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# 10 ways to reduce your stress today!

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## LAURA'S STORY...

Laura suffered with anxiety and depression and for 6-9 months life virtually stopped for her.

Working in a highly pressurised role & constantly living out of a suitcase for 4 nights a week took its toll and one day Laura got up and couldn't function.

Burnout and other personal issues contributed to her situation and made her take stock and look at her life, her job and she made changes to get her back on track.



## THE IMPACT OF STRESS...

A 2015/2016 Mind study reported:

- 11.7 million days of work lost to stress a year
- 1 in 4 people in the UK experience a mental health problem each year.
- 1 in 6 people experience a common mental health problem such as anxiety or depression in any given week (in England).

## LET ME SHARE 10 WAYS TO REDUCE YOUR STRESS TODAY...



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# 1. REDUCING OVERWHELM...

Overwhelm feels like flying in a metaphorical helicopter high up above - looking down below, you can see everything you need to do, achieve and get done.

Overwhelm could also feel like being stuck in a bog - you can't move, you can't go forwards, you can't go backwards, you're stuck ... perhaps for days! It can feel like an 'emotional paralysis' - you go round in circles and can't move forward.



**STOP! WALK AWAY, REST THE MIND, THEN COME BACK! THIS ENABLES YOU TO LOOK AT THE PROBLEM WITH A FRESH PERSPECTIVE.**

Consider asking yourself two self coaching questions to enable to to move forward:

1

What is the specific problem or problems?

2

What is the very first thing you need to do?

The first question helps you to stop generalising your problems and get specific (perhaps in your mind or on paper). The second helps prioritise - you only need to know the first thing! Then get on with it! Getting movement and something done, will help the 'brain fog' to dissipate, with the overwhelm subsiding. Then you're onto the next and the next ....



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# STRESS BUSTER TIPS

Here are my top tips for dealing with stress.

Some of these tips and exercises will work for you and some won't - that is perfectly fine. Just use the ones that work for you.



## 1. "DO SOMETHING DIFFERENTLY"

Do something different to change the way you feel, look to change your physiology - we know that our physiology affects how we feel, so move around, rotate your shoulders, go for a walk, move vigorously, stretch your arms, The aim is to get more oxygen into your body and brain,

Change your focus, focus on something different from the stressor - change the environment, look at photos or listen to music,

Do something to relax the brain, mindfulness, colouring or reading fiction are just a few suggestions.

Take time to have a cup of tea (or coffee) Remember that our brains need hydration so drink lots of water and keep those water levels topped up.



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## 2. "CHANGE YOUR STATE, TO CHANGE YOUR THINKING"

We know that we can change our state, which can change our thinking! Try this simple exercise.

Close your eyes and think of a memory when you were really happy full of joy, love or relaxed maybe? Whatever works for you.

Take a little moment to transport yourself back to that moment.

Remember that time, go back to that specific time when you were really happy, relaxed or whatever works for you.

See what you saw, hear what you heard and really feel those feelings of being totally happy, relaxed, calm and take a moment to enjoy those feelings.

Notice how much better that feels with just a few quiet moments with a positive memory.

## 3. "LOOK UP & SMILE"

Pick a spot on your ceiling, tip your head back as far as comfortable, and your jaw will naturally drop, allowing a release of tension. If you can also smile at the same time, it will help trick your brain.



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### 4. "PEN HACK"

Place a pen in your mouth for 2 mins,

Doing this forces your face muscles into a smile position, tricking your brain into thinking it is happy and helping to change your feelings.



### 5. "CALM DOWN TECHNIQUE"

This is a simple grounding technique called 5,4,3,2,1.

Notice five things that you can see in your environment and say them out loud.

Four things you can physically touch (and touch them) in your surrounding area.

Three things that you can hear – Listen to them.

Two things you can smell – smell them.

One thing you can taste – actually taste it.

This is a great simple technique for calming your system.



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## 6. "EARTH BREATH"

Breathing is really important to calm nerves and still our system.

When you are stressed you may be breathing quite rapidly and to calm the system we need to change our breathing.

Give Hawaiian Earth Breath a go...

Breathe in through your nose for a count of four (imagine you are trying to fill a balloon deep in your belly).

Then breathe out through your mouth for the count 12 – only do this a couple of times and if you can't get to 12 do what you can and work up to 12.

## 7. "HAND TRACING EXERCISE"

Hold your hand up in front of you, spread your fingers out.

Take the index finger of the other hand and start at the base of your thumb, tracing your hand up to the top of the finger as you breathe in.

Tracing down the other side of the thumb, breathe out. At a controlled speed.

Repeat on each finger, breathe in as you go up, breathe out as you come down.

Until you have reached the base of your little finger. Notice how much calmer you feel.



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### 8. "END OF DAY"

When your head is swimming with tasks from the day or the day to come, take a pen and paper to bed and write down all those things in your mind,

Once you have written them down your mind will be able to relax and allow you to sleep.

### 9. "LET GO LESSON"

Take positive learnings from the day you have had,

Shut your eyes and ask yourself this question "What can I learn from today that will allow me to let go of any negative emotions".

### 10. "SIMPLE HACKS "

- Read a book - just 6 minutes reading a real book has been proven to help you de-stress
- Meditation/Mindfulness -The ability to still your mind includes just focusing on your breathing
- Helpful Technology - Use Apps such as Headspace to aid relaxation
- Physical Environment - Declutter your environment and get rid of technology in your sleeping space.
- Digital Detox - put the technology down, lock it away and leave it alone



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## NEXT STEPS...

We hope you have enjoyed our stress busting tips. If you're interested in learning more about NLP please check out our website and our online courses which you can start learning from immediately as long as you have WiFi access ...

Online Courses: [www.unleash-your-potential.thinkific.com/](http://www.unleash-your-potential.thinkific.com/)

## NLP DEMYSTIFIED

An introduction to NLP that will allow you to dip your toe into the water and explore if NLP is for you. You'll learn top tips you can use personally and be able to take action straight away! It includes 5 hours of training plus a downloadable course workbook

## DIPLOMA IN NLP COACHING

An introduction to NLP that will start your journey to helping others with coaching that transforms results, careers, businesses and life! This course is a live recording of our 2 day course which is packed with ways you can start using NLP.

## NLP PRACTITIONER

Our NLP Practitioner course is certified by the largest NLP governing body worldwide, the ABNLP (American Board of Neuro Linguistic Programming). If you want to learn NLP with an experienced & Multi Award winning Certified NLP Trainer in the UK who delivers courses in Cardiff, you are in the right place!

## CONTACT US...

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