



67 Quick Ways to Stop Stress in its Tracks

67 QUICK RESETS

Ana-Christina Hicks



67 QUICK RESETS CHECKLIST

Have you ever found yourself shying away from doing something new? What is it that keeps you from trying? Fear of not being good enough? Fear of other people's opinions? Fear of not being able to finish? Fear of failure? So often, fear holds us back, doesn't it? And what would your life be like if you had the boldness and the courage to move forward in spite of the fear? To move regardless of the potential judgement? How would that feel to be strong enough to move forward anyway?

And you're a complex creature, aren't you? You have various sides of yourself: spiritual, mental, emotional, physical. Sometimes you need to start on one of those areas as a precursor to putting it all together, don't you? Here are 17 ways, in each one of those areas, to begin again.

(OK math folks! – I know, I know, I gave you a bonus reset. $17 \times 4 = 68$.) 😊

Enjoy. Ana-Christina.



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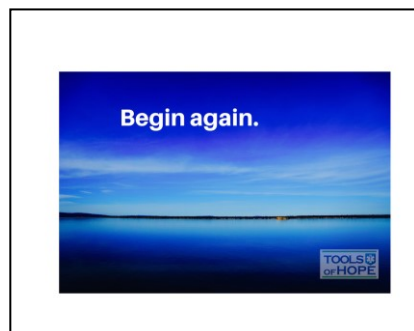
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17 quick resets: Spiritually:

Spirituality is so many things to so many people. Let's say that it includes connecting to Someone / something bigger than you. Source. It's making time giving yourself the gift to slow down, connect, and be willing to make a space to connect to yourself, to your purpose, to others. When you do this, it means you will have a well of energy to draw from, doesn't it?

- 1) Start by saying "thank you." Lots of them. In spite of the hardship. In spite of the troubles.
- 2) I choose to apologize first when I am in the wrong.
- 3) Read a spiritual book you've been meaning to read.
- 4) Take a moment to lift your arms and receive grace, love, and healing.
- 5) I choose to forgive _____. (even if you are not willing to forgive them just yet, how about saying "I'm willing to be willing to forgive _____?" The intent will shift your heart.
- 6) Pull out your favorite uplifting quotes / scripture / motivational quotes.
- 7) Carry a favorite scripture / uplifting promise with you and read it 3 times a day.
- 8) Check out a church and decide to go – at least 3 times – before you decide whether to hang around and really try it out.
- 9) Do something different at the church you are already attending.
- 10) Decide on a prayer time each day – and go there for a minimum of 7 days in a row.
- 11) Did you know that active appreciation literally disrupts your fear response in your brain? Appreciation will bring you peace for several reasons: it circumvents your fear response, allows you to focus on the positive vs. the negative (which helps you brainstorm options) and allows you to see the beauty around you.
- 12) Take focused time to figure out who you are, spiritually. Do you believe that you are meant and built for a purpose? Do you know who you are? Do you know what you were built for? What are your gifts and passions? What makes you uniquely you?
- 13) Organize a physical space for your prayer and meditation.
- 14) Gather a journal where you will write down your thoughts, thankfulness, appreciation, then requests each morning as you prepare yourself for your day.
- 15) Take a walk at a special place where you connect to God.
- 16) Listen to your favorite praise and worship music. Only – really take the time to not only hear, but listen.
- 17) Look out. Look up. Look forward.



17 quick resets: *Mentally:*

“Mindset” is defined as: “a mental frame or lens that selectively organizes and encodes information, thereby orienting an individual toward a unique way of understanding an experience and guiding one toward corresponding actions and responses.” It’s HOW you’re THINKING. And what you’re thinking ABOUT.

- 1) Choose to become aware of patterns that are impacting your life negatively. “What I don’t want is _____” and then, critically important is to think about what you want positively. “What I do want instead is _____”
- 2) Choose to use words wisely in a positive direction – what you want. Our mind is built to listen to positive frames and doesn’t process the negative as well.
Ex: I don’t want to forget (negative) vs. I want to remember (positive).
Ex: I don’t want to fight in my marriage (negative) vs. I want to learn how to communicate more effectively in my relationship (positive).
- 3) Become aware of your interior self-talk. How often are you judging, complaining, pissing and moaning about life? (out loud or in your head.)
- 4) Ask powerful, radically resilient questions. How will I show up today? In this conversation? In this moment?
- 5) Set your AIM. What is the over-arching, never-ending goal for your life? What does that look like? Feel like? Sound like? Who are you and what is your purpose? What is most important to you?
- 6) Become aware of and call out the limiting beliefs that you somehow hold as true for yourself. Down deep, you know they are not true, and yet you are not sure how to really get rid of them.
- 7) Drink more water. Foggy brain? Your brain is 75% water – dehydrated brain is not your friend.
- 8) Focus on what’s right – in you circumstances, in yourself, and in the other person.
- 9) Choose how you perceive change. Can a caterpillar hold onto any of its legs and still become a butterfly?
- 10) Choose how you perceive conflict. Is it good? Is it bad? Is it a chance to learn something new?
- 11) Choose how you perceive confusion. Confusion means that you are learning something new. If you were familiar with it – you wouldn’t be confused.
- 12) Listen more.
- 13) Live out of curiosity vs. judging.
- 14) I “get” to vs. I “have” to.
- 15) My body and my emotions listen to my thoughts. I get to choose how I feel by choosing my thought -focus.
- 16) As you become more and more aware, you will notice that all of these things will come easier to you.
- 17) Get to know yourself better. (not just what you have thought others expected from you) What do you really like / enjoy? What are your gifts / passions?

