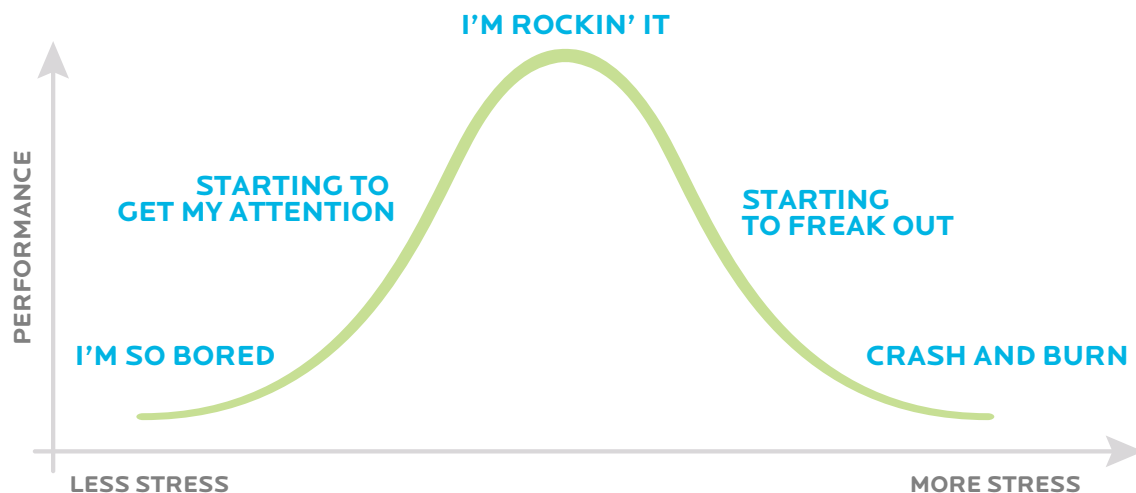


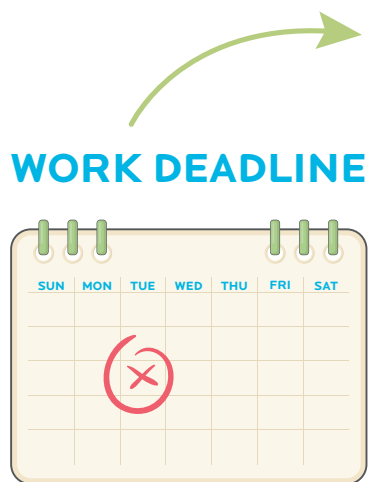
GOOD STRESS, BAD STRESS: HERE'S HOW TO FIND YOUR SWEET SPOT.

Too little stress keeps you from reaching your potential.
Too much stress can harm your health.



THE DIFFERENCE BETWEEN GOOD AND BAD STRESS

Stressors — from work deadlines to raising kids to workouts — aren't intrinsically good or bad. And your response is unique each time.



POSITIVE RESPONSE

- ✓ Inspired, energized, motivated
- ✓ Focused and alert
- ✓ Explore edges of comfort zone
- ✓ Balance stress, rest, recovery
- ✓ Learn, grow, get stronger





NEGATIVE RESPONSE

- ✗ Weak, worried, demoralized
- ✗ Distracted and scattered
- ✗ Don't challenge yourself
- ✗ Not enough rest/recovery
- ✗ Cortisol and adrenaline go up
- ✗ Possible muscle loss, fat gain
- ✗ Blood sugar, immunity, metabolic, sleep, sex hormones disrupted

HOW DO YOU HANDLE STRESS?

Some factors are intrinsic but most you have some control over.

	PERMANENT				CAN BE SHAPED/BUILT		
	GENETICS	HISTORY	CURRENT STRESS LOAD	ENVIRONMENT	SUPPORT NETWORK	COPING ABILITY	ATTITUDE
MORE STRESS TOLERANT 	Stress-resistant	Practiced at handling stress	Moderate	Often outdoors, in nature Spend time with loved ones	Strong	Calm yourself when emotional	Go with the flow, Optimistic, Proactive, Confident, Agile, View stress as a challenge to rise to
LESS STRESS TOLERANT 	Stress-prone	Little practice with stress	Very high or very low	Often in clinical, industrial spaces Little time with loved ones	Weak	Overwhelmed by emotions	Trouble adapting, Pessimistic, Reactionary, Not confident, Paralyzed, View stress as a problem to avoid

ARE YOU IN YOUR STRESS SWEET SPOT?



