

Finesse the Stress

Skillful, strategic and innovative ways to neutralize stress
with your powerful mind

Introduction

- Miles Nitz, MS, LMFT
- Take Charge Counseling & Consulting
- Established October 2008
- www.takechargetcounseling.org

Nothing that you can already find on the internet yourself:

- Carve out 'me' time
- Exercise regularly
- Meditate
- Be present and mindful
- Tune in to your body
- Laugh out loud
- Think positive
- Eat for better energy
- Get enough sleep
- Breath deeply
- Be grateful
- Decompress
- Crank up the tunes
- See a professional

A+B+C=Coping/Crashing

- Where A = Stressor Pile-up
- Where B = Resources & Routines
- Where C = Perception of Stress
- Courtesy of Dr. William Utesch circa 1999

A. Stressor Pile-Up



B. Resources & Routines

- Daily Exercise
- Healthy Nutrition
- Responsible Drinking
- Sleep Hygiene
- Journaling
- Meditation
- Financial Discipline
- Healthy Relationships
- Friends & Family
- Organizations / Church
- Hobbies / Passions
- Leisure / Sports
- Vacations
- Every tip on the internet

C. Perception of Stress

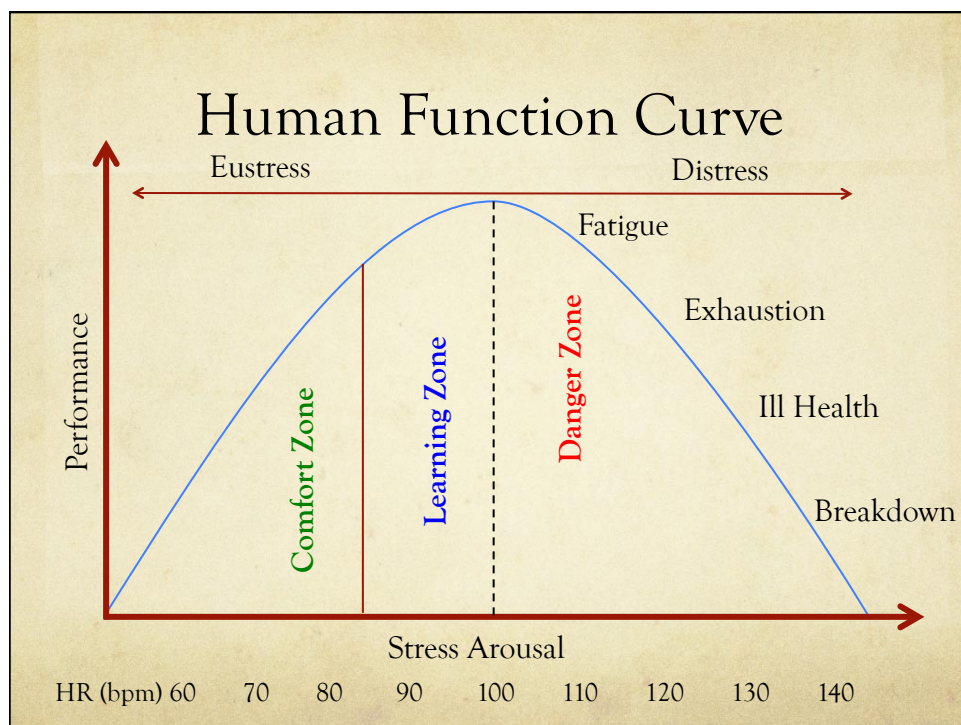
- I am so stressed out.
- I am overwhelmed.
- I am exhausted.
- I overthink everything.
- I am always thinking the worst.

Perception

- What are perceptions?
- How do we change them?
- Have you ever used (or at least heard) the phrase: *I just have to put things in perspective?*
- Start by deconstructing the current perspective.
- Construct METs (mutually exclusive thoughts)

I am so stressed out.

- **Eustress** vs **Distress**
- Hans Selye 1936
- As it turns out, most of the stress we experience is of the **eu**stress variety.



I am so overwhelmed

- Neuro-Linguistic Programming (NLP)
- What meanings do words have?
- **Overwhelmed**: *Crushed, oppressed, devastated*
- What happens when we simply talk about things in a different way?
- Have you ever considered 'feeling **underwhelmed**'?
- **Underwhelm**: *Fail to impress or have an impact*

I am so exhausted

- **Exhausted** is such a heavy word
- I want to spend it all and walk away **exhilarated**.
- I can't save any energy for tomorrow.
- A little further today than yesterday.

