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| **Put Me in Coach Playbook: Stress Management and Resilience**  **Your Dreams Matter**  **Herbert Fenner**  **Put Me in Coach Consulting**  **www.putmeincoaches.com** 7/20/2024 |
| Illustration of bamboo in shades of light gray and dark red |

Put Me in Coach Playbook: Stress Management and Resilience

# Stress Management

1. **Identify Stressors**: Recognize the sources of stress in your life, whether they are work-related, personal, or environmental.
2. **Develop Coping Strategies**: Implement techniques such as deep breathing, meditation, and exercise to manage stress effectively.
3. **Time Management**: Prioritize tasks and set realistic deadlines to avoid feeling overwhelmed.
4. **Seek Support**: Don't hesitate to reach out to friends, family, or professionals for support and guidance.
5. **Healthy Lifestyle**: Maintain a balanced diet, get regular exercise, and ensure adequate sleep to keep stress levels in check.

# Resilience Building

1. **Positive Mindset**: Cultivate a positive outlook and focus on solutions rather than problems.
2. **Adaptability**: Be open to change and flexible in your approach to challenges.
3. **Self-Care**: Take time for yourself to relax and recharge, whether through hobbies, social activities, or alone time.
4. **Goal Setting**: Set achievable goals and celebrate small victories to build confidence and motivation.
5. **Learning from Experience**: Reflect on past experiences and learn from them to improve your resilience in future situations.

These strategies can help you manage stress and build resilience, enabling you to perform at your best in both personal and professional settings.

Source: Conversation, 7/20/2024

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