

# Adieu Stress

Stress can become a regular state if we are not mindful with ourselves.

Every piece of change can result in stress but to keep our balance we can do more than just breathing and stretching.

*Awareness and resilience are key.*

Let's put some awareness on your daily habits to increase your resilience so you can reduce stress thus create more balance and have an energetic life.

The following infographic shows how to do that.



Anke Menzler

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1.

What topics and situations stress you?

## Awareness brings clarity

Raise your awareness on the situations, topics, people, even trigger words or sounds. Anything that stresses you.

## Knowing your share

Recognize how you react to any situation and ask yourself what and why you reacted that way.

2.

What is your usual reaction to it?

## Changing perspectives

Create new perspectives by changing the way you think about the situation, or what you believe of it. Then try another reaction to it.

3.

What else could you think, believe, do?



Use these journal prompts to reflect and take notes.

**1.** What topics and situations stress you?

**2.** What is your usual reaction to it?

**3.** What else could you think, believe, do?



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