

ACTION POINTS FOR SUSTAINABLE STUDY-LIFE

RESILIENCY BUILDING
CHALLENGES

EXAM PREP 2017

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S.E.E.

STABILIZE ENVIRONMENT

 HEALTH FOOD WORK HOME

EMPOWER – PUMP ENDORPHINS

 REMEMBER THE PRIMAL - MID-BRAIN

ELIMINATE - ANKLE TAPPERS

 TARGET THE THINGS TO STOP



STABILIZE THE ENVIRONMENT

■ FACE HEALTH FACTS

- ALLOCATED TIME FOR EXERCISE DAILY
- WORK WITHIN GENETIC PROFILE
- PLAN FOOD INTAKE – “LAZY” = HAPPENS

■ DEVELOP STRATEGIES TO WIN

- NO DISTRACTIONS – “A” AND “B” TASKS!
- RUTHLESSLY ELIMINATE TIME WASTERS

■ ALLOCATE TIME FOR HOME

- RELATIONSHIP DANGER SPOTS!



EMPOWER THE SYSTEM

- PLAN TO USE THE 7 MOBILIZERS
 - EXERCISE, LOVE, LAUGHTER, TEARS, CREATIVE, CHEER, WORSHIP, AWESOME.
- HAVE ROUTINES THAT ENSURE THEY OCCUR EACH SEASON, AND PLACE YOU ARE IN THE WORLD
- IDENTIFY THE RIGHT TIME FOR YOU TO USE EXERCISE AND CREATIVE ACTIVITY DAILY. GIVE NO-ONE POWER TO FRUSTRATE YOUR PLANS!
- WORK WITH THE RHINOCEPHALON! PAMPER WITH SMELL, TASTE, MASSAGE, “STRENGTH AND POWER” MESSAGE, MASTERY.....



ELIMINATE ANKLE TAPPERS

- FOR EACH THING “TO DO” THERE WILL BE ANOTHER THING TO “STOP DOING”. (Burnout Score?)
- HOW CAN I POSITION MYSELF TO WIN SUSTAINABLY? (OVERLOAD!!!) AUDIT YOUR ROUTINE TO WIN!
- CBT = NO-ONE RENTING SPACE IN YOUR HEAD! Label – Tell self the truth – act to reinforce the truth – relaxation...



BUILD MASTERY OVER TIME

- MAKE PLANS – TICK THEM OFF!!!
(Dynamic Physicality Daily – Food/Fluid)
- CELEBRATE SUCCESSES!!! (Creative Celebration Daily)
- CREATIVE WORKING PATTERN – At all times think “Pump Serotonin!”)
- WRITE IT DOWN – Just do it, or walk away! Intelligent Selfishness!



THE FIVE “P”s

- POUR Dynamic Physicality Daily
- PULL tension from body
- PUMP Eat well early – proteins esp
- PEE your way thru the day
- POSITION by recharging with serotonin boosting activities – sun, exercise, love shown, laughter, creative celebration, worship-awe!

