

# My STRESS STAGE

My Stress Stage: **EXHAUSTIVE**

*"Fear not, for I have redeemed you: I have called you by name You are Mine. When you pass through the waters I will be with you. When you walk through the fire you will not be burned.." Isaiah 43 16-2*

## Stress Mastery Steps

**#1 Physical** - Avoid any strenuous exercise routine at this time except light stretching and walking. Consistent Rest routine is crucial. Soak up as much sunshine as possible for time of year and your location and schedule. Limit any physical responsibilities to the very minimum. Identify any hidden stressors like food sensitivities, mold or infections, GI or detox issues and Take Adrenal Support supplement protocol.

**#2 Psychological** - Focus thoughts on Gratitude IN all things, and ONLY on those things that YOU can control.

**#3 Spiritual** - Establish a Daily Biblical Meditation and Prayer routine (ask your Coach for details at your Get Started Session)

## Stress Mastery Tools

**#1: Physically:** Support sugar balance by not skipping meals - Stay active - Identify hidden physical triggers - Get some sunshine

**#2: Mentally / Emotionally:** Brain dump - Journaling - List making - Gratitude Board - Get your thoughts OUT - Counseling

**#3: Spiritually:** Daily Biblical Meditation - Prayer Time - Music & Worship - Identify Spiritual Stressors - Faith Affirmations

**#4: FIVE A's of Stress Mastery Mindset:** Avoid / Alter / Adjust / Accept / Appreciate

**#5: The FIVE D's of Stress Mastery Lifestyle:** Diet / Downtime / Dumbbells / Devotions / Delegate