

living relaxed

RE-PSYCHING "YOUR" MENTAL THINKING.

Presented by: Tracy Cipryk

In a world of chaos finding a sense of calm can be challenging. Learn ways to manage your day-to-day stress, tips on being good to yourself and strategies to organize your time and life more effectively

Identifying Stress

What is Stress? _____

The Three Dimensions of Life

As represented in the "Warrior Pose"

PAST: Learn from past events in order to be able to leave them in the past and move forward

PRESENT: live in the present moment of what is now and real

FUTURE: plan for the future to ensure happiness and well-being

The Circles of Life / Wheel of Life

Commit to yourself and others will commit to you.



What ideally is most important to least important?

What realistically is happening today?

What things can you do today to bring balance into the circles?

Managing External Stress

- Selective Input
- Control the things that are Controllable, knowing when to let go!
 - Time: _____
 - Choices _____

Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference

- Organization
- Deep Breathing and Body Scanning Exercises
- Build your Physical Resistance to Stress
- Proper Sleep or Effective Sleep
- Keep it Natural
- Strengthen Your Emotional Reserves
- Develop your Friendship with Yourself

Relieving Internal Stress

Answer these questions to yourself or out loud to start your day in the right frame of mind. Quiet the inner critic!

Power Questions to begin the day

- ✓ What am I happy about in my life now? _____
- ✓ What am I excited about in my life now? _____
- ✓ What am I proud about in my life now? _____
- ✓ What am I committed to in my life now? _____
- ✓ What am I enjoying most about in my life? _____

Managing Stress More Effectively

Step One

Identify your Stressors and their effects:

Step Two

Determine what you can change: the source or the reaction

Step Three

Techniques to reduce the intensity of the psychological effects the stressor has.

Step Four

Techniques to reduce the physiological effects the stressor has.

In Closing

Letting go of the burden

Thanks for coming!

For more information on workshops, CEC credits or Can Fit Pro certification courses go to www.tracycipryk.com or e-mail tcipryk@accesswave.ca