

CONTENTS

Introduction	9
Where to start reading.....	11
 PART ONE: STRESS IS A GIFT	
The Urgent Message That’s Trying to Save Your Life	17
Defining Stress	19
How Stress Affects the Body	20
My definition of stress.....	21
1. Stress occurs when your current situation doesn’t match your ideal version of that situation	23
There Are No ‘Good’ or ‘Bad’ Situations.....	24
The Serenity Prayer.....	27
2. Stress is a reaction	29
3. Stress is common	34
Transforming the Nag or Critic.....	35
Stress and Motivation	37
What if stress helps my performance?.....	37
Situational motivation.....	39

Stressless Motivation	42
Saying "No", aka Navigating by Your Priorities and Values .	43
Four Ways to Instantly Drop Your Stress.....	46
Diffuser #1: The size of the gap between your current situation and your ideal.....	47
Diffuser #2: Your degree of attachment to the ideal expectations	47
What If Thinking about the Stress Is Overwhelming?	48
Diffuser #3: Your familiarity with overcoming the gap	50
Diffuser #4: Your mood when the situation occurs.....	51
The Quick Anti-Stress Stretch.....	52
Stress and the Moment	54
You Are Ready.....	55

PART TWO:

THE SEVEN Rs OF STRESS RELEASE WORKBOOK

The Seven Rs of Stress Release	61
Pick a Starting Point.....	63
R 1: Recognize Your Ideals, Values and Goals.....	66
We're mostly unaware of our ideals	67
Tips to easily recognize your ideal situation.....	68
The Power of Yet.....	71
Your turn	75
Reflection	76

R 2: Review Your Current Situation	77
Tips for reviewing your current situation.....	79
Reflection	80
R 3: Reveal What In Your Current Situation Is In Alignment With Your Ideals and What Isn't	81
Your situations: current and ideal.....	82
Gratitude and your gap.....	85
Your gratitude list	86
Reflection	90
R 4: Release Ideals That Are Holding You Back	92
Evaluating your ideals	93
Steps you can take to adjust or release an ideal.....	93
Changing the questions you ask yourself.....	97
Why or How?	99
Ideals and self-image	101
Letting go	102
Take the big step: hold onto your ideal, adjust it, or let it go	104
Reflection	107
R 5: Raise the Likelihood That Your Future Situation Will Match Your Current Ideals	108
Picking a starting point.....	109
Getting there: developing skills and new approaches to close the gap.....	109
Taking action.....	114

Your situations: current and ideal.....	118
Reflection	120
R 6: Remind Yourself of the Stressful Gap You’ve Crossed and the Joyous Rewards Ahead.....	121
Making your reminder	122
Reflection	126
R 7: Repeat the Steps As Necessary.....	127
Dealing with setbacks	128
The importance of self-care	129
Build supportive relationships.....	131
Quick Review of Stress Release	133
Conclusion	134
Glossary	139
Appendix A: Key Values Assessment.....	145
Appendix B: The Seven Rs Worksheet.....	149
Appendix C: Case Studies	161
Shopping at the Grocery Store.....	162
Spilling Paint.....	164
Customer Service.....	166
Asking for a Raise	168