I over-think everything

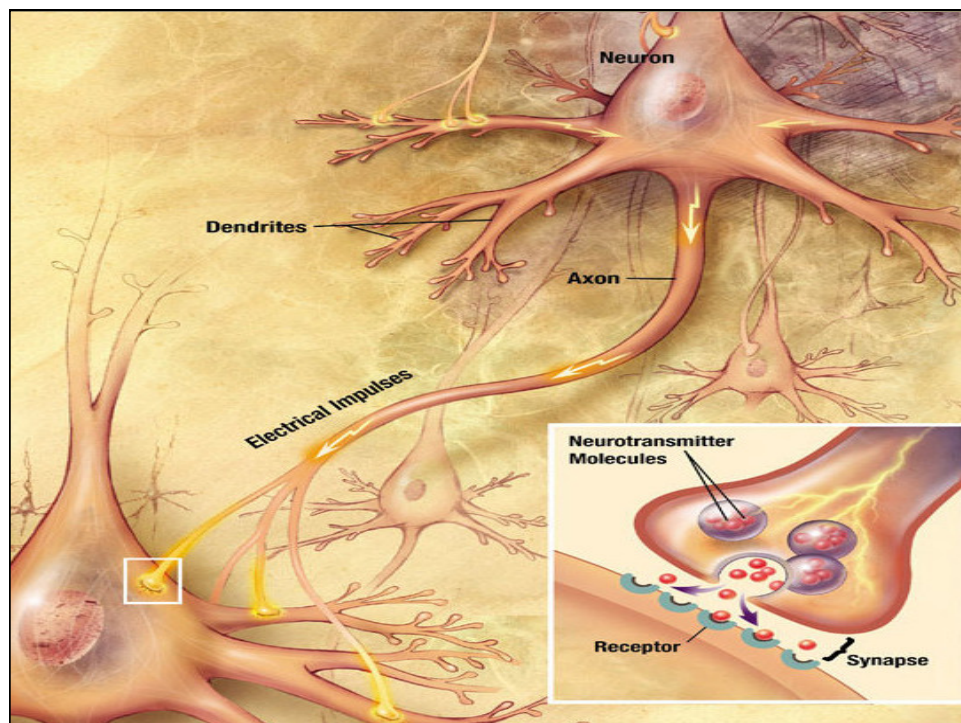
- *I wake up at 3am thinking about everything.*
- *I just can't shut my mind off.*
- *What thoughts should we be over-thinking?*

I always think the worst

- Known in the business as *catastrophizing*.
- Stop and formulate the 'best-case scenario'
 - Write it down, (type, text, dictate)
 - Videotape yourself saying it out loud
 - Watch yourself saying it!
 - Cognitive Selfie

