



# BREAKING THE STRESS CYCLE

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SYDNEY TECH LEADERS





# HOW WE DO STRESS

What if...?  
I can't...  
It won't...  
I'm not good enough!





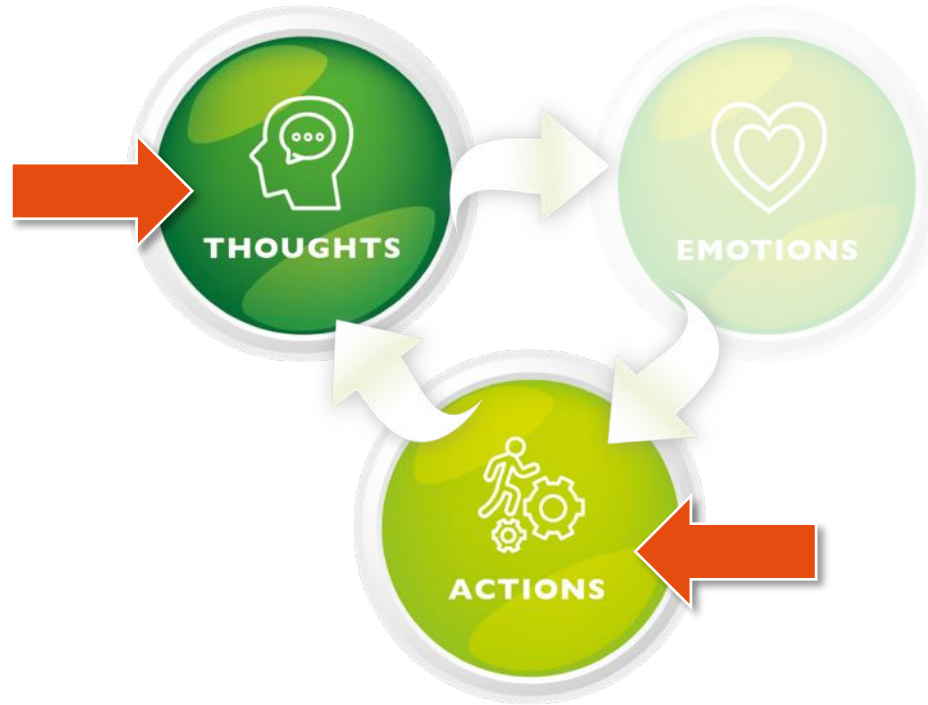
“ Watch your thoughts; They become your words. Watch your words; They become your actions. Watch your actions; They become your habits. Watch your habits; They become your character; Watch your character; It becomes your destiny ”

