

Great Stress Busters!!! Stop Stress Before It Starts

- ✓ Get enough sleep: at least 7 - 8 hours per night.
- ✓ Give yourself enough time in the morning to prepare for the day ahead.
- ✓ Eat right! As close to the original form of the food as possible. The 80-20 principle: 80 - 90% healthy; 10 - 20% fun foods, not the opposite!
- ✓ Drink plenty of water, 6 -8 glasses, every day.
- ✓ Get enough exercise and vary the forms: aerobic, stretching, weight resistance.
- ✓ Each night before bed think of, or even better, write down, 5 things from the day that you are grateful for.
- ✓ Take life a day at a time.
- ✓ Learn to say NO! Don't take on things that won't fit into your schedule or life.
- ✓ Spread difficult tasks over time, instead of all lumped together, which can be overwhelming.
- ✓ Do life and projects broken down into manageable "bite-size" tasks. This prevents frustration and failure due to hopelessness.
- ✓ Get organized with everything in its place.
- ✓ Write things down. Make lists and USE them!
- ✓ Delegate tasks to capable others.
- ✓ Have backups of items such as keys to your car or house, or other frequently used items.
- ✓ Live within your budget. Use credit cards only when absolutely necessary. Become cash conscious.
- ✓ Allow extra time to get to where you are going, to do what you have to do.
- ✓ Simplify your life. Less is more.
- ✓ Do the work you love. And do it with joy!
- ✓ Get rid of clutter. Give away or throw out everything you are not using or wearing.

- ✓ Laugh at yourself. Laugh at life!!!
- ✓ Make friends with positive, upbeat, happy, non-stressed people.
- ✓ See your cup as 1/2 full, versus 1/2 empty.
- ✓ Listen to relaxing music when you are driving, or at the end of a long day.
- ✓ Spend time alone every day to regenerate and regroup.
- ✓ Remind yourself that you are not in charge of the Universe, only your own life!
- ✓ Remember, the only person you can change is YOU!!
- ✓ Develop a forgiving attitude. Most people are too wrapped up in their own lives to be truly intent on harming others.
- ✓ Forgive yourself just as you would forgive other people.
- ✓ Be kind to unkind people. They need the expression of kindness most.
- ✓ Smiles are contagious! Smile at a stranger every day, especially someone who has a serious frown deeply planted on her/his face.
- ✓ Talk less; listen more.
- ✓ Don't sweat the small stuff, and remember it's all small stuff!!
- ✓ Think before you speak. Avoid coming from a place of anger when communicating with another. You lose your power!
- ✓ Carry a book with you to read while waiting in lines or for appointments.
- ✓ Keep a folder of favorite cartoons, inspirational quotes and poems on hand.
- ✓ A stitch in time saves nine! Nip small problems in the bud before they become big problems.
- ✓ Do something every day for the kid inside of you.
- ✓ Slow down and really experience your life. Smell the flower! Hug a tree!
- ✓ Hug at least 5 people every day.
- ✓ Get a weekly massage, or some other form of relaxing touch therapy.
- ✓ Use power phrases versus pain phrases. Monitor the words you use daily, remembering that words carry power, e.g. I can, I am able.

PAIN	POWER
▪ I can't	I won't
▪ I should	I could
▪ That's a problem	That's an opportunity
▪ Life's a struggle	Life's an adventure
▪ If only.....	Next time.....
▪ What can I do?	I know I can do the job
▪ I hope	I know

- ✓ Take 100% responsibility for what you are feeling. Don't blame others.
- ✓ Tell the truth to yourself and others about yourself. Stay in integrity.
- ✓ Fully participate in life with enthusiasm. Act, don't react!
- ✓ Tell everyone in your life that you love them, every chance you get.

“The power of expectation – the kind of expectation that embraces a deep belief that what is expected will actually occur – has long been recognized as a significant mental and emotional force...”

~ Herbert Benson, The Relaxation Response

“The Stress to Success Formula” is more than a book...it's a movement to change the world by saving lives...one life at a time! ~Dr Marilyn Joyce

IMPORTANT MESSAGE:

*In the coming months and years, we'll be creating and sharing a wealth of unique, new and old, quick, easy and simple techniques, systems, processes, strategies, meditations, learning videos and webinars, cheat sheets, 30-day challenges, apps, and online and live event trainings, far beyond what we can fit into this little report and the book from which this was excerpted. You'll also get access to our private online communities, where you can get all of your questions answered within a supportive, compassionate environment 24/7. So, make sure you join us by visiting and becoming a member at:
www.TheStressToSuccessFormula.com*