and even a long list of household chores and errands (delegate chores to family members or grocery shop, bank and pay bills online). You can't figure out what's avoidable until you sit down and take the time to identify your sources of stress. So, if you haven't tried journaling or keeping a log of your stress yet, try it this week.

Disorganization is a major source of avoidable stress. Ever noticed that when your desk, closet or car are disorganized you have this low-level sense of stress or anxiousness, or just frustration when you can't find things right away? Research shows that getting organized lowers your stress! Forcing yourself to do this isn't easy, but you will eliminate a lot of unnecessary stress by simply working from a clean desk (try it for ONE day), driving in a clean car and cleaning out any paper files, computer files or old emails that may take up unnecessary space in your storage areas and in your brain.

Planning is another way you can avoid unnecessary stress. Set aside 5-10 minutes for planning every day. Make a complete list of all the things you have to do for the coming week on Sunday. Then make a short list of 10 items or less for all the most important things you need to do for each remaining day of the week.

TASK TIME: 30 MINUTES



Exercise: This week, set aside time for planning every day. On Sunday, take 30 minutes to make a master list of all the things you want to do for the week ahead. Then every day allow 5 to 10 minutes to make a list of the ten things you need to get done each day.

Recognizing Stress

[Watch Now!](#)

How Does Yoga Relieve Stress?

Yoga is a form of physical and mental exercise that has been shown to be effective in reducing stress. Yoga combines physical postures, breathing techniques, and meditation, which work together to promote relaxation and well-being.

Yoga has been found to have a positive impact on the body's stress response by lowering the levels of the stress hormone cortisol and increasing the levels of feel-good hormones such as serotonin and GABA. It also increases heart rate variability, which is a sign of a healthy stress response.

Yoga has also been found to improve sleep quality, which is often disrupted during times of stress. Additionally, yoga can promote social connections and provide a sense of community, which can be helpful for people who feel isolated or lonely.

Yoga is generally considered safe for most people, but it's always a good idea to consult with your doctor before starting a new exercise program, especially if you have any health concerns.



TASK TIME: 10 MINUTES

Exercise: Go to MyStressTools and try several yoga exercise videos in the video section of the web portal. Save this exercise for when you are feeling cranky, tired, grumpy or anxious and see how you feel after you do this. Just a few minutes of yoga can change how you see the world for hours afterwards.

10 Minute Yoga
[Practice Now!](#)

How does learning about time management help to relieve stress?

Learning about time management can help to reduce stress by providing you with the tools and techniques to better manage your time and prioritize your tasks. When you can effectively manage your time, you can reduce the feeling of being overwhelmed and increase your sense of control.

Here are 3 ways in which time management can help to reduce stress:

- **Prioritizing tasks:** By learning to prioritize your tasks, you can focus on the most important and urgent tasks first, reducing the feeling of being overwhelmed by too many things to do.
- **Setting goals:** Setting clear and achievable goals can help you to focus your efforts and stay motivated, which can reduce stress and improve your sense of accomplishment.
- **Eliminating distractions:** Time management techniques can help you to identify and eliminate distractions, such as social media or email, that can disrupt your focus and increase stress.

Time management is a skill that requires practice and continuous improvement. It's a good idea to start small and gradually work on incorporating new time management techniques into your daily routine



TASK TIME: 5 MINUTES

Exercise: This week, really try to stay aware of what you are doing and prioritize between what has to be done and what can wait.

Balancing Work & Family

[Watch Now!](#)

How can watching a nature or relaxation video relieve stress?

TASK TIME: 10 MINUTES

Exercise:

This week take a few minutes each day to watch a Destination Relaxation video. Note which scenes and sounds relax you more and how it makes you feel.

Plymouth, Massachusetts, Cranberry Bog

[Listen Now!](#)



Nature has a calming effect on the mind and body, and viewing images or videos of natural landscapes, such as mountains, forests, or oceans, can help to promote a sense of peace and tranquility.

Nature relaxation videos can be useful because they can:

- Reduce physiological stress markers, such as heart rate and blood pressure
- Decrease self-reported stress levels
- Improve mood and overall well-being
- Help to lower cortisol levels, which is a stress hormone
- Help to improve focus, attention and concentration

It's important to keep in mind that not all nature relaxation videos are the same, some may contain background music or nature sound effects, which can be helpful for some people, but not for others. Experiment with different types of nature relaxation videos to find the one that works best for you. Search and you will find many different types of relaxation videos on MY STRESS TOOLS.

How Can I Avoid Burnout?

Burnout is a state of chronic stress that can result in physical and emotional exhaustion, cynicism, and a reduced sense of personal accomplishment.

Here are 4 strategies to help you avoid burnout:

- **Prioritize self-care:** Make sure to take care of your physical, emotional, and mental well-being by getting enough sleep, exercise, and healthy food, practicing relaxation techniques and mindfulness, and engaging in activities that bring you joy and relaxation.
- **Set boundaries:** Learn to say no to unnecessary commitments and set limits on your time and energy. Prioritize the things that are most important to you and let go of things that are not.
- **Take regular breaks:** Take regular breaks throughout the day and unplug from work during your time off. (WATCH A RELAXATION VIDEO ON MY STRESS TOOLS)
- **Practice good time management:** Use time management techniques to help you prioritize your tasks and manage your time more effectively.