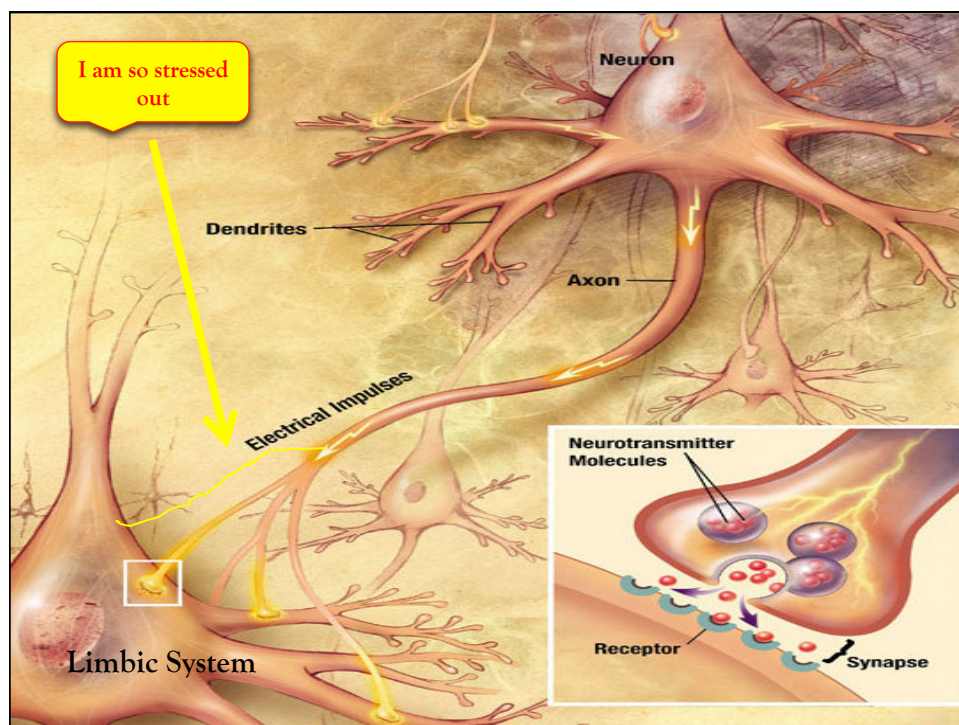
The New Perspective

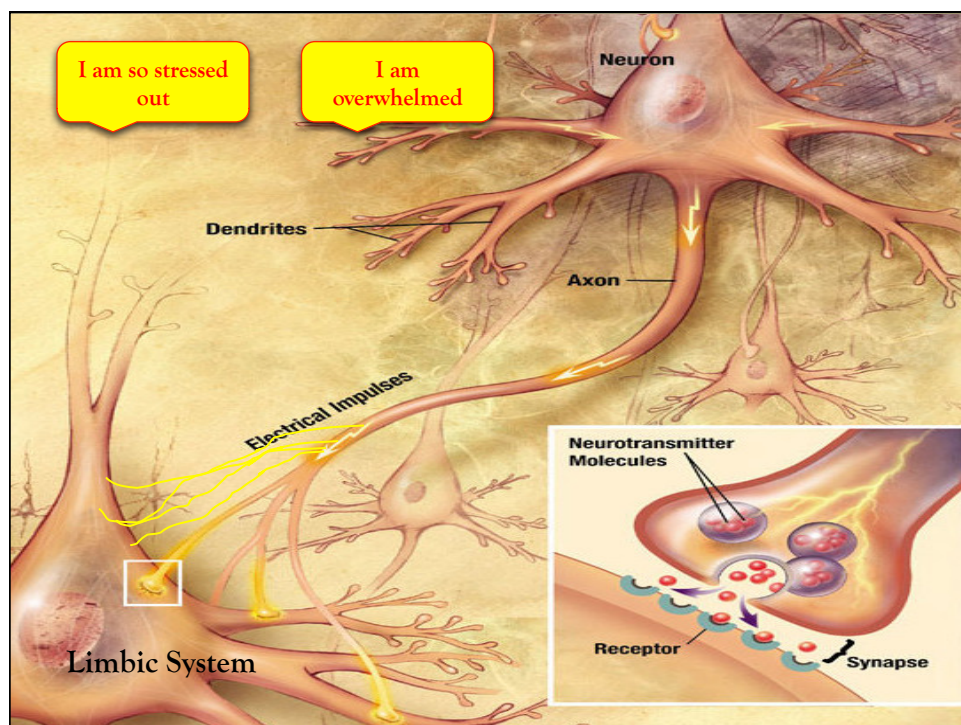
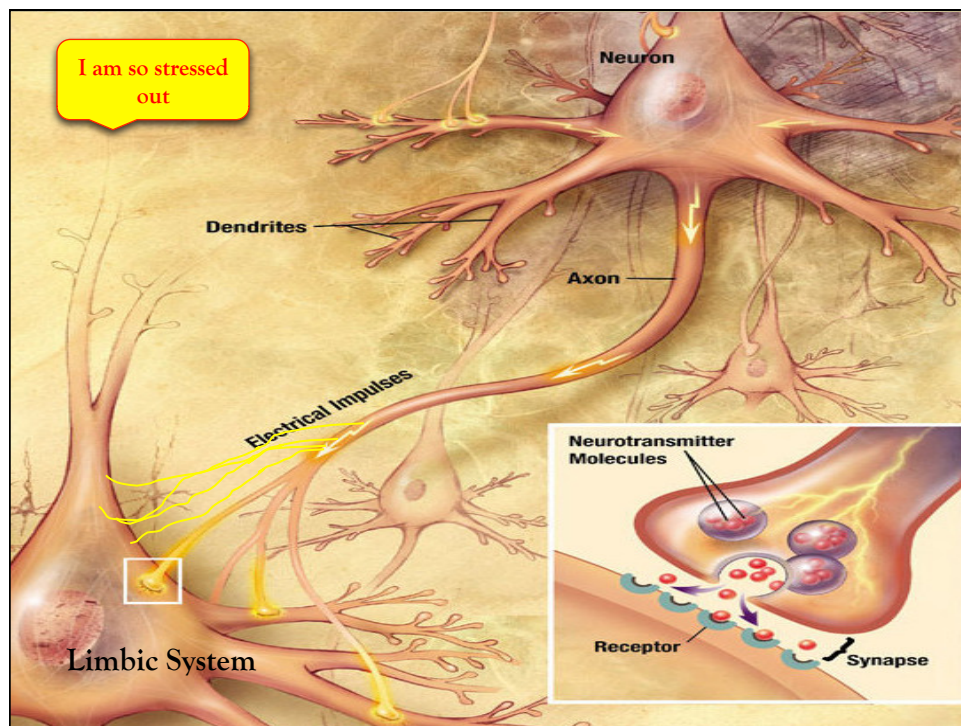
- What if we REALLY could view stress as ...
 - For the most part good and useful
 - Quite unable to break our spirit
 - Energizing and exhilarating
- And what if we REALLY could begin ...
 - Over thinking *mostly* positive thoughts
 - Thinking *mostly* best case scenarios
- Is it a pipe dream?