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Lao Tzu



# INTERRUPTING THE CYCLE

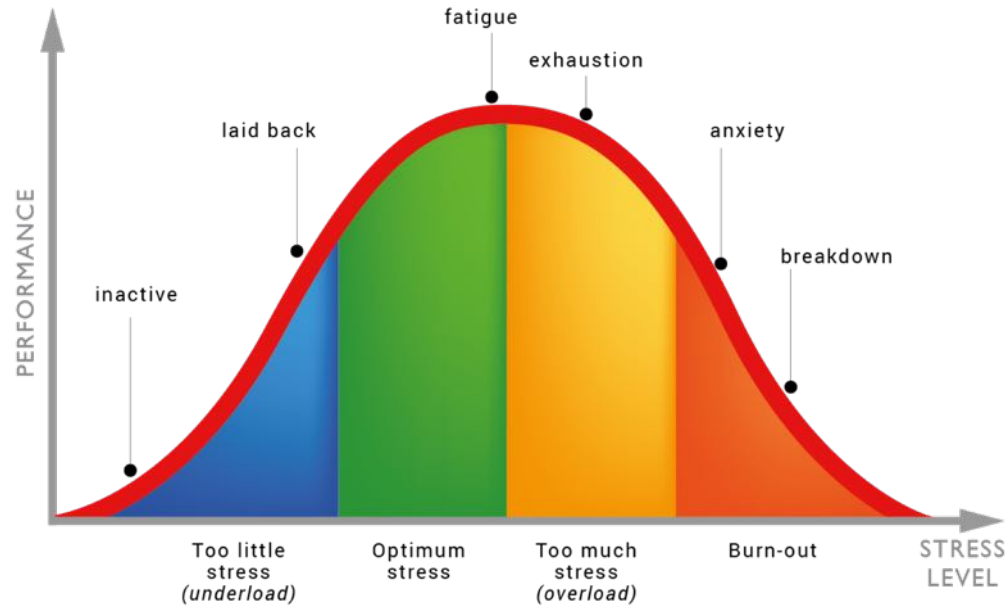


# 4 Tips to Break the Stress Cycle

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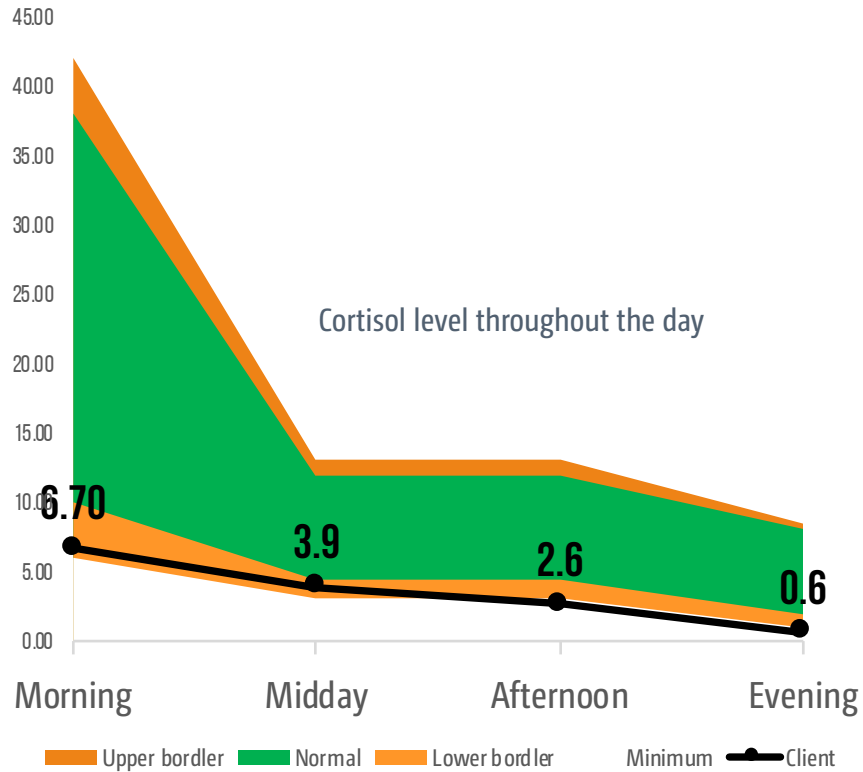


