GOOD STRESS, BAD STRESS:
WHERE TO FIND YOUR SWEET SPOT

Stressors — from work deadlines to raising kids to workouts — aren't intrinsically good or bad. And your response is unique each time. Improves sleep, mood, and emotional regulation, and circadian rhythm.

THE DIFFERENCE BETWEEN GOOD AND BAD STRESS

Too little stress keeps you from reaching your potential. Too much stress can harm your health.

HOW DO YOU HANDLE STRESS?

Some factors are intrinsic but most you have some control over.

ARE YOU IN YOUR STRESS SWEET SPOT?

Some factors are intrinsic but most you have some control over.

FOR INSPIRATION AND ENERGY

HOW TO HANDLE STRESS?

1. SET EFFECTIVE GOALS

2. MEDITATION

3. BALANCE YOUR ENDOCRINE SYSTEM

4. SPEND TIME WITH NETWORK

5. PRACTICE SELF-COMPASSION

FOR REST AND RECOVERY

THE DIFFERENCE BETWEEN GOOD AND BAD STRESS

GOOD STRESS:
- Motivates you
- Helps you learn
- Boosts the immune system
- Improves sleep, sex hormones, and stress hormones
- Emotionally healthy

BAD STRESS:
- Causes you to rethink
- Prevents you from learning
- Weakens the immune system
- Disrupts sleep, sex hormones, and stress hormones
- Emotionally unhealthy

ARE YOU IN YOUR STRESS SWEET SPOT?

- Too low
- Just right
- Too high

STRESS TOOLS

- Lifestyle
- Environment
- Support

JUST RIGHT

STRESS TOO HIGH

- Airplane
- Train
- Car
- Subway
- Truck

BREATHER ACTIVITIES

- Deep breathing
- Low-key music
- Enjoying nature
- Walking outside
- Snuggling with loved one/pet
- Mindfulness/meditation
- Non-competitive play
- Yoga, Slow stretching
- Easy swimming
- Having sex
- Green tea
- laughter
- Massage
- Green tea
- Enjoying nature
- Walking outside
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- Non-competitive play
- Yoga, Slow stretching
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- laughter
- Massage

FOR INSPIRATION AND ENERGY

1. SET EFFECTIVE GOALS

- Realistic
- Achievable
- Specific
- Measurable
- Break into small, doable actions
- Reward yourself for completing milestones

2. MEDITATION

- Mindfulness
- Deep breathing
- Guided meditation

3. BALANCE YOUR ENDOCRINE SYSTEM

- Diet
- Exercise
- Sleep
- Hormones

4. SPEND TIME WITH NETWORK

- Family
- Friends
- Colleagues

5. PRACTICE SELF-COMPASSION

- Self-compassion
- Self-care
- Self-acceptance
- Self-empowerment

FOR REST AND RECOVERY

1. PRACTICE PARASYMPATHIC ACTIVITIES

- Exercise
- Relaxation
- Rest

2. MEDITATION

- Deep breathing
- Low-key music
- Enjoying nature
- Walking outside
- Snuggling with loved one/pet
- Mindfulness/meditation
- Non-competitive play
- Yoga, Slow stretching
- Easy swimming
- Having sex
- Green tea
- laughter
- Massage

3. BALANCE YOUR ENDOCRINE SYSTEM

- Diet
- Exercise
- Sleep
- Hormones

4. GET OUTSIDE

- Sunlight
- Fresh air
- Nature

5. PRACTICE SELF-COMPASSION

- Self-compassion
- Self-care
- Self-acceptance
- Self-empowerment

To find your sweet spot, assess how you handle stress.

GOOD RESPONSE

POSITIVE RESPONSE

- Agile
- Confi dent
- Proactive
- Optimistic
- Go with the flow

NEGATIVE RESPONSE

- Paralyzed
- Not confident
- Reactionary
- Pessimistic
- Trouble adapting

INTERMEDIATE RESPONSE

- Stuck or numb

TO FREAK OUT

NEGATIVE RESPONSE

- Panicked
- Failing

TO GET STUCK IN CRISIS MODE

NEGATIVE RESPONSE

- Stuck
- Stressed

TO CRASH AND BURN

NEGATIVE RESPONSE

- Burned out
- Overwhelmed
- Frustrated
- Not confident
- Paralyzed

TO START ON A NEW PATH

POSITIVE RESPONSE

- Engaged and interested
- Learning and growing
- Focused and alert
- Inspired, energized, motivated
- Agile, Confi dent, Proactive, Optimistic, Go with the flow

TO REACH YOUR POTENTIAL,
WITHOUT CRASHING AND BURNING.

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