

STRESS MANAGEMENT: WHO DO WE BECOME WHEN WE ARE STRESSED?

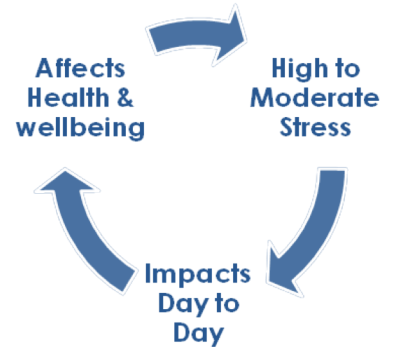
From the lists below, tick all the signs and symptoms that you believe you experience:

PHYSICAL SIGNS

- ☐ Tightness in chest
- ☐ Chest pain and/or palpitations
- ☐ Indigestion
- ☐ Breathlessness
- ☐ Nausea
- ☐ Muscle twitches
- ☐ Aches and pains
- ☐ Headaches
- ☐ Skin conditions
- ☐ Recurrence of previous illnesses/allergies
- ☐ Constipation/diarrhoea
- ☐ Weight loss or weight gain
- ☐ Change in menstrual cycle for women
- ☐ Tiredness (fatigue)

EMOTIONAL SIGNS

- ☐ Mood swings
- ☐ Feeling anxious
- ☐ Feeling tense
- ☐ Feeling angry
- ☐ Feeling guilty
- ☐ Feelings of shame
- ☐ Having no enthusiasm
- ☐ Becoming more cynical
- ☐ Feeling out of control
- ☐ Feeling helpless
- ☐ Decrease in confidence/self-esteem
- ☐ Poor concentration



BEHAVIOURAL

- ☐ Drop in work performance
- ☐ More inclined to become accident prone
- ☐ Over-eating/loss of appetite
- ☐ Poor time management
- ☐ Too busy to relax
- ☐ Loss of judgment
- ☐ Withdrawing from family and friends
- ☐ Loss of interest in sex
- ☐ Inability to express feelings
- ☐ Overreacting
- ☐ Drinking and smoking to excess
- ☐ Taking days off work

THOUGHTS/PSYCHOLOGICAL ASPECTS

- ☐ "I am a failure"
- ☐ "I should be able to cope"
- ☐ "No one understands"
- ☐ "I can't cope"
- ☐ "I don't know what to do"
- ☐ "It's not fair"
- ☐ "I wish' he/she/it was different"
- ☐ "I can't do this"
- ☐ "This is too hard"
- ☐ "It's all ... fault"

MY STRESS PRESSURES, MY STRESSORS

From the list below, tick all the current causes of stress in your life:

- | | | |
|--|---|---------------------------------------|
| <input type="radio"/> Your Love Life | <input type="radio"/> Your Business | <input type="radio"/> Your To-Do List |
| <input type="radio"/> Your Relationships | <input type="radio"/> Your Home | <input type="radio"/> Your Health |
| <input type="radio"/> Your Finances | <input type="radio"/> Others' Expectations | <input type="radio"/> Your children |
| <input type="radio"/> Your Past | <input type="radio"/> Your Expectations | <input type="radio"/> Your Workload |
| <input type="radio"/> Your Future | <input type="radio"/> Control/Lack of Control | <input type="radio"/> Perfectionism |
| <input type="radio"/> Your Career | <input type="radio"/> Fears/Fear of the unknown | |



REFRESH ... START YOUR DAY GREAT, AND GRATEFULLY

START YOUR DAY GREAT, AND GRATEFULLY

Your Intention + Daily Action = Your Experience of Life

90% of human behaviours are based on habits, and the only way to build resilience is to challenge and change the everyday choices and habits, which are causing excess stress, overwhelming pressure and unhealthy emotional states.

When we want to achieve EXTRAordinary results and fulfillment in our work, career, or life, we need to get laser focused on what it is we really want, and be crystal clear on where we want to go. Having a clear result or outcome and consistently focusing on it immediately changes your behaviour, giving you the momentum you need to take small actions daily that will lead to massive positive transformation.

