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Tips for Stress Management

1. **Be aware** of the stress in your life and name it. This moves the problem to the pre-frontal cortex so the brain moves into the problem solving mode rather than the fight or flight (reaction mode).
2. **Re-frame** the stress and look at the stress in a different or even positive way. What can I learn from this? What can I do differently? Ask small questions to activate the creativity in your brain.
3. **Take action** and do something different. Take small steps. Make a plan and follow through. Then evaluate the results of your action.