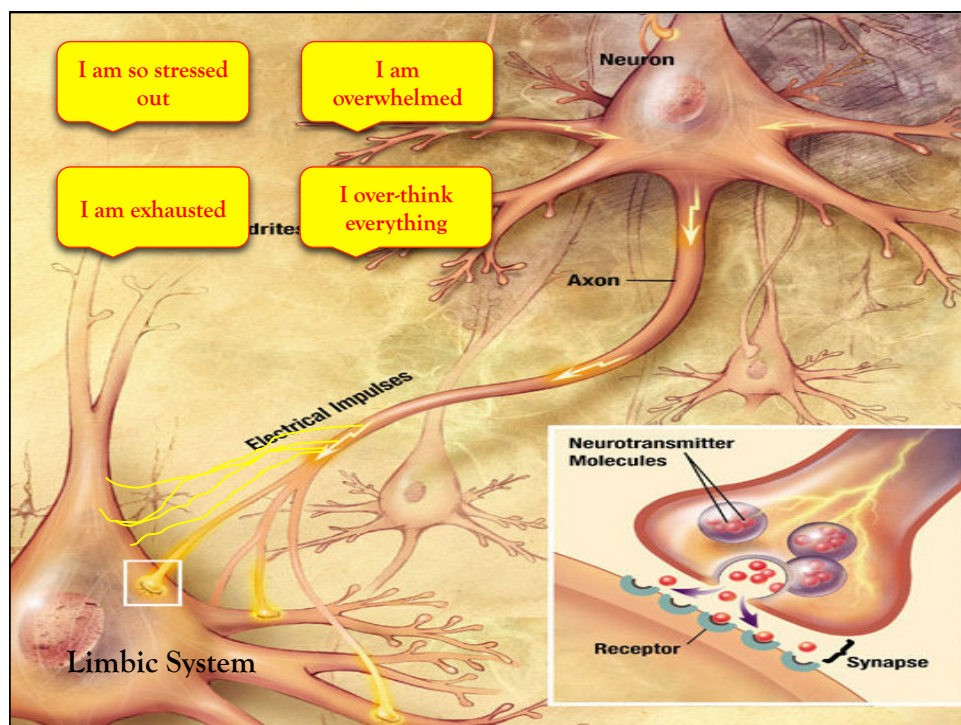
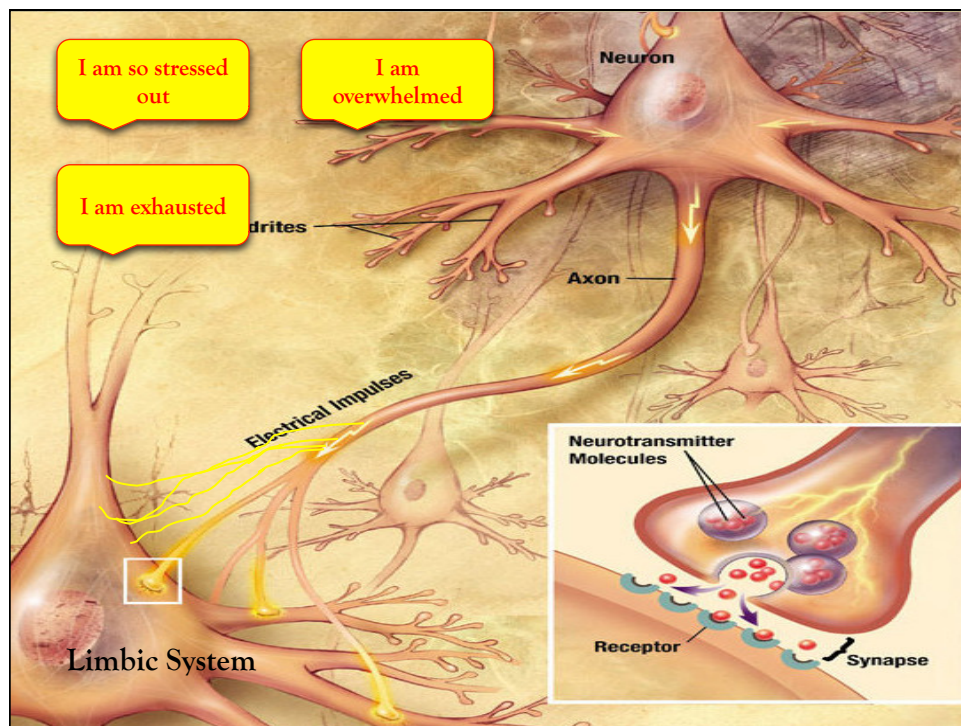


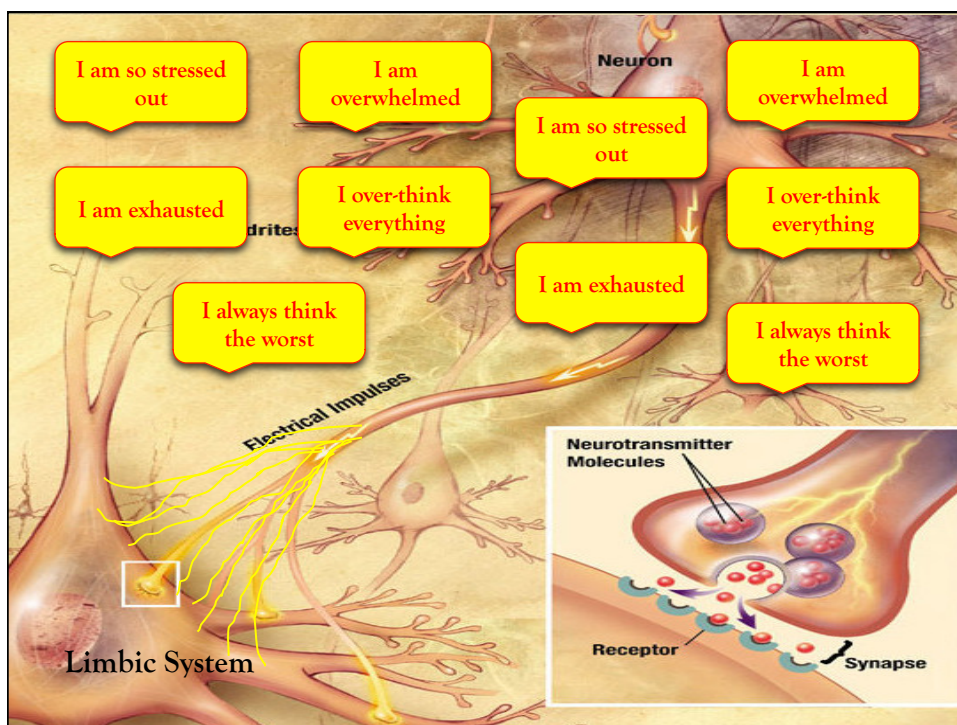
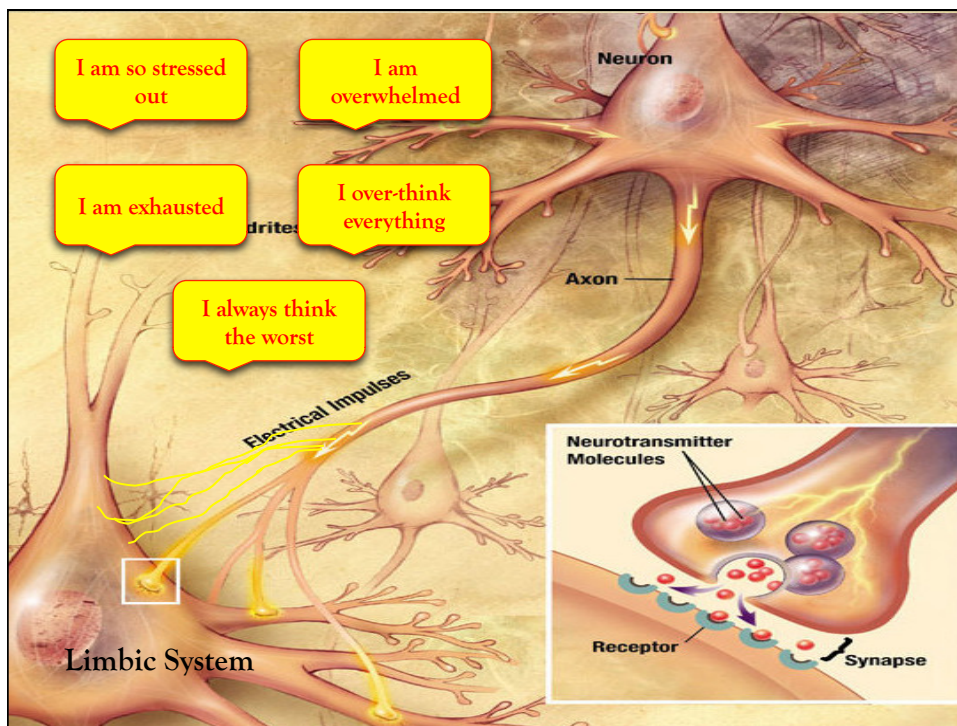
Neuro-genesis & Neuro-pruning

