

Speed Through Stress!

In 5 Steps

In 15 Seconds!

Dr Rob Pennington



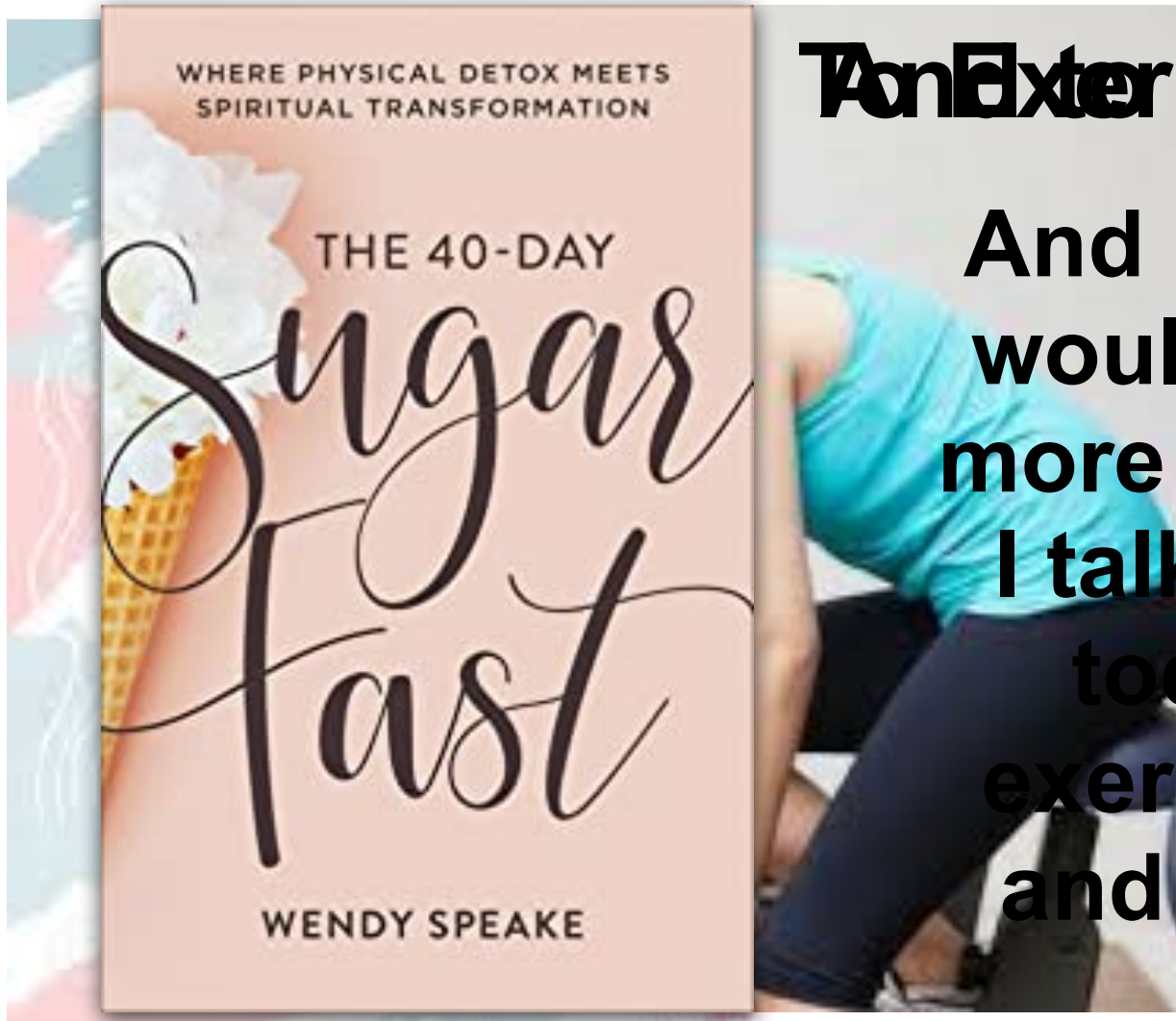
Our Goal?

