

THE IRON MIND SERIES

ZONE 5

STRESS

MANAGER

*HOW TO STAY CALM AND PERFORM WELL
IN HIGH PRESSURE AND UNCERTAINTY.*

BEYOND RUNNING

15-min easy-to-digest workshop

Stress isn't the enemy – unmanaged stress is.

In the right dose, stress boosts focus and performance.

- Most people think stress comes from events
- In reality, it usually comes from uncertainty and loss of control

And here's the truth:

Every great goal *in life* lives in “uncertainty”.

EXERCISE 1 (4MIN)

Find the Root Cause of Your Stressors:

What's really stressing you? Like really?

Use the 5 Whys method:

- Ask yourself “Why?” five times until you reach the real cause

Often the shift is: *External* → *Internal*

You can't control others; you can control:

- ✓ Your thoughts
- ✓ Your feelings
- ✓ Your behavior

EXERCISE 2 (8MIN)

Shifting your Focus to Feel better:

Stress is often fueled by fear: Failure, judgment, rejection etc.

Emotions come from thoughts / beliefs.
Change the thought → change the emotion.

Ask yourself: What am I focusing on?

- Past, present or future?
- What's missing or what's there?
- What went wrong or what worked?

Creating Stability with Strong Routines:

Uncertainty creates stress.
Routines create safety and control.

Examples:

- Morning exercise
- Fixed bedtime
- Meal planning
- Gratitude practice

What is one routine that would help you feel more grounded?

Zone 5 Stress Manager:

- ✓ *Find the real cause behind your stress*
- ✓ Shift your focus to upgrade your emotions
- ✓ Create certainty with strong daily routines

Outcome: *The ability to stay calm, focused and in control—even when facing pressure and uncertainty.*

Apply it

today

tomorrow

and every day.