



Stress Management

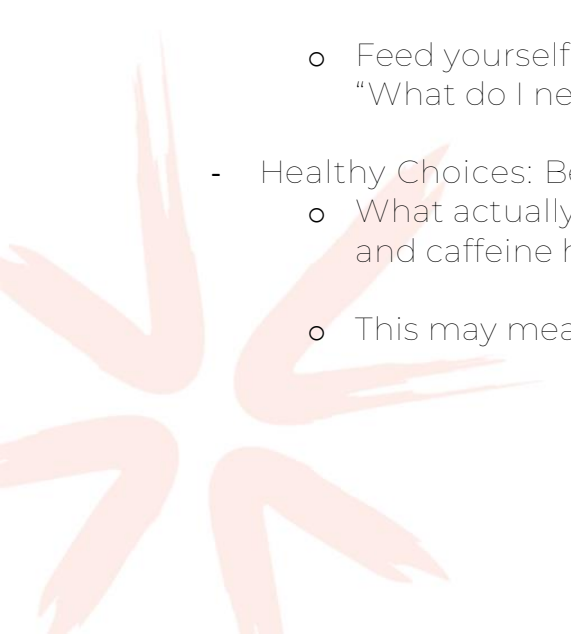
There is a lot of stress, distraction and overstimulation that comes our way daily. Much of it is external and while we don't have control over other people, other situations, we do have control over how we handle it and how we prepare ourselves for it.

Stress is bound to happen – we know this.

So... no more being surprised by it.

Instead let's set ourselves up to manage it better:

- Morning Routine: how you start your day is important
 - o Create a routine for your mornings that help you start your day fueled (think mind, body and soul)
 - o Some ideas include;
 - movement, mindfulness practices like breathwork, meditation, journaling, reading, silent mornings
- Schedule breaks throughout the day
 - o Use your calendar to pre-plan and protect your breaks (if you can't take 30 or 60 minutes off break it up into a few 5 – 15 minute breaks)
 - o Be intentional on how you spend it
 - o Feed yourself, hydrate, move, breath, listen to music - ask yourself "What do I need right now"?
- Healthy Choices: Be aware of what you are putting into your body
 - o What actually fuels you (not just caffeinates or numbs you) coffee and caffeine have short term effects but also create that hard crash
 - o This may mean you are prepping snacks, meals to bring with you



- Water / hydration is key – when we are dehydrated the body goes into survival mode, slows productivity and makes everything harder.
PS. you'd be surprised how quickly we can get dehydrated
- Minimize the Vent Sessions: Stop talking about it. Ask yourself ...is this venting helpful or harmful? Consider the time you spend rehashing and pay attention to how these conversations bring that stressful energy back.
 - Give yourself a time limit to vent
 - Consider if it is worth sharing – if not a learning opportunity then move on
- Set Boundaries – What boundaries do you need to have in place to protect your energy?
 - Can you unplug?
 - Do you need to check your phone?
 - Do you really need to do that XYZ thing for someone?
 - Can you say no to something (remember saying no to one thing is a yes to your priorities)
- Evening Routine – sleep is vital to restoring our minds and bodies
 - Similar to your morning routine – create an evening routine to help your body recognize it is wind down time
 - Limit stimulation before bed – TV, Phones, alcohol, eating
 - Slow movement – yoga, breathwork
 - Journal and release your day

Ashlee Livingstone, Personal Growth & Emotional Wellbeing Coach
Certified Trauma-Informed Breathwork Facilitator & Hypnotherapist

Ashlee@ourforte.ca www.ourforte.ca