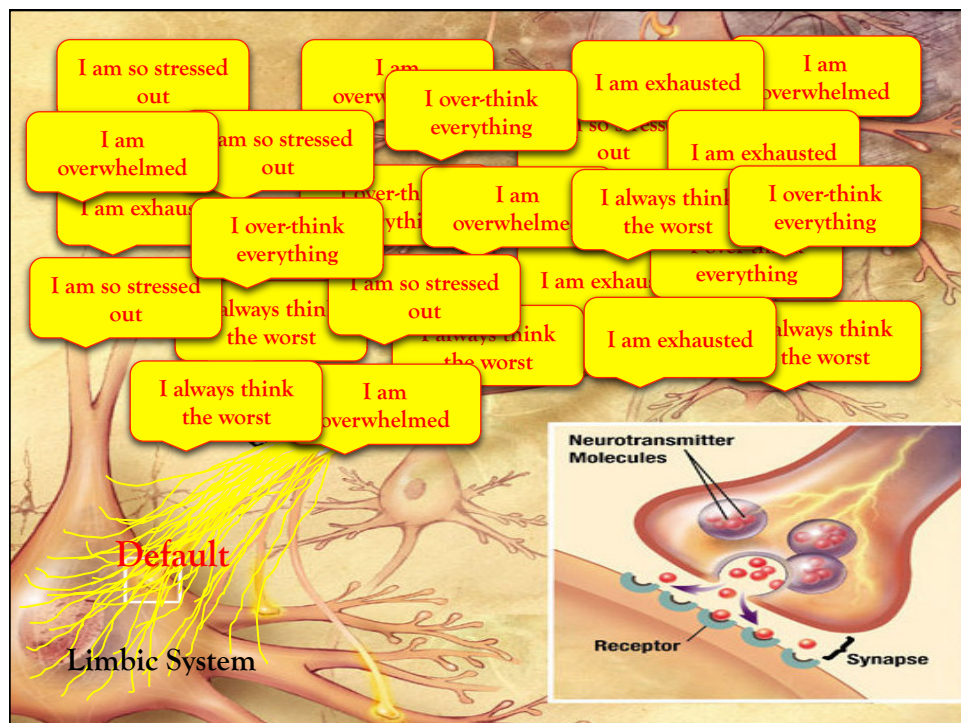
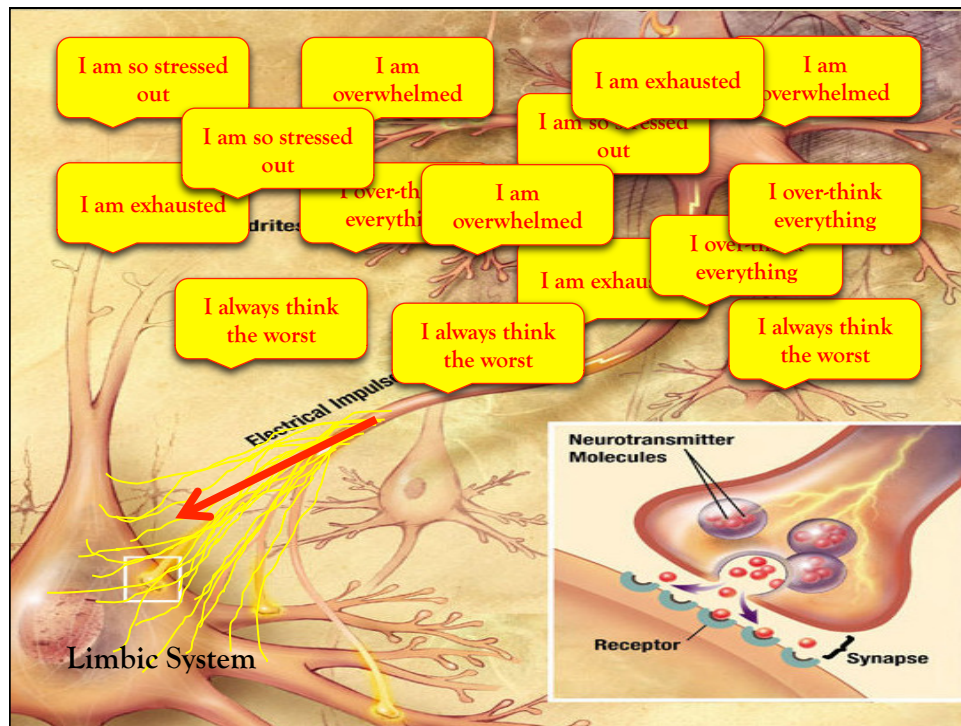
GoneSoaring/rogerandrewpeters/YouTube/https://youtu.be/Osu_5ljihMo











