

Stress

When to let go, When to take charge, When to get help

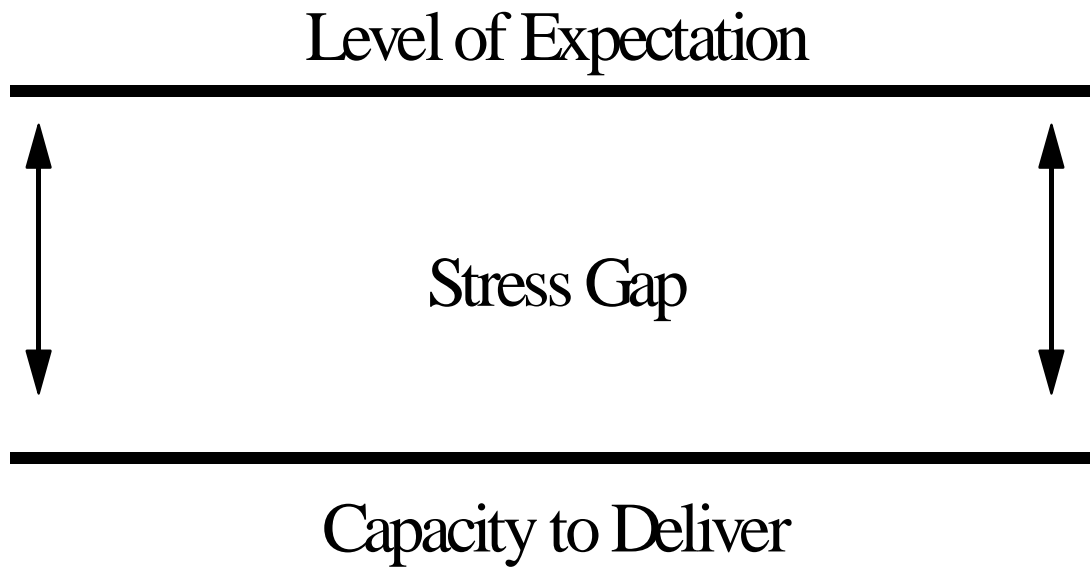
A one hour interactive session





The greatest cause of stress -
...is the need to feel in control

Attributed to Professor Bob Montgomery



Five Top Stress Tips



Number One

Find someone who will just listen and
who will try not to fix things

The importance of just being heard and validated
is a fundamental human need

Five Top Stress Tips



Number Two

Breathe: focusing on each 'in' breath and each 'out' breath.

When you combine this with a non-strenuous walk the exercise may also help you to sleep better or restore your appetite

How can you expect others to listen to your heart when you never take the time to listen to your own

Five Top Stress Tips



Number Three

Make a list of your concerns.
Now divide them up into two columns headed:
Needs and Wants.
Throw out the wants for the time being.

This is an exercise in deciding what is important
It requires a level of honesty with ourselves that we seldom
take the time to achieve

Five Top Stress Tips



Number Four

Revisit your list. Rank what is the most important and do only one thing at a time. Make sure there is something on the list that is beneficial to you.

If you are not used to putting your needs first then this exercise will seriously challenge any door mat tendencies that are robbing you of your energy

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Five Top Stress Tips



Number Five

If you have unmet needs - things that you really need to control but can't - seek out professional help.

Its healthy to ask for help when you need it
Ask any three year old who cant unscrew the biscuit jar