

M2 Transforming Stress Strategies

Stress is our body's inner signal to move into action. Without it we may never achieve our truest potential. Developing healthy strategies to transform our relationship with stress allows us to see the opportunity stress affords us. Here are some healthy transformative stress strategies to explore.

SIMPLIFY

When our computers are operating with minimal bandwidth or have a lot of programs running at the same time they don't operate optimally if at all. We know to shut down programs and focus only on the most important task. The same is true with us when we feel the stress that comes with overload, we too need to shut down some of the programs.

- Limit multi-tasking, do one thing at a time
- What is the most important thing in this moment?
- What am I not willing to let go of?

TAKE A WIDER VIEW

When we get lost in the mire and muck of our current situations, we are often too close to see the bigger picture. At times like these we can remember to STOP, take a step back and inquire.

- Will this matter in 5 minutes, 5 days or even 5 years?
- What positive impact can I have on those around me?
- What contribution to the greater good do I want to make?

TURN TOWARDS COMMON HUMANITY

During our most difficult moments we may feel a sense of isolation or aloneness in our challenges. This becomes an opportunity to pause and reflect.

- Others are suffering just like me
- Challenges are part of being human
- We're all in this together

FIND AN UPSIDE AND DISCOVER THE RESOURCE

Most of us have lived through stressful situations that seemed unbearable in the moment and yet now here we are on the other side of them perhaps even all the better as a result. Think of a difficult stressful situation in the past....what was learned in that experience?

- How did that experience inform who you are today? What helped you get through it? What skills did you develop?
- How can what you learned and developed in past stressful situations be applied to the current situation?

LIMIT NEWS AND SOCIAL MEDIA CONSUMPTION

Limiting social media decreases loneliness and depression.

- Scientific study findings strongly suggest that limiting social media use to approximately 30 minutes per day may lead to significant improvement in well-being.

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