Mutually Exclusive Thoughts

- 180° Out of Phase
 - Off-setting or Opposite-phase Thoughts
 - Will result in silence when signals are combined.



- Mutual Exclusivity - One or the other, but not both.

Perceptual Illusion



Old Woman



Young Woman



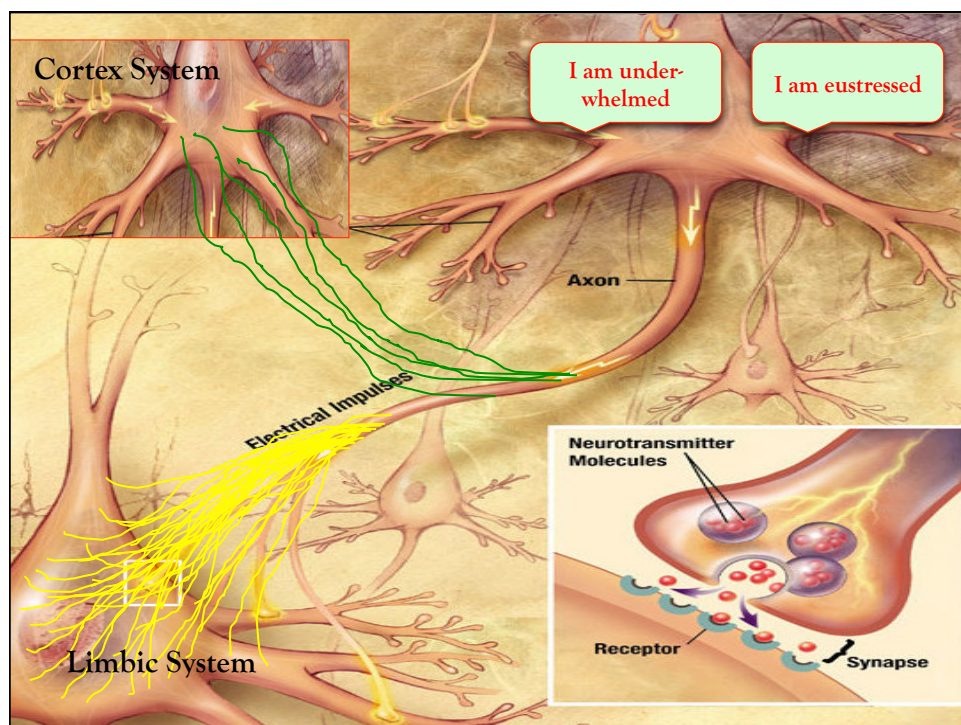
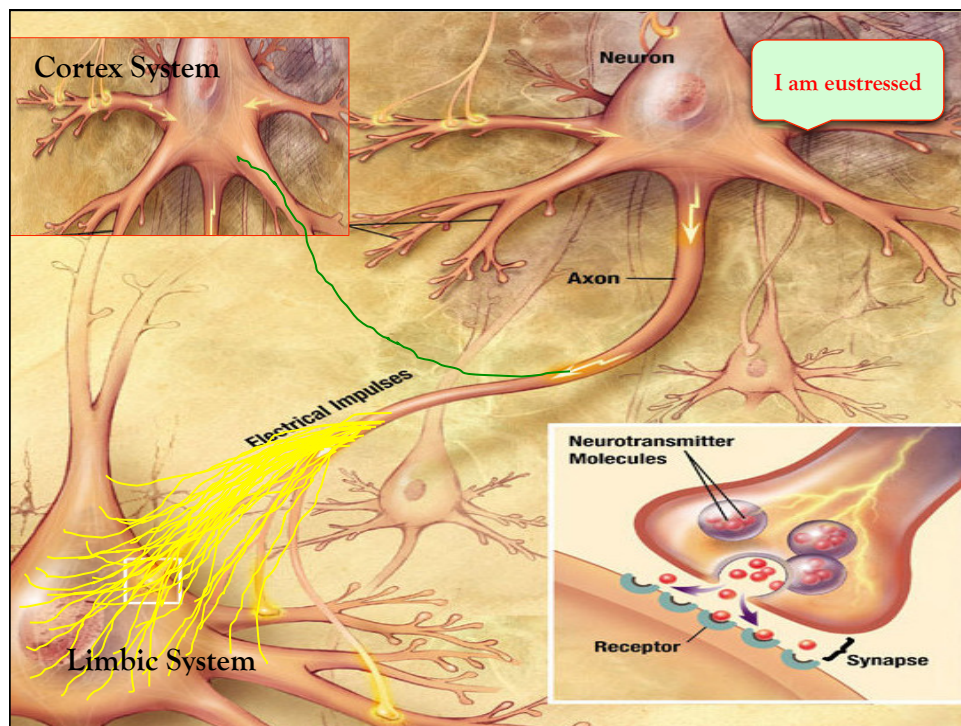


