

THE INTERNAL STRESS RESET

A SIMPLE EXERCISE TO REGAIN CONTROL

Ready to dive into your list of stressors? Choose one or more items you marked with a check. These are the things you cannot control. But what you can control is your response to them. Use the following prompts to reflect on how you can work through these challenges with a focus on reducing internal stress. Take your time and jot down your thoughts for each one.

Reframe Your Thinking: Instead of saying, "This isn't fair," try shifting your mindset with a thought like, "I can handle this differently." This simple change puts you back in control. Take a moment to reflect—what are some ways you can reframe your thinking to feel more empowered in this situation? Jot down a few ideas.

Practice the 'Pause and Choose' Method: When something triggers you, pause and ask yourself, "How do I want to respond?" This simple step helps stop internal stress before it spirals. Think about the things you can't control. How can you apply this method in those situations? Jot down a few strategies you can use to pause, reflect, and respond in a way that benefits you.

Let Go of Perfectionism: Perfectionism is a control trap. Instead of striving for perfect, focus on progress. This shift helps reduce self-imposed stress. When you find yourself overreacting to things you can't control, how will you respond with more kindness and understanding? Imagine you're guiding a child—how would you support and reassure them in that moment? Now, extend that same compassion to yourself.



Focus on What Truly Matters: Where do you want to put your energy? If you're focusing on something you can't control, how can you redirect that energy in a way that benefits you? What are some meaningful ways you can shift your focus toward what truly matters? Jot down a few ideas.

Redirection of Energy: Let's think bigger—what meaningful things would you like to focus on with the energy you've freed up? Consider your goals, relationships, and personal growth. Write down the areas of your life that truly matter and how you can invest your energy in them.

Why do You Want to Work on Improving Your Internal Stress : Knowing your why is key to making lasting changes in your life. Take a moment to reflect—why is reducing internal stress important to you? Write down your reason and refer back to it whenever you feel discouraged or find yourself getting worked up over things beyond your control. Your why will help you stay focused and committed.