STRESS TOO LOW

Lethargic
Bored
Unfocused
Directionless
Purposeless

JUST RIGHT

Energized
Engaged and interested
Actively moving toward goals
Learning and growing

STRESS TOO HIGH

Anxious or obsessive
Depressed
Panicked and flailing
Stuck or numb

REACH YOUR POTENTIAL, WITHOUT CRASHING AND BURNING.

FOR INSPIRATION AND ENERGY



1. SET EFFECTIVE GOALS

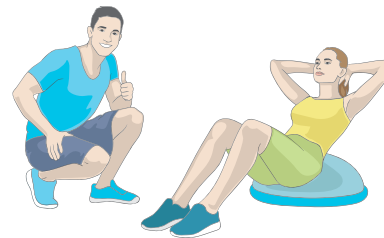
Goals that motivate are:

- Specific and measurable
- Challenging but realistic
- Broken down into small actions
- Focused on process vs outcome
- Documented as a plan of daily, weekly, monthly behaviors



2. START WITH ONE ACTION EACH DAY

Commit to do it for the next 2 weeks. (Be sure it's something you're confident you can do every day.)



3. TRACK YOUR PROGRESS

Document behaviors, processes, and outcomes.

How do you feel different?
How do you look different?
What have you learned?
What are you proud of?
What frustrations did you have?

4. SPEND TIME WITH A COACH OR MENTOR

Getting help from someone you admire, and who will hold you accountable, makes the process of change and growth much easier.

FOR REST AND RECOVERY

1. PRACTICE PARASYMPATHETIC ACTIVITIES



WALKING OUTSIDE
MODERATE SUN EXPOSURE
ENJOYING NATURE
LOW-KEY MUSIC
MASSAGE
DEEP BREATHING
LAUGHING
SNUGLING WITH LOVED ONE/PET

YOGA, SLOW STRETCHING
EASY SWIMMING
HOT TUB OR SAUNA
HAVING SEX
NON-COMPETITIVE PLAY
MINDFULNESS/MEDITATION
GREEN TEA



Note: Screen time is actually stimulating, so it doesn't help you here.

2. MEDITATION

Boosts the immune system
Improves sleep, mood, and emotional regulation, and circadian rhythm

Lowers blood pressure, heart rate, stress hormones, and inflammation



Supports the development of new brain cells, neural connections, and gray matter

Sharpens focus, mental clarity, attention, memory, and recall (even when not meditating)



3. GET OUTSIDE

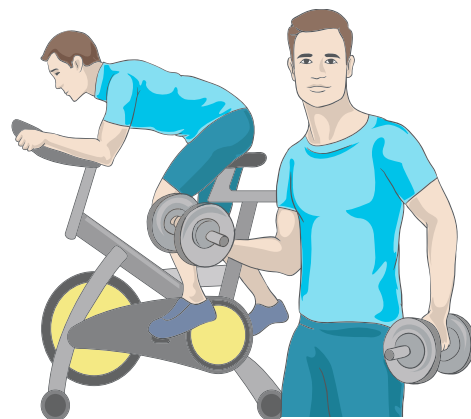
Being in nature lowers stress hormones and heart rate and improves mood and immunity, giving you motivation and energy to cope with your next challenge.

4. BALANCE YOUR EXERCISE ROUTINE

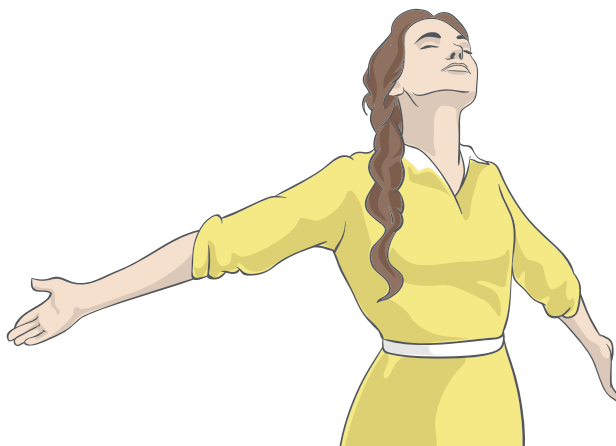
Exercise relieves stress by increasing blood flow, getting you outside, burning calories, and stimulating your parasympathetic nervous system.

Most effective: a mix of intense strength training, conditioning, cardio, and low intensity recovery.

When stressors are up, decrease intense exercise; when they're down, increase it.



5. PRACTICE SELF-COMPASSION



- Ask for help/support when needed
- Get coaching if you feel stuck
- Get counseling if you feel helpless
- Know your limits, honor them
- Unplug at least once a week