

How's This For a "Magic" Trick?

Here is a simple practice that activates the parasympathetic nervous system, which cues the body to relax and chill a little.

Keep this practice in mind as we begin to talk about stress and stressors. Take a couple minutes to learn this breath exercise and it will serve you a lifetime!

1

GET COMFORTABLE

**"Be here now.
Be someplace
else later.
Is that so
complicated?"**

DAVID M. BADER



2

BREATHE IN AS YOU
COUNT TO FOUR

3

BREATHE OUT AS YOU
COUNT TO SIX OR
EIGHT. REPEAT FOR 90
SECONDS

FOR OTHER MIND-
FULNESS EXERCISES,
SEE CHAPTERS 2,
5 AND 7

Stressors are conditions and events that activate a stress response system that affects blood flow as well as adrenaline, norepinephrine and cortisol.

We've mentioned deadlines and public speaking, but the list might include academic pressure, unpaid bills, unexpected delays, unreasonable demands, shark-filled waters, too many things all at once.

Stress is our body's response to the demands we face.

IDENTIFY SOME OF THE STRESSORS
IN YOUR LIFE

WHAT, AND WHO, IN YOUR LIFE HELPS
YOU TO MANAGE STRESS?*

ARE THERE STRESSORS YOU CAN REMOVE
OR AT LEAST MINIMIZE?

*BY NOTICING WHEN WE ARE STRESSED AND THEN TAKING ACTION TO REDUCE IT, WE INCREASE SELF-AWARENESS AND BOOST SELF-MANAGEMENT SKILLS – BOTH OF WHICH IMPROVE WELL-BEING!

TURN BACK A PAGE
FOR A MAGIC TRICK!