Our Goal?

Is not NO Stress. That’s not possible. The goal is to recognize stress quicker and move through it faster!
How many of you already know....

And how many would just feel more guilty if all I talked about today was exercise more and eat less?
The Challenge

We have habits. We all respond in unconscious, automatic, habitual, trance-like ways.
Stress happens

Any time, any thing or anyone isn’t the way you want it.

Like having to stop for a few minutes when in a hurry.
Stress is a physiological/emotional reaction to a mental perception of danger. It occurs whether or not the perception is valid.
1st Definition of Stress

“Stress is resistance to change.”
Whenever you resist change you:

Hold Your Breath
Tense Your Muscles
Have Self Doubts
Think Negative
Become Serious
2nd Definition of Stress

“Stress is a signal a change is needed.”
3rd Definition of Stress

“Stress occurs whenever I am unable to create a positive image about change in my mind.”

(...without knowing “How!”)
But you could learn how to:

- Breathe Deeper
- Relax Completely
- Reassure Yourself
- Think Positive
- Smile at the Humor

The Stress Management Response©
Unique View of Stress

Your personality is defined by the lessons you have learned and not learned.

Your stress is evidence of your unlearned lessons.
Quick Stress Solution . . .

Choose to do what you are doing while you are doing it.

www.SpeedThroughStress.com
"Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace like clocks in a thunderstorm."

– Robert Louis Stevenson
“I fairly sizzle with zeal and enthusiasm and spring forth with a might faith to do the things that ought to be done by me today!”

Charles Filmore, at 94!!
Author of: The Twelve Powers of Man

www.SpeedThroughStress.com
God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.
Lots more information available at:

www.SpeedThroughStress.com

and

www.KiWiLive.com

enter

“Stress”