

# OFFLOAD

*Stress*

## **separate**

Separate out the stress from the stressors. You can't always control the stressors, but you can choose your stress response.

## **ugh! feelings!**

Name the feelings. Those aren't weaknesses. Brains generate feelings. Name them to deal with them.

## **release**

Your body stores those feelings that you'd rather not name. Let them out! Workout, hug your honey for 20 seconds, & BREATHE.

## **plans for problems**

Identify the problem. Generate options. Pick the options that align with your goals, values, & purpose. Then, act.

## **Switch the lens.**

Instead of looking at the situation as a disaster, sift through it to find any opportunities that are there.

## **meaning**

Remember your why. It helps to remind yourself of the meaning in your life. Reconnect with why.