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 Exercise less....

**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.**

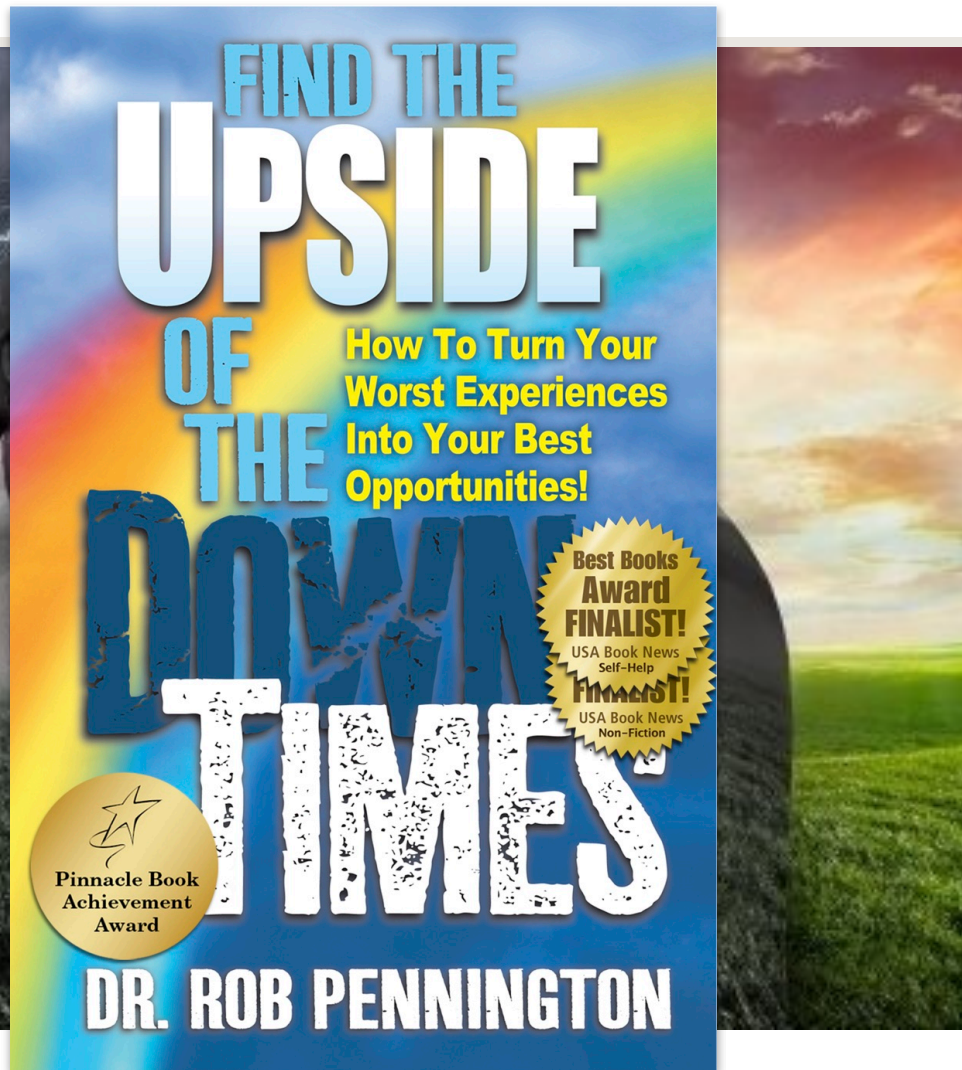
Stress happens



**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.**

Perception of Danger



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:**



**Your
Automatic
Stress
Reaction[©]**

***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.**

"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*

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.

by Reinhold Niebuhr

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**Lots more information
available at:**

www.SpeedThroughStress.com

and

www.KiWiLive.com

enter

“Stress”