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Building Resilience to Master Stress

Event → your perception/interpretation → your thoughts → your feelings → your actions

About stress:

- ❖ Our stress reaction is inherited from the cave men...fight or flight
- ❖ Now stress happens far too often and does not require physical response
- ❖ Our stress reaction may be on more often and longer
- ❖ The stress reaction is in our body and not in the situation.
- ❖ It is neither good nor bad in itself: inevitable and necessary to survival in some cases
- ❖ It motivates and stimulates us, allowing us to be productive and creative, performing well under pressure.
- ❖ We need to learn how to decrease negative stress
- ❖ Anxious stressed people often decide that an event is dangerous, difficult or painful and they don't have the resources to cope.

Some basics in mastering STRESS

1. Notice the feeling of stress in your body. Recognize what gives you stress so you can master it. What does stress look like for you?
2. Notice the events or situations that give you joy and peace and happiness. Make a list.
3. Notice how and when they occur. Appreciate them.
4. How can you look for more of these around you?

Things to remember:

1. You have choices. Not choosing is still a choice
2. You can choose your thoughts.
3. You can stop your negative thoughts
4. You can stop reacting from your feelings
5. You can change the presence you bring to a situation.
6. Change only comes with commitment and time.

Building Resilience

1. Make a commitment to noticing joy and beauty in everyone and everything around you.
2. Make wise choices: what you eat/drink, your activity, your spending, and who you spend time with.
3. Notice your thoughts. Engage in thought stopping when your mind takes you to ruminating over past events or worrying over the future.
4. Be in the present moment in whatever you are doing. Give it your full attention.
5. Begin the day by making a note of the events of the day and how you want to be in each one. Turn your "to do" list into a "to be" list.