



THE STRESS RECOVERY EFFECT

Powerful Tools to Reduce Anxiety, Stress Less, and Perform Your Best

Not all stress is bad. Research reveals an Optimal Stress Zone where you will not simply survive, but thrive! Grounded in science, *The Stress Recovery Effect* equips you with proven strategies to bounce back from stress's negative effects. While many people endure stress, few take time to teach themselves how to recover. Stressful events may be outside your control, but recovery is in your hands. With the tools in this book, you will be empowered to find a new calm in the middle of your storms. You'll find more focus in the middle of confusion. You'll find more strength amid your battles. And you might even discover more meaning and purpose.

Understanding Stress

TOP THREE TIPS

Perspective — Your body and brain are designed to respond to stress, but the way you respond depends on many factors unique to you. Learning to respond to stressors appropriately using an equal and opposite response is the key to improved recovery from their consequences.

Stress continuum — Stressors can be broken down along three continuums: Eustress (positive)/Distress (negative), Physical (body based)/Mental (mind based), and Chronic (long-term)/Acute (short-term). When the stress response system remains in the “on” position for an extended period of time — as it often does in the modern world — your health can be significantly impacted. With the right tools, you can minimize negative stress while embracing positive stress.

Optimal Zone — To stay in the Optimal Zone, introduce eustress where needed and reduce distress when possible. Consciously avoid the three negative beliefs that stall your recovery from intense distressors: personalization, pervasiveness, and permanence. To find serenity and balance, accept the things you cannot change, have courage to change the things you can, and seek wisdom to know the difference.

The Stress Toolbox

TOP THREE TIPS

Go Slower to Go Faster — When you slow things down on the inside, you have more energy and focus to get more done. The stress-management toolbox contains strategies to intervene and manage stressors for your own good and the benefit of all. With practice you'll begin to reach *automatically* for the right tools any time a situation seems to be going to pieces. You'll train your brain to respond to immediate stressors in a way that gets you out of the excessive distress zone as quickly as possible.

Response Strategies — For immediate repairs, Response Strategies are intervention tools you can use immediately or in an emergency when you're facing high acute stress. They help you regain and/or maintain control when your stress response has been triggered and reduce the negative symptoms of stressors. These tools include Breathe It Out, Stretch It, Let It Go, Act It Out, Pause It, Rock It, and Laugh It Up.

Lifestyle Strategies — For building better things long term, Lifestyle Strategies are prevention tools that will keep you from the extremes of distress in the first place. They will keep you in the Optimal Zone, reduce the chronic nature of distressors, and leverage eustress to your advantage. These tools help you Think About It, Sense It, Reduce It, Forgive It, Move It, Eat It Up, and Give It a Rest.

Managing What You Can Control

TOP THREE TIPS

The Stress Recovery Effect — Scientifically based techniques can train your body and brain to recover automatically from distress. By intentionally and repeatedly injecting eustress into your life, the Stress Recovery Effect brings maximum benefits. Eustress can and should be injected into our lives physically, mentally, and emotionally. Life is dependent on us pushing our bodies, stretching our minds, and facing our fears. Our experiences with stressors can train us to be better.

Taking Pit Stops — By repeatedly training your brain and body with eustress, the stress response can be conditioned to trigger recovery from stressors of all kinds. By monitoring your heart rate and applying the “exercise, recover, repeat” formula, you train your body to recover from stressors more effectively and quickly. In this way you can break the fear behind your anxieties. By taking steps toward the stressors that frighten you, backing off in a controlled way, and then taking steps even closer, you can condition yourself to calmly face situations that once terrified you.

New Horizons — To survive, you need to manage what you can control. To thrive, you must move beyond to the factors you can't control. What you do with your life is ultimately a spiritual journey, giving a sense of purpose and a vision for the future. To further understand your spiritual self, take time to answer important questions about your personal passions, dreams, goals, and objectives. Then develop a personal mission statement to tie it all together. Create goals that fulfill your mission. Then live your life to the fullest!

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