

Tools | Stress Preparedness

Instructions: Review the information below on your own, then read or describe to your team in your meeting. Provide the tracker to your team on day one, checking in on progress during meetings for the next 6 weeks.

What are these tools for?

Stress Preparedness uses science to help you better manage stress. With practice, you are better able to handle challenges when they arise.

When you learn a new skill through regular and repeated practice, you create new pathways in the brain through the process of neuroplasticity. This is the ability of your brain to create new connections and strengthen (or weaken) existing ones.

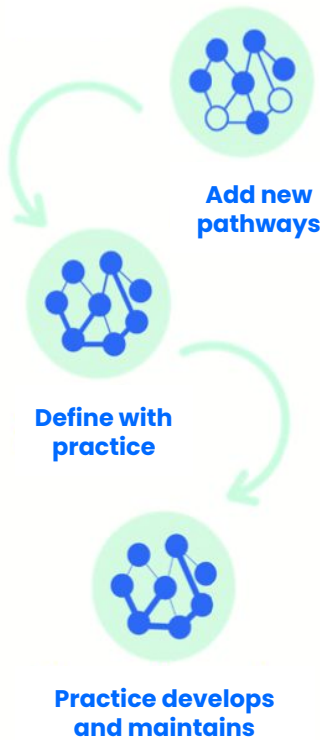
Think of it as a push-up for your brain...you can build up your mental fitness through regular repetitions.

Here is how it works:

Practice strengthens the pathway.

The more you use the path, the easier it is to see and walk along.

Create & Strengthen Your Neural Pathways



New habits create new pathways in the brain.

And like a new path still covered in grass, it may be faint.

Did you know: new habits take 6–8 weeks to form via brain pathways.

Continued use keeps the pathway strong.

Practice makes it easier to handle bigger stresses, like how lifting weights makes it easier to handle heavier things at other times.

Pro Tip: practice Stress Preparedness before stressful events... You wouldn't want to hike a mountain without a little training first!

How to Practice Stress Preparedness

Practice for **2–3 minutes** at least **once a day** for **6 weeks** by adding it to something else you usually do daily. Choose one method from the list below, or mix them up.

With eyes open or closed, rub two fingertips together, feeling all of the sensations (for 2–4 breath cycles)

With intent focus, take in the visual aspects of one object or area in your field of vision (for 2–4 breath cycles)

With eyes open or closed, listen closely to the nearest sound (this may be your own breathing) for two breath cycles; then listen to the most distant sound you can hear for two breath cycles