

STRESS & RESILIENCE

TOOLKIT



WHAT IS STRESS

What is “Stress”?

Stress is anytime we spend energy are knocked out of “homeostasis” or balance.

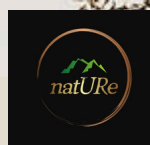
It is both a physical and psychological event, they happen simultaneously because our mind and body are intimately connected. From a certain point of view, they are one in the same.

Stress is not a bad thing, in fact stress is necessary for our growth. We need to get outside of our comfort zone to create the adaptations for us to improve.

The negative effects of stress occur when it is chronic (constant) with poor recovery/adaptation. This is when you start experiencing a lot of the modern ailments we have: inflammation, mental health dis-ease (anxiety, depression, etc.), obesity, lack of energy/vigor, etc.

However, on the flip side stress (when healthy and appropriate) has the potential to be one of our greatest allys in the journey of growth. Flipping your perception of stress as beneficial instead of detrimental is key.

This toolkit will hold frameworks, principles, & practices to help you manage stress as it arises during the day and harness stress as an ally for growth.



FRAMEWORK

THE BUCKET ANALOGY

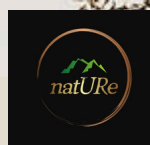
The Stress Bucket

Picture a bucket being filled with water. In this analogy, water will represent stress that we incur from our daily life (work, family, finances, bills, physiological functions, working out, etc.)

The bucket itself represents our “*stress capacity*”. This is our ability to handle stress. That is, how much stress we are able to tolerate.

The strength/durability of the bucket is our “*stress resilience*”. This is our ability to bounce back from (and adapt to) stress, in order to become stronger.

Now having a large & durable bucket is great but sometimes life continually dumps water in quickly. This is where having stress management skills/tools helps. Think of these as a ladel to scoop out the water so the bucket doesn't overflow.



FRAMEWORK

THE BUCKET ANALOGY

The Stress Bucket

The stress bucket analogy is a very helpful one to start to help define the different components of stress response (management, resilience, and capacity). Here's some tools/practices to improve each.

Improve Your Stress Capacity

Sleep, mindset, mindfulness, temperature exposure, & breath training

Improve Your Stress Resilience

Mindset, working out, breath training, and exposing yourself to doing hard things

Improve Your Stress Management

Mindset, breath & breath work, slow flow movement, a walk in nature, & relaxing activities

Your time is valuable.

That is why understanding the subtle differences between each component is important. As you come to understand them you are then able to pull out certain tools at certain times to help with whatever component needs work.

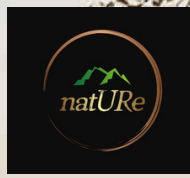
You become the engineer of your internal environment



STRESS TOOLKIT

TOOLS TO:

- ENHANCE YOUR CAPACITY*
- BUILD YOUR RESILIENCE*
- & MANAGE YOUR STRESS*



TOOL #1

SLEEP

Why?

Sleep is the time when your mind and body undergoes most of its repair processes. It is incredibly important for our hormonal & mitochondrial health.

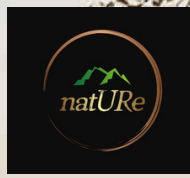
~Hormonal health + mitochondrial health = Vitality~

When we get adequate quality & quantity of sleep we are recharged with the energy we need to handle whatever life throws at us and own the day.

How?

Here are a few principles & practices to help you get restful night of sleep:

1. Align your circadian rhythm (bright days | dark nights)
2. Set up your sleep environment (dark, cool, peaceful)
3. 10-3-2-1 method



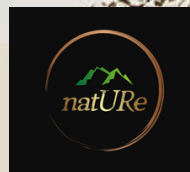
TOOL #2 *BREATH*

Why?

Our breath acts as our remote control for our nervous system. Our nervous system regulates our stress response from a physical & psychological standpoint.

By connecting with our breath we are better at controlling/regulating our response to stress.

Our breath has the potential to help us go from unconscious *reaction* ➡ to ➡ conscious *response*.



PRINCIPLE: *HOW TO BREATHE BETTER*

~ Breathe Better ~

Our breath acts as a remote control or tuning mechanism for our states of arousal/calm.

Breathing fast, through the mouth, and into our upper chest puts us in a more stressed out state (activates more sympathetic tone).

The reverse is also true, breathing **low and slow, in/out through the nose** *promotes relaxation in the body and mind* (activates more parasympathetic tone).

Rule of thumb:

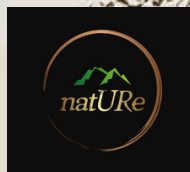
Inhales = energizing | exhales = relaxing

Specifics (how to breathe at rest):

Breathe slow: calmly in/out through the nose

Inhale low: As you breathe in, you want your lower ribcage to expand horizontally.

Exhale & let go: Relax into your exhale.



WHERE TO START: *NASAL BREATHING & MEWING*

Why?

- Will promote better stress management & breathing patterns

Best use:

- Anytime you become aware that you're mouth breathing or have an obstructed airway

How to:

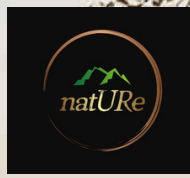
- Place your tongue up against the roof of your mouth.
- Close your mouth, lightly press teeth together
- Breathe smooth and low through the nose

Do this as often as you can (whenever you are aware of breath)



BREATH PRACTICES

MANAGE YOUR STRESS
&
BUILD YOUR RESILIENCE



PRACTICES

BREATHWORK & BREATH TRAINING

In this tool kit there are 2 different types of practices you can experiment with: breathwork & breath training.

Breath Work

Breathwork is great for “managing stress”, that is reducing your stress in real time. Click the “*Breath Work*” link for follow along breath work practices.

Breath Training.

Breath training is great for “building your resilience”, that is increasing the amount of stress you can handle before you become overwhelmed. Click “*Breath Training*” link for follow along breath work practices.

Implementation

A great place to start is by integrating at least 10min of a breath practice into your day (do this in place of your breath training for now).