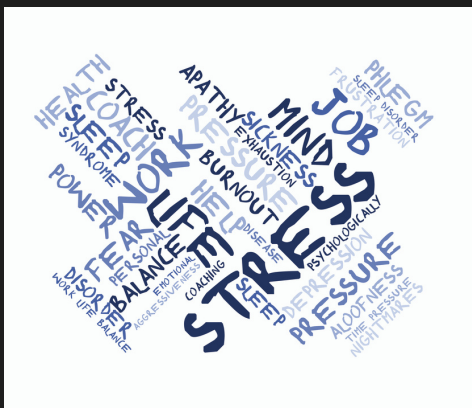


MARIA ROMANO



HOW TO REMAIN CALM UNDER

Stress, Duress, and Chaos



Learn new habits to help stay calm in stressful situations and how to have a positive mindset throughout the day.

INTRODUCTION



FOR STARTERS

First, let's recognize what stress does to your body.

- Raise blood pressure
- Raise heart rate
- Cortisol increases
- Triglycerides increases
- Oxygen intake is lower

All these things breakdown your body

Which reduces your life expectancy, lowers your immune system and you get sick more often. And can lead to addictions like drinking, eating, smoking, etc.



PART ONE

WHAT TRIGGERS YOUR STRESS?



*identify
triggers*

Examples of stress triggers can be:

- *someone at work*
- *someone at home*
- *working with a complex client*
- *someone on your team*

Pay attention to the situations that trigger your stress. Start identifying these triggers and write them down.

You might have to have a hard conversation about the things that are triggering your stress.

Work out the issues.

Action Step:
Identify Triggers.
Write down the things that make you feel stressed.



PART TWO

DEVELOP HABITS TO HELP *remain calm*



Learn to control your reactions to stress with love and compassion.

Developing these habits can help you have equanimity in life.

Once you have identified what raises your temperature, aka stress triggers, then you can start doing certain things to help you remain calm.

Recommendations of what you can do throughout the day to help stay calm:

- Meditate
- Listen to music you like
- Pray
- Read inspirational quotes.



Action Step:
Take 5-10 minutes to step away from the stress situation and do an activity to help you revise yourself and calm down your mind.

DEVELOP HABITS TO HELP *remain calm*



Another habit to develop is a positive bed time routine. When you got to bed at night, take 5-10 minutes to put yourself in a happy state of mind.

When you go to bed with positive intentions you will sleep more soundly and when you wake up in the morning you will be happier to start your day.

Example of a positive bed time routine:

- *Turing off your phone and other electronics*
- *Have a stack of inspirational quotes and read them*
- *Read your bible*
- *Look at pictures of your loved ones. (Hard copies, not pictures from your phone)*

wake up positive

By starting your day with a positive outlook, you will be able to take care of stressful situations with a clear mind, and it will be easier to practice your calming habits.

SELF-CARE/ SELF-LOVE

take care of you



Take time to care
for yourself!

Like the mighty lion story:
The lion is fierce and the
protector of the jungle. He
takes care of everything, but
does anyone ever ask the
lion, "How are you feeling?"

Start asking yourself, "How
am I feeling?" By asking
yourself this question, you
will identify your stress
triggers, be able to use your
calming habits, continue
with your day being
productive.

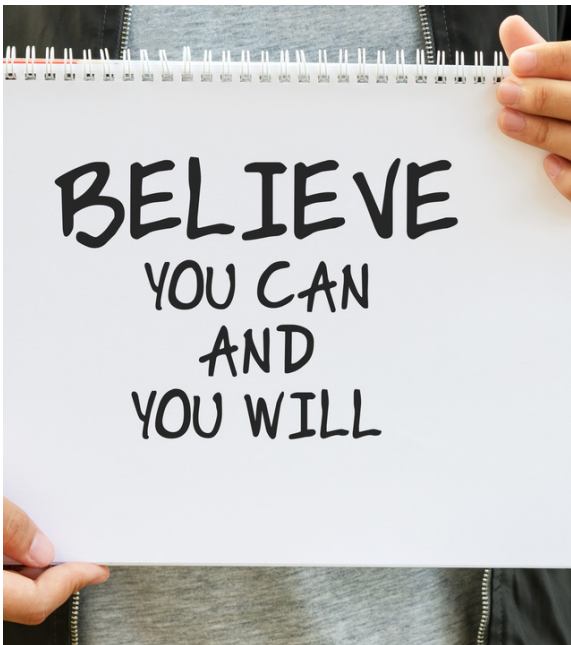
*Examples for self-care/
self-love:*

- *Watching hummingbirds in the morning*
- *Get a message*
- *Snuggle in with a good book*
- *Spending time with people you love*

Action Step:
Start asking yourself,
"How am I feeling?"

TAKE AWAY

YOU ARE YOUR MOST *valued asset*



Making these habits part of your day will be adding to your life.

You will have more clarity of the mind.

You will be better at making decisions.

Tangible assets are valuable however it is the intangible assets, YOU, that is priceless!



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CONNECT WITH *Maria*

Connect with maria to
Find out ways you can
implement changes in
your life to help you stay
calm under stress,
duress, and chaos.

Book a call on Calendly



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