



**Robin Rose
Training & Consulting**

Presents:

Reducing Stress & Preventing Professional Burnout

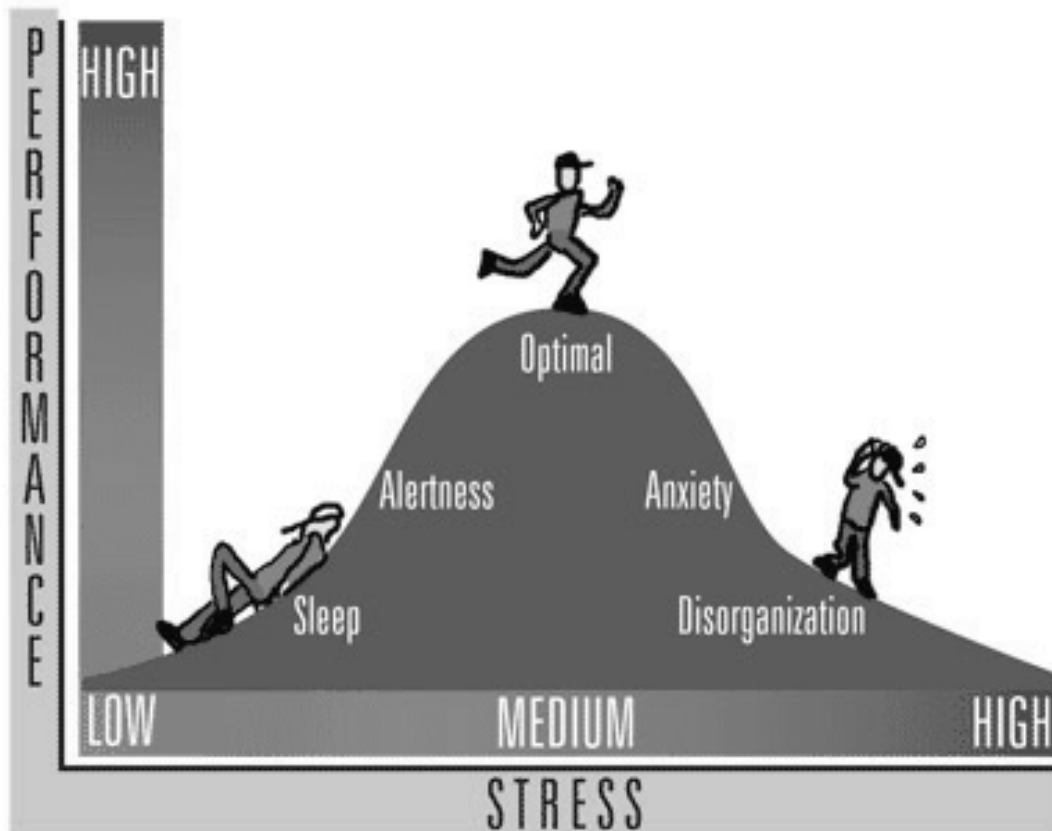
DID YOU KNOW THERE ARE TWO TYPES OF STRESS?

EUSTRESS: Stress that is healthy and gives one a feeling of fulfillment or other positive feelings.

DISTRESS: Any interference that disturbs a person's mental or physical well-being.

THE KEY IS HAVING THE RIGHT AMOUNT OF EACH.

Stress Performance Connection



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Relax Right Now Tools		
Gain control of your breathing		
Watch what you say to yourself		
Imagine feeling completely relaxed, gratified, content		
Get away from noise (or use your imagination to)		
Gratitude		
Laugh		
Cry when you need to cry		
Talk to a colleague (problem solve – don't complain)		
Burnout Prevention Tools		
Aerobic Exercise		
Get your sleep		
Eat an anti-inflammatory diet		
Eat breakfast (protein, complex carbs, good fats)		
Hydrate		
Give up excess caffeine and alcohol		
Get regular massages		
Leave the office during lunch hour		
De-stress your commute		
Take time-out: a short walk or a long vacation		
Listen to music that lifts your spirits or soothes you		
Spend time in nature every day		
Like yourself		
Surround yourself with positive people		
Remember to use the 10 Second Rule		
Spend time with people who share your religious & spiritual values		
Use your Q-TIP		
Manage your finances		
Do something daily that feels timeless (eustress activity)		

RELAX RIGHT NOW TOOLS

WORK	HOME

BURNOUT PREVENTION TOOLS

WORK	HOME

LONG TERM SUCCESS SKILLS

WORK	HOME

EUSTRESS ACTIVITIES

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1.					
2.					
3.					
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7.					

