

Five Steps to Master Your Stress Response and Think Clearly

**The EASY way to dissolve stress when it rises — and respond
to challenging situations with clear-minded action**

Stephen Woolston, 2020—if it helps you, tell others!

The Happy Success Journey



Hi! My name's Stephen.

I coach professional people like you to master mind and emotion so you can:

- Melt your toxic stress, fear, self-doubt away
- Clear your mind and think more clearly
- Raise your professional game
- Succeed more gloriously in your life and work

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Before We Get Going

Believe it or not, we all need some stress.

The right amount of stress gets us energised, motivated, and creative.

It is stimulating to us and makes us feel alive.

The problem is when we have too much stress, which causes our performance and wellness to break down.

The goal, therefore, isn't zero stress. It's zero toxic stress.

It's also to have the ability to dial our stress down when it swells up in response to challenging situations.

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Treat this as a Learning Experiment

This is an invitation to experiment with a new idea.

Don't expect to master what is presented here straight away. You may need to practice and persevere. You may need to adjust for you.

However, please only work with this if you have a positive experience of it.

Here goes...

Three Useful Words

GROUNDEDNESS. This is a state upheld by such core beliefs that we act from clarity, not fear, ego and insecurity.

REACTIVATION. Getting 'activated' in reaction to something—react/activation.

EQUANIMITY. A peaceful balance of mind and emotion enabling composure and clear thinking even when we are under stress.

Groundedness is what happens when we achieve equanimity over reactivity. This process is about creating equanimity over reactivity, so we can bring groundedness to our life and work.

Let's Break Reactivation Down

CAUSE → REACTION → EFFECT

The cause is external event or internal thought that triggers the reaction.

The reaction is the internal, instantaneous, unconscious response.

The effect is the responsive behaviour, often an impulsive behaviour.

This process dissolves the instantaneous stress response and inserts CHOICE between REACTION and EFFECT so you can create a NEW effect.

CAUSE → REACTION → CHOICE → NEW EFFECT

STEP 1: Notice You are Getting Reactivated

Isn't that obvious? YES!

But the reason we often fail to notice we are getting reactivated is we put no 'conscious intention' behind noticing it.

I want you to put some conscious intention into this!

This step implies being good at observing your own feelings. Too many of us close ourselves off to our feelings and need to open to them again.

One way to do that is to practice closing your eyes for a few minutes each day and put your attention on the feelings in your body.

STEP 2: Pause and Gain Space

This is like taking the pan off the heat—it won't go cold instantly but it'll create enough head and heart space to make the choice.

We each find our own ways to pause and let a feeling go down. Practice and find what works for you.

Some ways people pause include:

Close your eyes and count slowly to ten. Mindful breathing—slow and deep. Play your grounding music in your head. “Fire gaze” for a moment. Stand up and take a walk.

STEP 3: Make a Conscious Choice

Decide how you want to **be** in the next moment, and what you want to **do**.

As yourself these exact words:

*How do I want to **be** in the next moment?*

*What's the most useful thing to **do**?*

Sometimes, the most useful thing to do is nothing right now.

STEP 4: Act on that Choice

Isn't this obvious too? YES!

But how many times do we make a choice but NOT act on it? (LOTS!)

To do what you choose to do, rather than to do what's default, requires conscious intention.

I want you to put conscious intention into this!

STEP 5: Reward Yourself

Rewarding yourself will help you keep going and turn this into a habit.

What you reward gets stronger.

It may be as simple as being allowing yourself to enjoy the glow of being pleased with yourself.

Watch the Video Version

There is also a video version of this guide on YouTube. It takes ten minutes.

The link is <https://youtu.be/zo9vbJd4rMU>.

Would You Like any Additional Help?

Hopefully, you have found this easy to understand and experiment with.

If you're struggling with any of it, however, and would like some additional help, please reach out to me at stephen@theswcoaching.com.

I can't always guarantee a quick response, but I'll try!

“Steve helped me unravel everything that was holding me back. I got totally back on track.”

Andre W, IT Project Director

“I always left the sessions feeling extremely positive and ready to tackle my challenges.”

Karl C, Director in IT

“Stephen has helped me get my life back on track after having my first child and returning to work.”

Shash, University Lecturer

“Thank you for the level-headedness I have developed.”

Julie, Pro Photographer & Artist

“The coaching I was fortunate enough to be gifted by you was life changing. It was a revelation and the start of a new unravelling.”

Emma W

“This was a revelation!”

Sarah G

To see the full testimonials and more: www.HappySuccess.uk

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THANK YOU!



As a further gift, here is a picture from Hawaii.

It reminds me of peace, what's possible for us, and that we live in something truly amazing.

I wish you health and happiness.

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