Remember that it's also important to be mindful of your own limitations and know when to seek help, if necessary. Burnout is a serious condition that can have long-term effects on your physical and mental health, and it's important to take steps to prevent it.



TASK TIME: 2 MINUTES

Exercise:

This week try to devote an hour or two and plan an activity with a friend. Good company will always brighten one's mood.

Burnout & Balance

[Watch Now!](#)

Recognize the signs of burnout.

What Is My Happiness Set Point?

Have you ever wondered why your level of happiness tends to return to a certain baseline—no matter what’s happening around you? This “set point” isn’t fixed. It can shift when you learn to be more present in your daily life.

Happiness isn’t just determined by what’s happening around you—it’s influenced by how you experience each moment. Many people find that no matter the highs or lows in life, they tend to return to a certain emotional baseline. The good news is that this “set point” can shift by changing where you place your attention.

Focusing on the present moment—rather than dwelling on the past or worrying about the future—can have a powerful impact on your overall well-being. When you become more aware of your thoughts without getting caught up in them, it creates space for greater calm and clarity.

Here are a few key ideas to keep in mind:

- Happiness is internal: External accomplishments may bring temporary satisfaction, but lasting fulfillment comes from awareness and acceptance of the present moment.
- Presence reduces stress: Anchoring your attention in the here and now helps interrupt cycles of worry and overthinking.
- Shift from doing to being: Observing your thoughts without judgment can help you feel more grounded and in control.

By practicing presence each day—even in small, simple ways—you can begin to shift your baseline toward greater calm, resilience, and a more consistent sense of well-being.



TASK TIME: 5 MINUTES

Exercise:

Take five minutes today to sit quietly and focus on your breathing. When your mind wanders, gently bring it back—this is the practice of presence.

Presence: Your Happiness Set Point
Day 2: Your Set Point

[Watch Now!](#)

How can a wellness coach help me improve my health?

A wellness coach can provide a number of benefits, including:

- **Goal setting:** A wellness coach can help you set realistic and achievable goals.
- **Education and motivation:** A wellness coach can provide education and resources on various health topics, and help you stay motivated to make positive changes in your life.
- **Stress management:** A wellness coach may provide techniques and strategies to help you manage stress and improve your overall mental well-being.
- **Sustainability:** A wellness coach can help you make sustainable changes to your lifestyle that will benefit your health in the long term.
- **Improved physical health:** A wellness coach can provide guidance on how to improve your physical health, including exercise, nutrition and sleep.
- **Improved mental health:** A wellness coach can help you improve your mental health by providing resources, support and guidance to address any mental health concerns you may have.

Remember the My Stress Tools Wellness Coach is pre-recorded and NOT live. So you won't get customized advice but may obtain all of the benefits described above. Try it out and see for yourself.



TASK TIME: 2 MINUTES

Exercise:

Take 2 minutes a day this week to learn about wellness and how to implement it in daily living.

Wellness Coach Week 1 Day 2

[Watch Now!](#)

Learn what wellness is in this short video.

Can reading a short book about stress management online really help me lower my stress?

Reading a book on stress management can provide a number of benefits, including:

- **New perspectives:** Reading a book can expose you to different perspectives and ideas on stress management, which can help you find new ways of thinking about and approaching stress.
- **Self-awareness:** Reading a book on stress management can help you become more aware of your own stress triggers, and how you currently manage stress. This can help you identify areas for improvement.
- **Tools and strategies:** Reading a book can provide you with a variety of tools and strategies for managing stress, such as relaxation techniques, cognitive-behavioral strategies, and mindfulness practices.
- **Confidence:** Reading a book on stress management can give you a sense of empowerment and confidence in your ability to manage stress.
- **Personal growth:** Reading a book on stress management can be a form of self-care and personal growth as you learn more about yourself and develop new skills.

It's important to note that reading a book on stress management is just one part of the process to manage stress, and there are many other options to choose from on MY STRESS TOOLS.



TASK TIME: 5-10 MINUTES

Exercise:

This week work to complete the first part of the course ""Prescriptive Solutions" Don't Get To The Root Of The Problem" to get started on your journey to learn how to stop stress in it's tracks.

Stop Stress This Minute

[Start Today!](#)

How can learning mindfulness meditation help me to reduce stress?

Mindfulness meditation is a practice that involves paying attention to the present moment without judgment. It can be a powerful tool for reducing stress because it can help you become more aware of your thoughts and emotions and help you develop strategies for managing them.