The energy and flows of your life goes to where your attention is focused...Whatever it is you choose to focus your attention on becomes more prominent in your life. It's one of those 'hidden in plain sight' concepts, almost too obvious for people to fully grasp and consistently apply. *Your attention and your focus, directs your energy.*

It may not be that there is more of it present in your life; it's simply that once you start to focus on it, your brain's reticular activating system (or RAS) starts to see and perceive more of this. As an example, recall a time when you started to think about buying a particular item, maybe a car or an outfit and then all of a sudden you start to see this item everywhere. This is your RAS working.

The RAS is a diffuse network of nerve pathways in the brainstem connecting the spinal cord, cerebrum, and cerebellum, and mediating the overall level of wakefulness, or consciousness. The neuronal circuits of the RAS are modulated by complex interactions between a few main neurotransmitters. The RAS contains both cholinergic and adrenergic components which exhibit synergistic as well as competitive actions to regulate thalamocortical activity and the corresponding behavioural state.

Through intention, you can get your RAS fired up, and focused on what it is you want to see, feel and experience more of in your life. This is why intention is the starting point of every dream, creation and positive change and transformation in all areas of your life. It is the creative force that fulfills all of your needs, whether for money, relationships, love, health, happiness, etc....the list is endless.

The sages of India observed thousands of years ago that our life is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares:

"You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

TGG Mission ...

TRANSFORMATIONAL PROGRAMS THAT INSPIRE LASTING INNOVATION, WELLNESS + CHANGE



**EXE: ELEVATE YOUR GREAT STATE: SEWING THE SEEDS OF INTENTION,
ACCOUNTABILITY & ACTION**

An intention is like a seed being planted in the direction you would like your life, your RAS and your energy to flow. Like real seeds, intentions can't grow if you hold on to them. Only when you plant the seeds of your intention and then release them into the fertile depths of your life through daily action can they grow and flourish.

To continue your adventure into mindfully elevating your resilience, we are going to have you discover the power of setting the intention for your life, for who you want to be and for your health and wellbeing goals, daily.

Your intention statement for your day will start with what you DO WANT, rather than what you don't want, and ideally we want this to centralise around what you want to experience, and how you want to FEEL throughout your day.

For Example: you may want to wake up feeling energised, healthy and happy or feel financially abundant, strong and confident in who you are and how you perform at work, or to create healthier and deeper relationships.

After setting your intention daily, you can ask yourself, "Who do I need BE (*attitude and mindset*) and what action I need to DO to enhance the power of my intention and start experiencing more of this?". These steps then become the magical alchemy to positively transforming your life...Let's start today...

How do you want to feel today?

Where in your life, now or in the past, have you experienced this feeling before? Share this with your partner and the reason why you are grateful for this experience.

If this feeling had a colour, what colour would it be?

Now you are going to close your eyes and picture a bucket filled with this coloured liquid above your head, pouring this colour and feeling into every cell in your body. Imagine your cells smiling as they receive this feeling and you can even increase this flow by affirming 'I choose to feel more', (adding in what you want to feel e.g. happy, healthy, and abundant).

What is one thing you could action today to activate more of this feeling?



PARTNERSHIP AGREEMENT

INDIVIDUALLY: Who do I become when I'm stressed? How do I feel? What annoys me? What self care and wellness routine will I commit to doing to reduce the impact of this?

TOGETHER: How do we want to feel? What do we want to experience? How will we each show up and what will we do to create this environment within our home? How will we call each other out, in kindness, and playfulness, when we are out of alignment with this? How else can we support each other?

DRAW A CIRCLE on a piece of paper – EVERYONE ANSWER THESE QUESTIONS – SIGN AND PUT ON THE FRIDGE – CHECK WEEKLY – are we living in alignment with our commitments, what's working, what's not working, is there anything we would like to adjust, add, or change? *Share individually .. "I feel like expressing/celebrating/being grateful for {ENTER ANSWERS} ... from this week .". everyone listen, then take turns!*

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