



## **Stress Management 101**

**“We must endure a bowl full of adversity  
to appreciate a cup full of joy!”**

-Buddhist Proverb

**Hey,**

**Thanks for taking time to read this. We encounter stress in so many ways throughout our lives. We are often unable to change what kind of challenges and triggers come our way, but we can adapt and learn new ways to be less reactive and to keep our peace when there is chaos around us. I've shared some of my tips and techniques for navigating stress on and off the mat. Feel free to rediscover your own! Peace,**

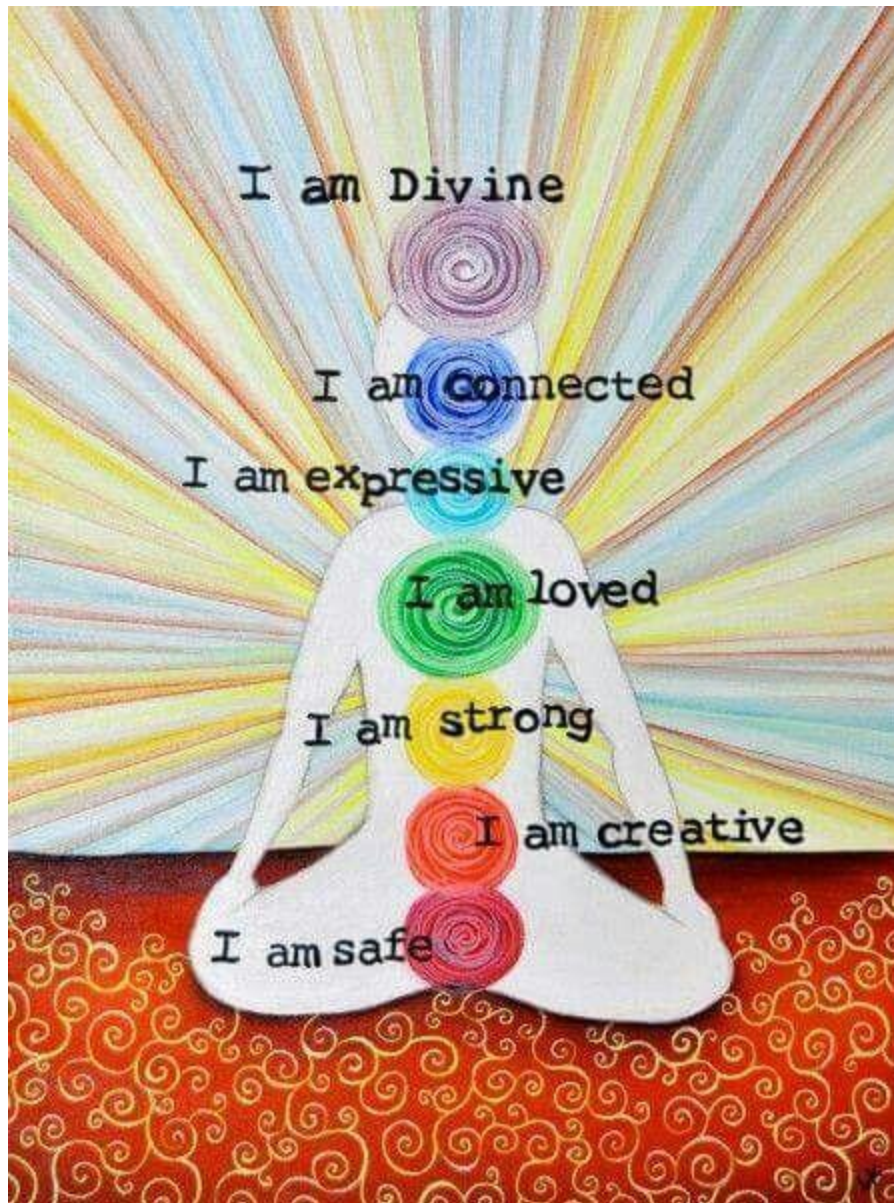
**Valerie**

**\*Affirmation - An affirmation is a word, group of words or phrases that have meaning to the writer or creator. It is usually repeated over and over out loud or to yourself. It can help us create a sense of calm when we experience stressful situations, and help us stay focused on our specific goals. Try speaking your mantra out loud at least once a day\***

## **SAMPLE AFFIRMATION**

- Just for today, I shall trust the infinite energy of the universe;
- Just for today, I shall do my work honestly and without complaint;
- Just for today, I shall be thankful for all of my many blessings;
- Just for today, I shall respect the life force of all living beings;
- Just for today, I shall be at peace.

## Another Sample Affirmation



**MY AFFIRMATION - WRITE YOUR**  
**OWN HERE**

## **The Power of A “Brain Dump”**

I would love to say that I have a meditation practice and that my mind is always clear when I sit down to breathe. In reality, that is not the case. What I have found helpful is taking a brain dump, then I can focus a little better on a longer meditation or just being able to get tasks done.



# How To Take a Brain Dump

- FIND A QUIET SPACE TO SIT AND BREATHE: ***THIS CAN BE A ROOM IN YOUR HOUSE, OUTSIDE OR EVEN IN YOUR CAR***
- SIT IN A RELAXED POSITION
- SET THE TIMER ON YOUR PHONE FOR 5 MINUTES: ***SET IT FOR LONGER TIMES IF YOU LIKE***
- SIT WITHOUT ANY PARTICULAR GOAL, MANTRA OR ANYTHING ELSE.
- KNOW THAT WHATEVER COMES UP IN YOUR MIND THAT YOU BEGIN TO THINK ABOUT IS OK! KEEP GOING

## **Make Time To Journal Each Day**

After I take my brain dump, I grab some paper and write down whatever is on my mind. It may be a to-do list or even some random thoughts.

Seriously, this will help free up so much mental space and may even help you find your keys or another lost item. Some of us also need a little structure, so I've included some sample journal prompts in this booklet as well.

**Daily Journal Prompts:** Choose a journal prompt each day to write about. Spend at least 10 minutes each day journaling. Feel free to write about your own topics as well.

# Journal Prompt

1. What's your favorite food? How is it prepared? How does it taste?

## Journal Prompt

2. What gives you joy? How does joy feel in your body?

# Journal Prompt

3. What does wellness mean to you?

# Journal Prompt

4. How will you make time for yourself today?

# Journal Prompt

5. What do you love about yourself?



# Journal Prompt

6. How can you forgive yourself?

# Journal Prompt

7. How can you forgive others?

## Journal Prompt

8. Write a letter to yourself that you will read 5 years in the future. Be as descriptive as possible. How do you see your life in five years? What goals have you accomplished?