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17 quick resets: *Emotionally:*

Emotions are complex, aren't they? They are tied to the meaning that you make about something. They are tied to your history. Tied to your perspective. When you choose to mitigate how you make meaning out of an event, you can reduce or eliminate the "charge" on the event. This means that you can then move forward, upward and onward without that burden, weight, or baggage.

- 1) BE AWARE. DECIDE HOW YOU WANT TO SHOW UP.
- 2) What baggage are you carrying that is impacting your life? Clear your baggage. (yucky stuff)
- 3) What crap are you carrying that is showing up in different areas of your life in negative or unhealthy patterns? Clear your crap. (the worse-than-yucky stuff)
- 4) Clear the resentment, unforgiveness, anger, fear, guilt, sadness, "I'm never enough," brain-trash and mind-garbage. (see a theme here?)
- 5) How? Become aware of your triggers, things that "light up your baggage." Hint: you know, those comments or looks that send you over the edge and make your head spin off?
- 6) Seek out resources and tools to help you regulate your emotional thermostat. Identify the ones that work best for you. USE THEM.
- 7) Take a time-out as needed.
- 8) Breathe. Our emotions are heavily impacted by our breathing – just the slow and simple peaceful act of breathing in and out as deeply and slowly as we can will physiologically alter our chemistry.
- 9) Stance! Hold your head high, look up, shoulders back, chest open, legs planted solidly. Hold for 2 minutes. Enjoy a different perspective.
- 10) What will you do today to take a step toward living thankful? Appreciation, like breathing, creates a space in the body physically to be able to come off of red-alert.
- 11) Notice how you talk to yourself. How would you talk to yourself differently if you gave yourself mercy and grace? (Mercy is when you don't get what you deserved. Grace is when you get something you didn't "earn.")
- 12) See your loved ones with a new heart, new eyes. What if you found them new and interesting again? What would happen if you met your loved ones – every day – as if you hadn't seen them for a long time? Challenge yourself to a laser-focused celebration of their precious presence in your life.
- 13) Be accepting. For 7 days, choose to be totally accepting of yourself for at least the first 3 minutes of each day. For 7 days, choose to be totally accepting of your loved ones for at least the first 3 minutes of the evening when you all come back together.
- 14) Be flexible and adaptable by choosing to take a deep breath before any potentially negative / sarcastic comment. Actually, try 2 breaths. See how it comes out differently when you imagine putting life (instead of death) into the comment.
- 15) Acknowledge what you're feeling. Be willing to properly identify it. "What just happened? Wow. What am I feeling? What am I REALLY feeling? What did that just bring up?"
- 16) Be willing to step past the anger and defensiveness to get to the truth.
- 17) Be willing to love yourself, even when you may not know how to... yet.

17 quick resets: *Physically:*

Physically can mean you, yourself, and you – or – it can mean your environment, your surroundings, how you treat your physical body. It can mean exercise, diet, anything you put on or in your body. Here are just a few ideas.

- 1) More sleep. More sleep. More sleep. Impacts everything – your ability to think, your ability to regulate your emotions, and this will also impact your physical and spiritual energy.
- 2) Clear all non-essential glasses and bowls from your cabinets.
- 3) Get rid of 3 pairs of shoes that didn't fit you right to begin with. Give away those pants that are too-short, too-tight, too-big. Or the ones you bought because they were on sale and you just hate to get rid of them.
- 4) E.X.E.R.C.I.S.E. Yup. You knew that one was coming. I was reading a study this week that talks about not only the health benefits, but also the brain benefits. It actually helps you think better, feel better, relate better. Yay you!
- 5) Clear the piles from your desk.
- 6) Clear out the junk drawer.
- 7) Learn to listen to your body – eat clean.
- 8) Drink lotsa water. Lots and lots. They say 6-8 glasses a day. It feeds your brain and helps your mood because, hello, 75% of your body is H2O. Just sayin'.
- 9) Create a morning ritual: perhaps journaling, reading something inspirational, praying, meditating, setting your intention for this day, protein drink, water, etc.
- 10) Create a ritual (things you do regularly) to “put on work” and “take off work”. Some people I know “hang” their work stress on the corner as they pull into their street and then pick it up again the next shift. Some folks work out after work and that helps cleanse them.
- 11) Create an evening ritual. How did you show up? What will you cut loose that doesn't serve you?
- 12) Take a time-out as needed.
- 13) Breathe. Our emotions are heavily impacted by our breathing – just the slow and simple peaceful act of breathing in and out as deeply and slowly as we can will physiologically alter our chemistry.
- 14) Stance! Hold your head high, look up, shoulders back, chest open, legs planted solidly. Hold for 2 minutes. Enjoy a different perspective.
- 15) Do something out of the ordinary.
- 16) Do something for someone else – ANONYMOUSLY.
- 17) Put on something pretty / cool / awesome – just for the heck of it. Pearls with your pj's. Silk with your denim. Gorgeous earrings with your sweats. Hahaha. Just to make you laugh.



17 ways to begin again. X4. **67+ QUICK RESETS CHECKLIST.**

How will your life be different when you are hitting on all 4 of your Spiritual, Mental, Emotional, and Physical cylinders?

Begin again.

Starting over indicates a freshness. Starting over looks clean and clear.

Starting over means learning from the past, and choosing to move forward with the lessons.

What does starting over look like to you? What does starting over feel like? How does it sound?

Which reset are you going to pick to work on for the next 3 days?

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