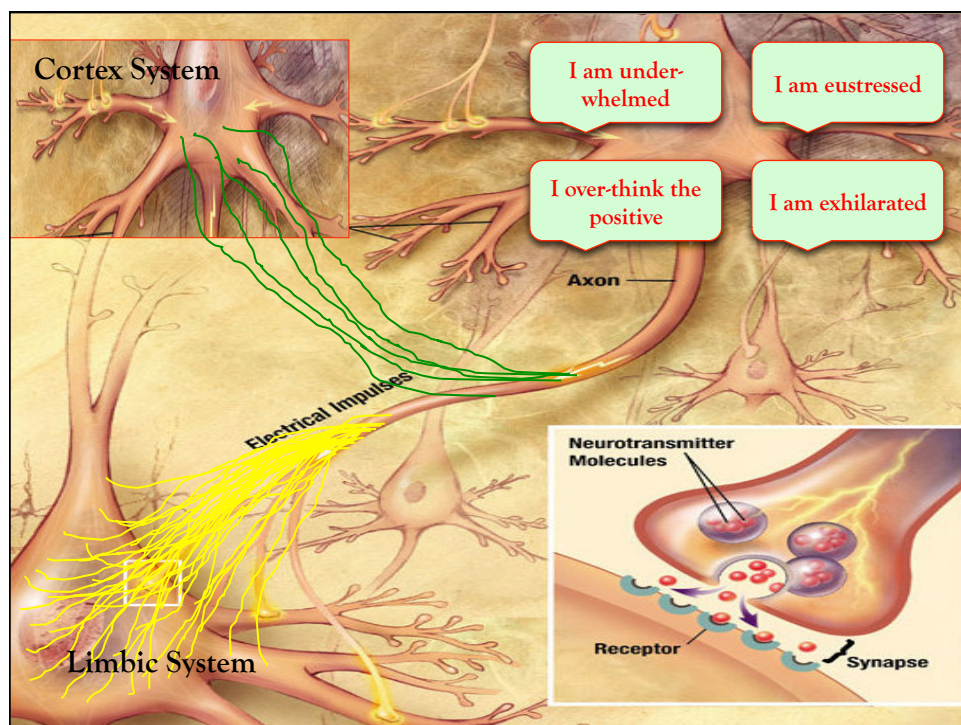
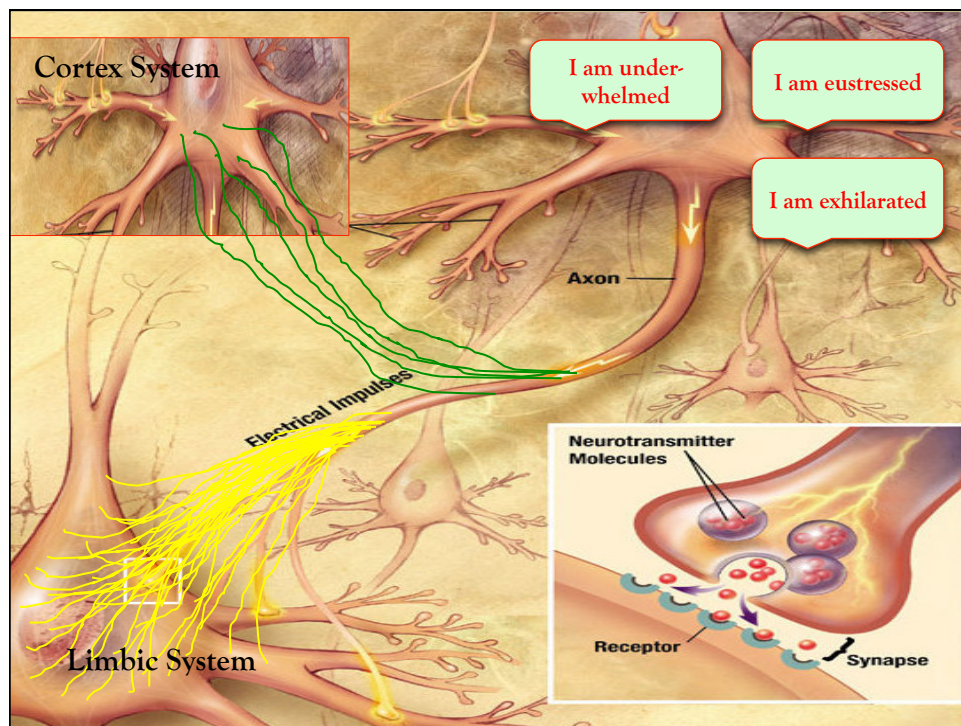
Old Woman