- Improved emotional regulation: Mindfulness meditation can help you learn how to regulate your emotions more effectively, which can make it easier to cope with stress.
- Decreased rumination: Mindfulness meditation can help you focus on the present moment, rather than dwelling on the past or worrying about the future, which can reduce rumination and anxiety.
- Improved physical health: Mindfulness meditation can have a positive impact on physical health by decreasing inflammation and blood pressure, which can help reduce the risk of stress-related illnesses.
- Encourages relaxation: Mindfulness meditation can promote relaxation by slowing down breathing, reducing muscle tension and promoting feelings of calmness.

Mindfulness meditation is a skill that requires practice and patience, and it may take some time to see the benefits. Incorporating mindfulness meditation into your daily routine and combining it with other stress management techniques can be more effective in reducing stress.



TASK TIME: 10 MINUTES

Exercise: This week let's take 10 minutes every other day to take a moment to just be.

**Self-Help and Training
10 Minute Meditations**

[Breathe](#)

TASK TIME: 2 MINUTES

Yoga @ Work
Cat/Cow Stretch
[Stretch Now!](#)



Live 30-minute yoga classes twice a week. Simple, basic yoga postures help your body to relax and thus manage stress from the inside out.



Yoga and Resilience

Yoga, means "union," and is often described as the connection between mind and body. Through various postures, yoga practitioners gently twist the spine, stretch muscle groups, and use their body's natural weight to build strength. Whether you're holding challenging poses like plank or relaxing into child's pose, the practice is always anchored by steady, controlled breathing. Medical studies have shown that yoga can reduce stress, alleviate chronic pain, and lower blood pressure.

With regular practice, yoga enhances strength, flexibility, and balance—not just physically, but mentally as well. This reflects the deeper purpose of yoga: to strengthen the mind by fortifying the body. In the West, the physical practice of yoga can be used to prepare the body for seated meditation, which is the main goal for practitioners in the East. This connection between body and mind aligns with somatic psychology, emphasizing how physical health directly impacts mental well-being.

TASK TIME: 2 MINUTES

Exercise: If you are having trouble sleeping, particularly after a day where you've just encountered a stressful problem, go to MyStressTools and start "How to Get a Goodnight's Sleep"

How to Get a Good Night's Sleep

[Watch Now!](#)



Sleep On It

Sometimes, the best way to solve a problem is to stop thinking about it. This approach is particularly helpful for issues that arise late in the day and can wait until morning for resolution. When a problem comes up at work, try not to bring it home with you. Instead, unwind, enjoy your evening, and focus on getting a good night's sleep. While you sleep, your brain processes the events and information from the day, and often by morning, a fresh solution will present itself that you hadn't considered before.

Distance from your problems is key to effective problem-solving. You'll perform better when you're not staring the issue in the face. If you're a morning person, tackle difficult tasks early in the day when your mind is fresh. If you're more productive at night, approach problems after engaging in activities like exercise or something else that clears your mind. Dr. Mort Orman, MD, who inspired this stress-management technique, says, "Everybody in life has problems, and that's what we really mean when we say we have stress. Some people, however, know how to deal with their problems better than others, and those are the people who don't show up in my office for help with stress."

TASK TIME: 2 MINUTES

Exercise: If you feel that your body is holding onto stress, which can manifest as physical discomfort, tightness, or fatigue, go to MyStressTools and start “Taking Somatic Action”

Taking Somatic Action

[Watch Now!](#)



What is Somatic Action?

Somatic action involves using physical movement and body awareness to positively affect mental and emotional well-being. By focusing on the connection between body and mind through practices like yoga, mindful breathing, or gentle stretching, you can relieve stress and promote a sense of calm. These actions help to ground you in the present moment, allowing your body to release tension and your mind to gain clarity.

Research has shown that physical movement can significantly impact mental health by reducing anxiety, improving focus, and building resilience. Somatic practices are based on the idea that our bodies hold onto stress, and by addressing the physical sensations associated with it, we can improve our emotional and mental states. Incorporating somatic action into your routine can lead to greater balance and overall well-being.

Personal Sovereignty

Personal sovereignty, as explained by Dr. Darryl Tonemah, is the concept of taking full ownership and control over your life—mentally, emotionally, and physically. It involves recognizing that while we may not control external circumstances, we have complete authority over how we respond to them. By cultivating self-awareness and emotional intelligence, personal sovereignty empowers individuals to make conscious choices that align with their values and well-being, rather than reacting impulsively or being driven by external pressures.

Dr. Tonemah emphasizes that personal sovereignty is also about setting healthy boundaries and taking responsibility for your actions and decisions. It requires an intentional shift from being a passive participant in life to actively shaping your own experiences. This approach promotes resilience, self-compassion, and a deeper sense of purpose, as individuals learn to navigate challenges with clarity and confidence, all while staying true to themselves.



TASK TIME: 2 MINUTES

Exercise: Dr. Darryl Tonemah often emphasizes the importance of regular, mindful practice. You can repeat this exercise whenever you feel stressed or out of control to reinforce the mindset that you are the author of your life and responses. His program on Personal Sovereignty can help guide you.

Personal Sovereignty

[Watch Now](#)