

*Less* Stress

*More* Peace



Your Ultimate Guidebook to Creating More Peace in Your Life!

# Introduction

Stress is a term we're all familiar with. How it shows up in our daily lives and in our bodies is unique for all of us, but studies continually show the long term effects of stress on our health and overall satisfaction in life!

In this mini guidebook, I will share 5 keys and strategies to reducing stress in your life while gaining more control, peace and happiness.



*"Judge nothing, you will be happy. Forgive everything, you will be happier, love everything, you will be happiest." ~Sir Chinmoy*

## Less Judgement

It has been said that *judgement is the recipe for suffering*. Judging others and ourselves creates stress and prevents us from fully embracing all life has to offer.

There are many reasons why we judge. Sometimes we judge to lift ourselves up, or to beat ourselves down. We often judge to find our place in this world. Our brains are hardwired for protection, so it is not surprising that we often default to judgment. Thankfully, science has proven, that with awareness and practice, we can choose to lead from a more empowering place.

When you **judge less** you will **stress less**. You will deepen relationships, expand your experiences and open up all life has to offer!



## More Acceptance

1

The key to "acceptance" is to first be "aware" of what is going on. Since we cannot control what has happened in the past, or what's to come, we can **accept** "what is" without judging it as good or bad, right or wrong.

2

When practicing **acceptance**, we understand that things don't happen to us, they just happen. With awareness, we can change the way we respond in any situation.

3

Once you acknowledge and accept "what is", you choose your next course of action.

**AFFIRMATION: I judge Less, I accept more, and I'm at peace.**

*"Judge nothing, you will be happy. Forgive everything, you will be happier, love everything, you will be happiest." ~Sir Chinmoy*

## *Less* Focus on the Past & Future



## *More* Focus on the Present

When we focus on the past and future, it causes us to be anxious and unhappy. It is our thoughts of the past and future that are constantly running in our brains that we need to learn to shut off in order to focus on the present moment.

When we notice these thoughts, we need to quickly flip the script and bring ourselves to the present moment. The negative thoughts generated from thinking about the past is fear based and the negative thoughts generated from thinking about the future is anxiety based.

1

Use the sticky notes to write down thoughts, ideas, and inspiration.

2

Use the stars to vote which ones we like to pursue.

3

We will also group these ideas we will pursue based on similarity.

## Less Comfort



Brené Brown's describe Courage in this simple quote:

" You can choose **courage**, or you can choose **comfort**, but you cannot choose both."

There is certainly nothing wrong with comfort when referring to a comfortable couch or bed. In this context however, comfort is serving as a means to protect from a perceived stressor or threat.

Over time, toleration or "living in the land of good enough" isn't so good any more and the disconnect from our purpose, values and desires becomes a stress in itself.

What are you tolerating today?

## More Courage

- 1 Margie Warrell shared, "Courage isn't the absence of fear, rather, courage is action in the presence of our fears and self-doubts." Fear is simply an emotion, a warning call to danger, though today, much of what we fear is not real danger at all.
- 2 With awareness, explore what you want. What drives, inspires and motivates you and create one step forward at a time. With each step forward you will begin to build your courage muscle and fear will no longer hold you captive.
- 3 As you begin choosing Courage over Comfort your comfort zone will expand opening enormous amounts of possibilities and opportunities!

" You can choose **courage**, or you can choose **comfort**, but you cannot choose both." ~Brené Brown

## *Less* THEM

If there is one sure way to create unnecessary stress in your life, it would be living a life based and created on the expectation of someone else.

There is a saying, "Doing is Work, Being is Effortless." It takes energy and effort to be what you believe others want you to be. Changing masks, time in and time out leaves us questioning our identity and rightly so.

When we commit to the journey in rediscovering who we truly are from the inside out, we can be the journey of creating and being just that, OURSELVES! No effort in that.



## *More* YOU

1

You are a unique creation and there is no one like you, so let's start mastering being who we were meant to be. By gaining awareness and rediscovering you are, you will be able to create and experience those things that you love!

2

Discover your values. What drives and motivates you. What are you doing when you completely lose track of time?

3

What stands in the way of expressing yourself fully? Start by creating more of what YOU love in your life and stress will float away.

"I do my thing and you do your thing. I am not in this world to live up to your expectations, and you are not in this world to live up to mine. You are you, and I am I, and if by chance we find each other, it's beautiful. If not, it can't be helped." ~Fritz Perls

## *Less* Complaining



Not only will complaining get you nowhere, it will effect the brain negatively.

Complaining actually can rewire your brain over time and set you up for failure time and time again.

As you continue to spew negative thoughts into the world, negativity is what you'll attract leading to more stress to complain about.

When you complain, your body releases cortisol, the hormone responsible for our fight-flight mode. Regular release of cortisol can numerous health issues.

When your energy is focused on all that is wrong, you miss out on all that is working well and right in the world.

## *More* Gratitude

1

When we express and receive gratitude, dopamine and serotonin are released enhancing our mood immediately from the inside out.

2

When we consciously practice gratitude everyday, our neural pathways are strengthened creating a more permanent, grateful and positive nature. Gratitude

3

Gratitude practices include everything from keeping a gratitude journal, pausing throughout the day to reflect on all that you love and are thankful for, expressing gratitude and appreciation to other on a regular basis. Replace complaining with expressing gratitude, and you will surely reduce stress.

"There is calmness to a life lived in GRATITUDE, a quite JOY."

**Quick**

**Tips**

Here are some additional helpful tips for managing stress & overwhelm.

### Dance it out!

This space is the new home of your wonderful idea. Share it here by replacing this text with yours.

### Go for a walk

- This space is the new home of your wonderful idea.
- Share it here by replacing this text with yours.

### breath

- This space is the new home of your wonderful idea.
- Share it here by replacing this text with yours.

*Focus on the things you can control*

Where you focus is where your energy will flow. Focus on those things you can control (you & this moment) and let go of everything your can't (everything else).

### Call a friend!

Connection with the right people, can boost your mood and support you in reframing any challenging circumstance.

### Smile/laugh

Did you know it's impossible to be angry or stressed in the same moment that we're laughing or smiling? Create moments to smile and laugh every day!

### Sleep

Getting a good night sleep is a necessity for your emotional, physical and Mental Health!

# Write Your Own

Sometime when we want more of something, we need to let go of something else.

Below are some powerful questions to get you started:

- What matters most?
- What do you want to experience more of?
- What isn't serving you today?
- What beliefs or obstacles are standing in the way of achieving \_\_\_\_\_?
- What is one thing I can let go of to get more of what I want?

## Less

I will do less...

## More

I will do more...

I will do less...

I will do more...

**"I choose to treat my life more like a party than something to stress about."**

**Martin Short**



*Thank you!*

Make it a beautiful day!



*Annamaria Rocco-Landry*

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