# 1. LABEL YOUR THOUGHTS HEALTHY



Chapter 14 – Figure 14-6

# CORTISOL – PROLONGED STRESS





## 2. UNDERSTAND FAILURE WILL HAPPEN

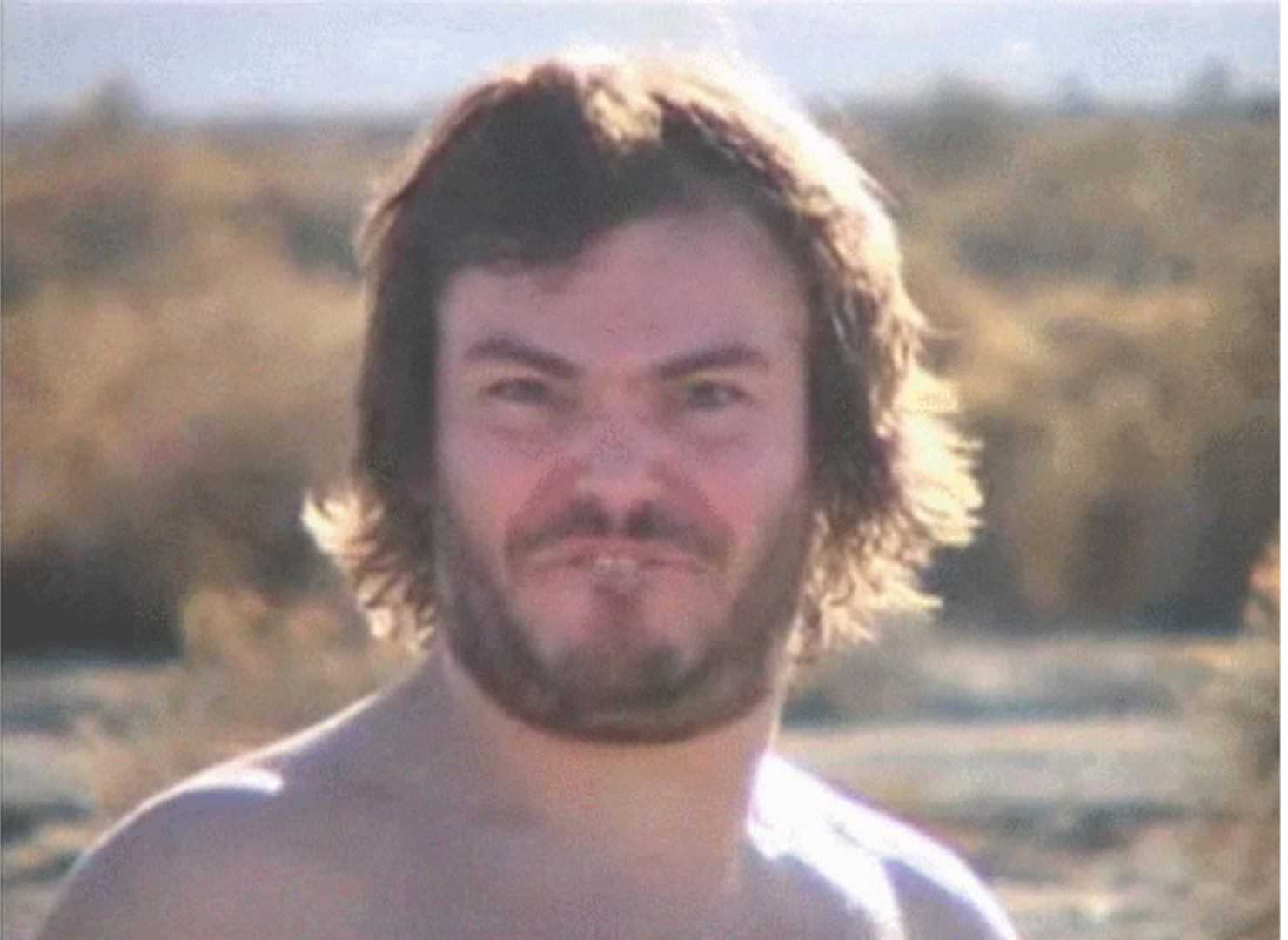


I'm stressed because there is so much to do!

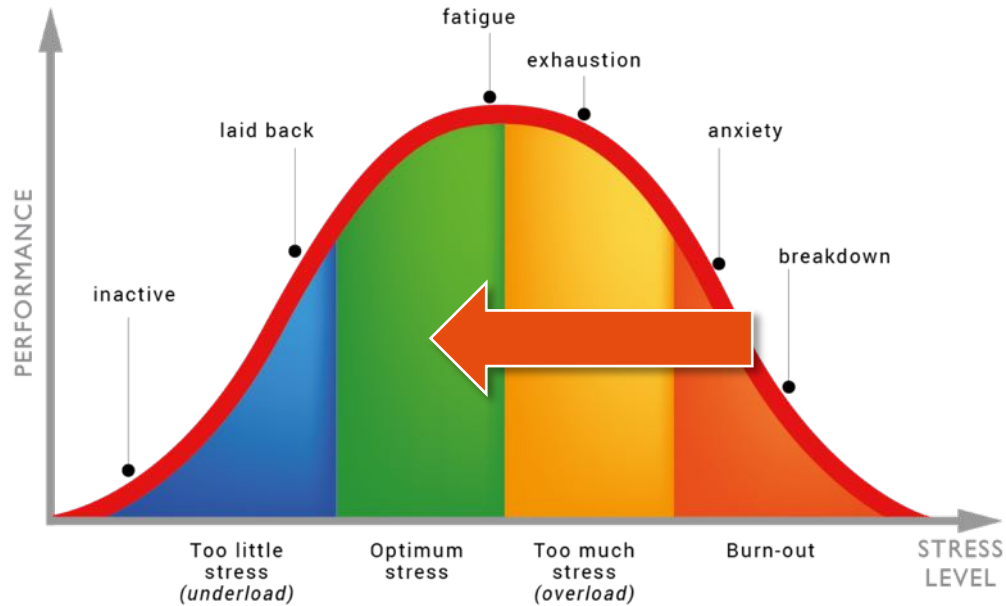
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...You should take time out to meditate





### 3. SLOW DOWN TO GO FASTER!

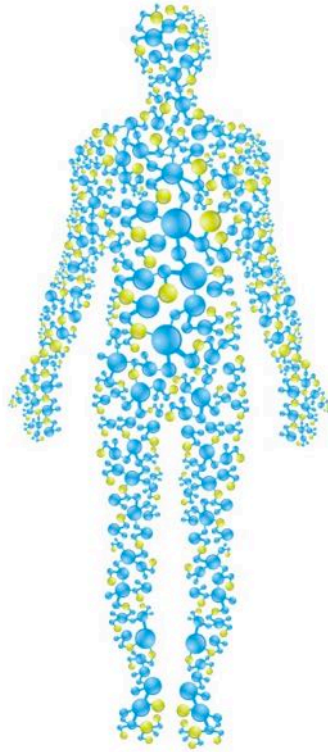


Chapter 14 – Figure 14-6

## 4. TAKE ACTIONS FOR YOUR MIND AND BODY

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Mediation  
Body Posture  
Rest and Exercise

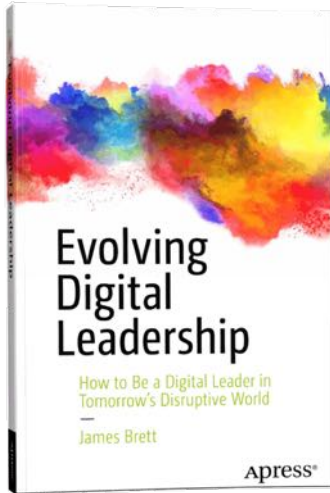


Diet – 90% of serotonin is made in your gut  
Magnesium and supplements

Mission

# Evolving Leadership for a Better Future

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