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Tip Sheet #3 **Selling Your Best in Turbulent Times: Managing Stress**

The Everyday Jackpot: Managing Work-Life Stress in Uncertainty



Everyone wants to win, but the first victory must be with ourselves. While we are clearly living in a time for examining the rules of what it takes to win, unless we confront the often-ignored goal of managing stress, we can't make informed decisions about what to do tomorrow.

Use the slot machine as a metaphor for aligning the three "7s" of life that must be attended to everyday if we expect to live happy, healthy, and vital lives *regardless of circumstance*. We win when the three 7s are attended to every day. Use the "Everyday Jackpot" to help you align the three critical aspects of life when the future is not only unclear, but at times threatening.

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Stress Management: The first 7 is managing stress. Three forms of stress are: 1) mental, 2) chemical 3) structural. Mental stress is worry, negative thoughts, blaming others, fear, or any other emotions that cause emotional distress. But how you *think*, affects chemistry, which affects muscles. The three work in concert with each other to support or collapse. Here are tips for managing stress.

1. **Mental Stress:** Use the "Flip It: technique. For every negative thought, dig deep to find what good could come out of it. For example, some people look at the economy as a way to "clean house," eliminate waste, examine ways to get better at what they do. *It's a wake up call.*
2. **Chemical Stress:** Under stress many reach for "comfort food." But carbs and sugar pack on pounds, increase mental stress such as depression, and *worst* of all--collapse the immune system. Stay strong by eating more fresh colorful foods like fruit and vegetables. And cool it with the caffeine which beats up your adrenals. Food can hurt you or heal you. Your choice.
3. **Structural Stress:** Keep your muscles strong by exercising every day. Under stress, *exercise is not an option*. Twenty minutes of deep breathing and stretching is essential to keep the body oxygenated. Under stress, constricted muscles are starved for oxygen. Breathe!

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Balance: Is your life balanced? A balanced life invests time in family, work, social relationships, recreation, spiritual development, physical health, saving money for the future, and mental activities such as reading or creative hobby outlets. If your financial future is shaky, it's life out of balance. Put your effort into restoring balance by being open to opportunities without ignoring the other elements that will keep you strong in the midst of challenges.

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Meaning: In times of challenge, we all need to feel that something in our life is worthwhile and has meaning. Family, friends, and simple pleasures take on more importance. Get connected to what matters in your life *every day*. Take care of your relationships, be supportive, and focus on what gives you a sense of purpose. [Click here](#) for the full article on managing stress.

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for thriving in turbulent times.**