

Week 2: Tips and Reminders

Working with clients can bring great joy and still be stressful. Stress can feel like:

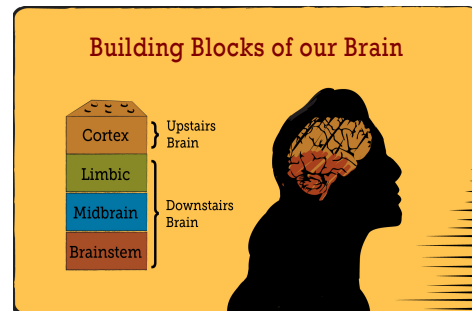
- Tight muscles (hands, jaw, pelvis, shoulders, neck)
- Fast or shallow breathing
- Pounding heart
- Temperature: hot face, flushing, sweaty hands
- Stomach ache or head ache
- These feelings, once you recognize them
- are signals reminding you to stop and take a few calming breaths.

Our best decisions are made when we use the thinking "upstairs" brain.

- instead of the reactionary, stressed out "downstairs" brain. This course explores several ways for you to de-stress and regain balance-to shift back into our upstairs thinking brain.

"Its Never too Late to Retrain Our Brain"

- Both Linda and Doug talk about, our brains are plastic and can change. Recent neuro-research discoveries show that our brain structures can change as a result of experience (epigenetics) and grow or "rewire" by practice. This means we can train ourselves how to respond and deal with stress in our work.



4. Self Talk is one way to deal with stress

- Self talk is your inner voice; it's the way you "talk" to yourself; it can be positive or negative and both have a great impact on you feelings, actions and self-confidence.
- (Tips for each are included as part of this week's handouts.)
- Be aware of your negative self talk and change it!
- Be your own best coach: create short positive messages using your first name, repeat them when negative self talk, creeps in.