Robin's Ideas for Having a Great Day

1. Before you get out of bed in the morning:
 - a. Take three deep, slow belly breaths. Start your day with fresh oxygen.
 - b. Think of something you love or are grateful for.
 - c. Order up! Focus your mind on what your intention is for the day.
2. Remember your Q-TIP: Quit Taking It Personally. What other people say and do is about *their* wants and needs, it's not about you.
3. Connect with at least one person every day in a meaningful, uplifting manner.
4. Notice and celebrate your accomplishments. Congratulate yourself any time you remember to breathe and calm down instead of snapping at your child, coworker, or spouse.
5. Drink plenty of water. Hydration supports your energy level and flushes your toxins.
6. Get up and move. Take a five-minute walk. Stretch. Moving your body frequently during the day will help you maintain a better cognitive and emotional balance.
7. Listen to music that inspires you. Choose songs that move you to laughter, smiles, tears, or any emotion that is *real* for you.
8. Fill your days with gratitude. Make a list of what you are grateful for, and put that list where you can see it easily. Make it a regular habit to be grateful.
9. Stop engaging in conversations that trigger your survival brain. Steer clear of shaming, blaming, and complaining. Reroute or disengage from conversations that include criticizing, comparing, or recycling disappointments. Stop initiating or participating in put-downs or snide remarks, gossip, whining, or angry outbursts. Don't energize the drama.
10. Focus on what you *do* want rather than what you *don't* want. Remember, your brain does not process negatives. Replace what you don't want with a request for what you do want – in your own mind and in your conversations with others.
11. Laugh! Who makes you laugh, chuckle and grin? Include contact with them or thoughts of them often.
12. If your children are upset, use *your* breathing to calm their difficult moments. When you are breathing fully and easily, you can parent consistently and calmly.
13. Feel your feelings - but act from your values. Remember, you can have strong and uncomfortable feelings and still choose behaviors that are in alignment with your values.

Help Your Child Be a More Successful Student

There are some simple yet highly effective actions you can take to help your child have a more successful day at school.

Hydrate. Encourage your child to drink at least 8 oz of water every morning before leaving for school. Hydration significantly increases learning retention. Send them to school with a fresh bottle of water each and every day.

Feed their brains. After fasting all night long, the brain needs fuel to get going again. What they eat first in the morning impacts their learning ability for up to 10 hours. Students with low glucose have difficulty understanding new information, have problems with visual and spatial understanding, and they don't remember things as well. Find breakfast foods they will eat that contain lean proteins and complex carbohydrates. Try low-sugar yogurts, lean meats, eggs, whole grain toast with low-sugar jam, nuts, and old-fashioned, whole-grain oatmeal (not instant). Avoid sugared cereals and refined, white or processed foods, which actually diminish thinking brain functions and lower immune systems.

Set the tone. You have instant impact! How you say good morning and greet them impacts their brain function and stress levels for 6-8 hours, either positively or negatively. Create a genuine, upbeat, enthusiastic atmosphere in the morning. Be their role model – engage a great attitude towards your own day! Tell your child what you are looking forward to. Steer clear of expressing your stress, anger or anxiety with kids – it negatively impacts their breathing and brain function. Remember, children downshift to their survival brain under duress – it's how they create a sense of safety - and that downshifting inhibits their learning.

Say it's so. Teach your children how to empower themselves using their internal dialogue. Help them practice by saying it out loud – I'm a great learner, I can learn math, I know I'll figure out the answer, etc. You can play with muscle-testing to show them how their body is strengthened through affirmative 'I can learn' self-talk and weakened when they engage 'I'm stupid' or 'I'm no good' negative self-talk.

Breathe. If you're hurried, worried or tense, chances are huge that you're not breathing deeply enough. Children model your patterns – so if you hold your breath or have shallow breathing (upper chest only), your child follows suit. Shallow breathing turns off the thinking and learning functions in the brain. Shift yourself (and your kids) with a few good breaths. Practice belly breathing with your kids – send the oxygen deep into the lower lungs (the belly moves way out), then release with a long, slow exhalation. The slower you breathe, the calmer you'll become.

Enjoy helping your children prepare to learn.

Skills to Use

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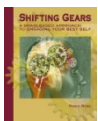
What I want to remember most:

- 1.
- 2.
- 3.

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- 1. Sign up for the free newsletter.** Robin's StayWell messages deliver helpful tips and reminders to your email Inbox. You'll find the sign-up box on the home page of Robin's website: www.robinrose.com.



- 2. Read the book.** *Shifting Gears: A Brain-Based Approach to Engaging Your Best Self* is the first book in Robin's StayWell series. You'll find it on her website, in the Products section.

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