

THE STRESS WINNER - The **12 KEYS**

KEY #1: RESPONSIBILITY - take it

KEY #5: THINKING

& ATTITUDES

Get your STRESS 'VISOR' in place. You feel the way you think, so Choose your attitude *Rational and Positive Thinking*.

Describe problems accurately.

Select attitudes of: *Optimism, Flexibility, Persistence, Learning, Forgiveness - and Happiness* (always a choice)

Altruism

Deliberately
doing good deeds

Humour &
Laughter

KEY #9: THE 'BACKPACK'

1. UNDERSTAND STRESS, SYMPTOMS

2. We've all got 'faults!' Reduce: stressful *emotions* : Anger, Guilt, Fear. Dump stressful *habits*: Perfectionism, Procrastination
3. *Build Self-Esteem.*

KEY #6: COMMUNICATE

Assertiveness

- Listening
- Resolving Conflict.

KEY #8: MONEY MANAGEMENT

KEY #7: TIME MANAGEMENT:

- Find a Purpose
- Set Goals
- Balance your Life
- Plan your Time
- Stop Procrastinating

KEY #4: FITNESS

- **DIET:** Balanced. Less caffeine, alcohol. Eat less at night
- **EXERCISE:** Aerobic (run, bike), Strengthening (weightlifting) Sports
- **SLEEP** - Routine. Deep relaxation, fantasies.

KEY #10: SUPPORTERS

- Relationships and Love
- Counselling/Therapy
Your personal coach.
- Beliefs. Faith in something 'higher'

KEY #3: RELAXATION

Reduce overall tension, sleep well, cope better. .

- Slow, regular breaths, push out tummy, let breaths out slowly, smoothly & completely
- Let muscles relax, from top to bottom
- Picture relaxing places & activities
- See yourself beating problems.

KEY #2: WORRY WELL

Don't stew
Write worries down
Put in categories
Solvable/unsolvable

SOLVE PROBLEMS

Brainstorm
Make good Decisions



KEY #11: 'TIME-OUTS'

Take a Break. Dump TV.
Do something active.
Use all senses
& abilities

KEY #12: CHANGE

Know the stages, understand why you *don't* do it!