

# HOW TO AVOID LETTING TENSION TURN INTO STRESS



## Break Self-Debilitating Habits:

### ARISE!



Move your body. Stand, Sit up, Stretch or Take a Walk. Or connect with your sensations: Sound, Sight, Smell, Taste, & Feel.

### FOCUS YOUR ATTENTION:



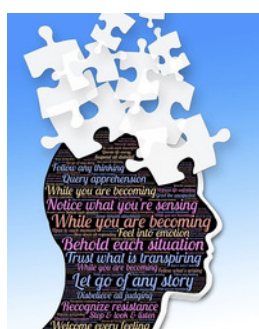
Draw circles on a page, do a Mindsweep to determine the items you can control and cannot. Remember: you can care about work, your team, family — without worrying about them.

### PERSPECTIVE:



Ask yourself “Will this matter in three years’ time?”, “What’s the worst that could happen?” and “Will I survive it?” Search for an opportunity in the circumstances you haven’t seen yet. Maybe find humor in the situation.

### LET IT GO:



Accept that though you may not like the situation, it is what it is. Identify: “What have I learned from this event?” Then take action: “What are my next steps?”

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