



Reducing Stress & Overwhelm – 20 Things You Can Do Today!

Stress is something we have come to accept as part of our everyday life. However, given the significant impact it can have on our health, relationships and lifestyle, it is worth taking notice on how it's showing up in your life. Utilizing the power within, while having the right tools and resources at your disposal can help you identify the triggers before stress shows up and takes over. Wouldn't it be nice to shorten the time spent in the abyss of overwhelm and gloom? This list is designed to help you find some ways to cope and inspire you to make some choices to reduce the stress in your life. I encourage you to experiment with the tools and resources available to see what works best for you - we are all unique and beautifully designed. Here are some recommendations:

1. **KNOW** the score – What is your level of stress on a scale from 1 to 10? Once determined, set a goal to move the needle (lower of course).
2. **ANCHOR** into your goal – Find something meaningful in your environment to remind you of your WHY. What could change in your life if you were able to manage your stress? You can have more than one anchor and it can be absolutely anything – a song, words, book, picture, jewelry or some other object. Keep them close and visible!
3. **IDENTIFY** your triggers – If you cannot identify the exact source of the stress and overwhelm, you may not know what to do next, or what changes to make, which can lead to a feeling of helplessness. Not everything of course is crystal clear, but creating awareness around your triggers can be game changing. This is a great journal exercise!
4. **COMMIT** to awareness – You can create new experiences when you reframe limiting beliefs and create awareness around your thoughts and habits. It's a muscle that needs to be worked regularly. When you feel the stress coming on, step back and question it from a place of love and curiosity.
5. **FEEL** it – Is the stress showing up in your body? Do you get headaches, feel pain in your neck and shoulders, experience digestion issues or something else? If that body part could talk – what would it say? Remember, we can experience stress without even realizing it, so pay close attention to the way stress manifests in your body.
6. **CLEAR** clutter – Is there something you can let go of today that is stopping you from reaching your goals or causing added stress or anxiety? Perhaps a limiting belief, thought or relationship?
7. **JOURNAL** – For a week or a month, track how you feel daily to identify any patterns. Jot down your stress # for the day and identify areas you have noticed changes. For instance, trouble sleeping, fatigue, moodiness, pain, etc. You may be surprised at what you find when you look back over the data. Also note any positive changes that take place when utilizing any tools or habit changes.

8. **EXPLORE** your options – Try yoga, tapping or meditation. There are many apps available, like Headspace and Calm to aid in reducing stress. Guided meditations that take you on a journey and anchor into a calm space are a great resource.
9. **FIND** a hobby – Cook, crochet, hike, bike, join a meetup, learn a language, take a class – we have access to so much – try something new! It’s been proven that hobbies can have a positive impact on our health and minds!
10. **ADD** joy – It is not uncommon to stop doing things we love when we are consumed with stress and anxiety. When was the last time you felt joy? Add joy and fun back into your life!
11. **CREATE** new habits – You want to create habits that are sustainable so you can manage the stress going forward and reap long-term rewards. It’s actually a lifestyle shift.
12. **CHANGE** up your routine – Is there something in your daily routine that is stressful? Always rushing from one thing to the next... overbooked... overslept? Take a look at your daily routine and make some minor adjustments.
13. **EXERCISE** daily – 10 to 20 minutes a day can reduce stress and you don’t need a fancy gym! You can download apps on any type of exercise, take a walk around the block – just get moving – it will make a difference!
14. **DO** one thing – Daily, weekly or monthly that can move you toward your goal. One simple action can have a significant, positive impact which can lead to **lasting** habit change.
15. **CONNECT** – Make that call, meet that friend for lunch – whatever it is – connect with family and friends, people who lift you up, support you, make you laugh, etc. Don’t underestimate how important connection is and the impact on our overall well-being.
16. **BE KIND** to yourself!! It is important to release judgement and limiting beliefs!
17. **TAKE ACTION** – The antidote for anxiety is action – you’ve got this!
18. **SELF-CARE** – What does self-care mean to you? If you find you are always the last one you take care of, how can you change that? One tip is to put in on your calendar! This may require setting some necessary boundaries ;o).
19. **BREATH** deeply everyday – This is so important! Download the 5-5-7 breathing exercise [here](#).
20. **KNOW** when it’s bigger than YOU and seek help. There are so many resources available - websites, therapy, coaching - your health care provider or employer can also provide options that are completely confidential. Only you know what you need so take care of yourself!

CELEBRATE YOUR WINS!