

WORKBOOK

5 Minute Stress Relief

Life is short, let go of stress, and be happy! 🐝

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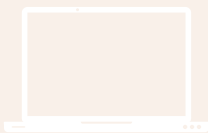
Step one-Write it all down

Take a moment to ask yourself what is currently causing you the most stress? Write about it. Don't hold back.



Step two-Take 1 moment

Give yourself the gift of time. Relax for just one moment and remember-the world can wait for you!



Step three-Reflect

Are there 3 action steps I can take? If not, answer these questions.



Step four-Gratitude

Even when things are not going the way we hoped, there are always things and people to be grateful fo.

01 Step one-Write it all down

Take a moment to ask yourself what is currently causing you the most stress? Write about it below and as you write take deep breaths and let the words flow. Make no judgements, just go with it. LET IT ALL GO.....WITHEASE.....BREATHE.....LET GO SOME MORE.



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

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*Let it all go....with ease....breathe....let go
some more.*



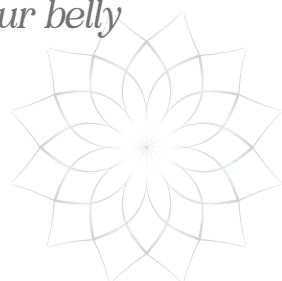
02 *Take one moment and breathe*

Sometimes when we get stressed the last thing we do is slow down. Often, we distract ourselves with our phones or work. This distraction is temporary and the stressor sits there waiting for another free moment to occupy your brain. We started with the writing prompt to give your brain ample time and attention to think about it the stressor at length. In fact, we want to exhaust the brains' need to obsess about the topic.

Next, instead of doing a million things to distract ourselves, let's pause and just focus on this moment we have, called NOW. Take a mini time out for yourself. Don't worry, the world will still be there when you return. Your mind and body will thank you for it.

Find a quiet place or just close your eyes wherever you are. For just one minute concentrate on your breath. Try this breathing technique designed to bring your parasympathetic (the rest and digest) nervous system back online.

- *Take a long slow INHALE for a count of 6 seconds-imagine filling your belly with air like a ballon*
- *HOLD for 4 seconds*
- *EXHALE slowly for a count of 8 seconds*
- *REPEAT for one minute or until a sense of calm washes over you.*



03 Reflection

Now that your brain has been given some space and time take a few more moments to reflect. Are there 3 actions you can take right now to lessen the stress around this topic? Can I make a phone call, delegate, ask for help, or take action to get something done? If so, list the **3 ACTION STEPS YOU CAN TAKE HERE:**

If I cannot take action can I accept the situation for the time being by answering these questions:

What can I learn from this situation?

How might I be loving in this situation?

If I cannot take action can I accept the situation for the time being by answering these questions:

How has this situation changed me in a positive way?

How have I grown or can I grow?

If I cannot take action can I accept the situation for the time being by answering these questions:

If I could influence this situation in a positive way, what would it look like?

Quote

“Peace is not just an absence of conflict, it is a positive phenomenon inside of us. When our mind is quiet, our intellect becomes sharper. Our emotions become positive and lighter. Our behavior becomes much more palatable. These are the effects of finding inner peace.” - Gurudev Sri Sri Ravi Shankar

Step four - Gratitude

Take a moment to think about things, pets, people, and acts of kindness you are grateful for. Even the simplest things count-like your breath or the blue sky. Focus on what is good and what makes the days better. Write them in the hearts and all around the page if you need more space.



Thank you for taking the time!

Putting the oxygen mask on yourself is a vital skill to greater peace and contentment. Giving yourself just 5 minutes to reflect and relax can make a world of difference. All wins, big and small, can really add up! When I started on this journey, I was so amazed and excited about the positive changes I could see in myself and my kids quickly. Change does not have to be hard or complicated! Life can be challenging enough, let's push the easy button!

Speaking of change, if you are seeking help because:

- you want to **stop yelling at your kids**
- you feel like your **stress is killing you** and you want to get off the stress hamster wheel
- you want to stop feeling **so tired and overwhelmed**
- you feel like you are **causing your kids to be more stressed and anxious**
- you don't know **how much longer** you can keep going like this

I have been there before and I got you!! You are in the right place! Stress takes a strong hold over our lives and how we feel and behave. **I can help you with this. I promise!!**

If you are ready to implement proven strategies backed by Harvard's Mind Body Medicine program and you want someone to hold your hand, encourage you, cheer you on, hold you accountable, and truly care then you will want to train with me. I can help you implement these strategies now!

My passion for helping others runs deep in my spirit. It brings me joy beyond anything hearing from former students how different their life feels and how the super simple yet, highly effective strategies they have learned help them feel like a 5 star parent!

Contentment, happiness, peace, and joy are what I strive for! My hope is to help people bring more of that into their lives as well!

★★★ Email me today at bellavivacapecod@gmail.com to get started! I could just be the wisest parenting and life decision you make! ★★★

ALL MY BEST,
Nicole Briggs

