

How To Stress-Less

In

7

Simple

Steps



Invest 10 mins
learn 7 steps
Apply them in a minute (or less).

*Because you're in a hurry
with no time to panic.*

Amy Doublet, SEP

Step #1

PAUSE

Stress may be a part of life but it doesn't have to turn into a toxic killer.

The next time you feel stress build, simply **PAUSE**.

- **Take a moment to notice the unease.**

What do you notice about your state?

Where do you hold tension?

*Do not power through this place, **Pause & notice it.***

PAUSING and FEELING
are the first steps to releasing stress.
Awareness is the catalyst for change.

Step #2

FEEL

Notice what is happening, in your body. i. e. your breath.

What emotion are you feeling?

Is there an emotion or physical sensation in your body?

Are you holding your breath?

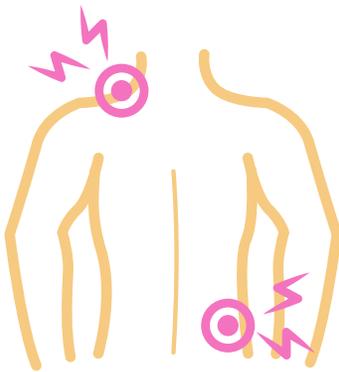
Is your chest, belly or jaw tight?

It's ok to feel intense emotions. Don't change anything just mindfully become aware of how stress impacts you.



Step #3

BODY SENSATIONS



Physical sensations are the language of the animal brain. Sensation is the key to releasing stress.

If you can't feel your body it's ok.

It is normal not to notice sensations. This is a new language and you have probably never tuned into yourself in this way.

Be patient and kind to yourself.

Try this:

Sit or Stand

- *Lean to one side of your chair and feel the weight of your body move to one side, then lean to the opposite side.*
- *If you're standing move from your ankles and put your weight on one foot and then sway to the opposite side and other foot, then move back to center. Do this slowly.*

Can you feel your butt on the chair?

Do you notice any sensations?

i.e. movement of your weight from side to side.

Notice anything different - being good or neutral.

Step #4

AWARENESS of SELF



You have already been doing this since step 1
We're going to go deeper with gentle self touch.

Try this:

Squeeze your joints slowly, one at a time.

- cross your arms and squeeze the sides of your shoulders.
- elbows
- wrists
- hips
- knees
- fingers (each has 3 joints)

*Look at your hands notice the details.
Describe to yourself what you see.
i.e. folds of skin, color, texture, etc..*

*Be gentle with yourself.
This is a process*

Step #5

BREATHING



Bring attention to your breath, without changing it. Just witness yourself.

*Did your breathing deepen?
Is your chest more relaxed?
Has your heart rate decreased?*

If your heart is still beating quickly **try exhaling slowly.**

During exhalation your heart rate decreases, naturally.

Inhale normally and slow down your exhale.

For many people, telling yourself to breathe is not helpful. Instead, remind yourself to EXHALE.

Step # 6

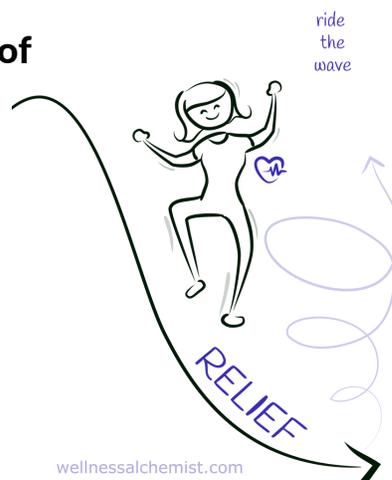
PAUSE, Yes, Again!



Take this moment to notice the effects of Steps 1-5

What are you aware of?
Did your heart rate normalize?
Are your shoulders more relaxed?
How are you doing overall?

Notice something that feels good.



If you are not feeling more at ease.

Try this:

Visualize or DRAW a vertical line.

- Draw a straight line from the top of a blank page to the bottom. (If it's hard to imagine)
- Write stress on the top, where the line begins and relief on the bottom.
- Place your finger on the line. Anywhere you intuitively feel you are located on the continuum of stress-relief.
- Move your finger down the line, very slowly, with the intention of your heart rate lowering with your finger movement.
- Pause after you move your finger down slightly. Repeat this, moving down the line.

Better IS Better

What do you notice?

Perhaps you are breathing deeper and feel a little better.

Step #7

ORIENT



Look around. Notice the environment you are in.

Literally. Let your eyes wander. Allowing them to take in whatever they're attracted to in the environment.

Does anything attract your attention in a positive way?

If you are having a hard time. Right or wrong doesn't exist in these steps. You're doing great. Simply witness yourself. With practice you'll sense into your body more.

Try this:

- **Find your favorite color in 4-8 places around you.**

Notice if your response to the original stressor lessened.

Do you feel better?

Remember -Feeling Better IS Better.

Practice these 7 steps daily. Commit to at least a week. You will notice a difference in your stress response. Stress does not have to become toxic destroying your mental, physical or spiritual health.

Eventually the steps can be done in **under a minute!**

You are moving along a continuum. This is the beginning of learning how to move out of the threat response. It is not controlled by the cognitive brain. Not noticing your body yet is ok or you're aware of a subtle change. Other times you may notice a big shift. It takes time and repetition to change neuro-pathways around threat. We are communicating to the animal brain, it is not rational.

Your Well-Being Matters. Healing changes the world, one nervous system at a time.