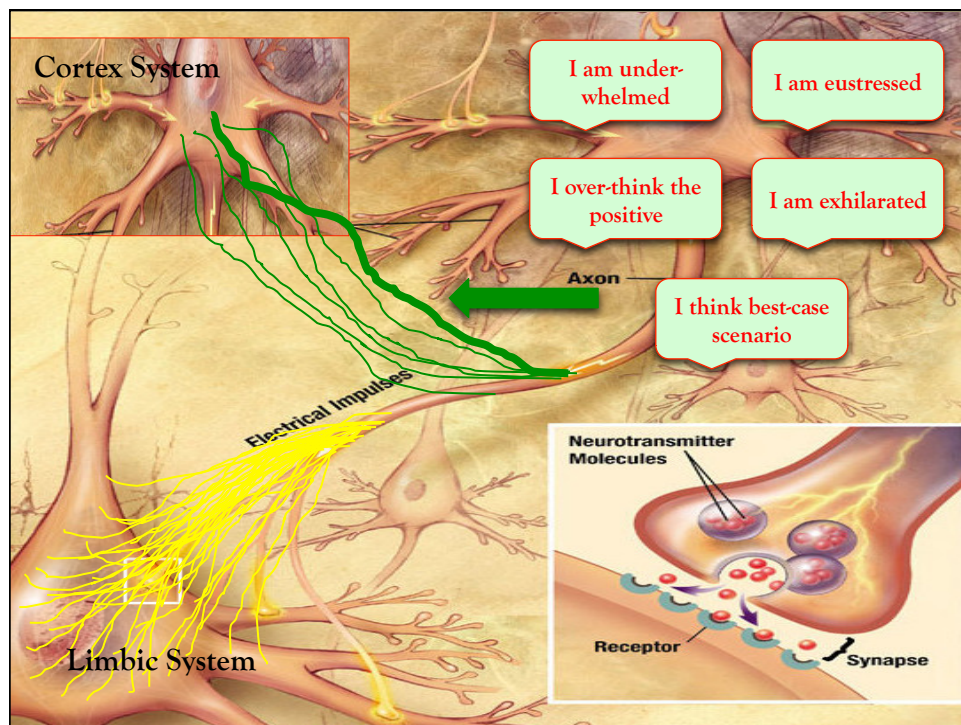
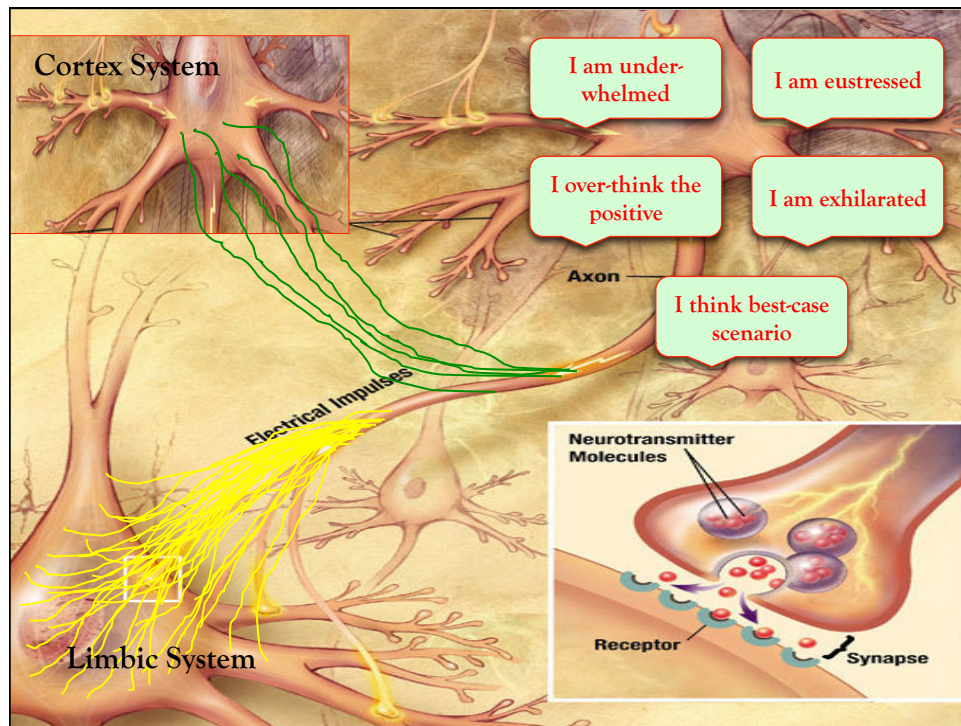


Young Woman

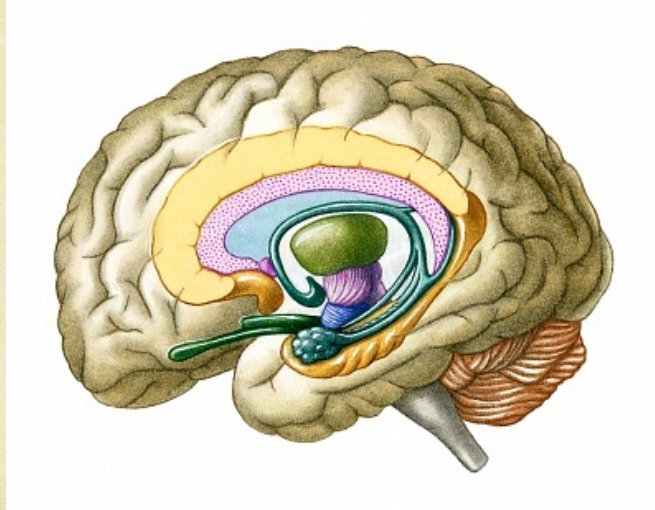




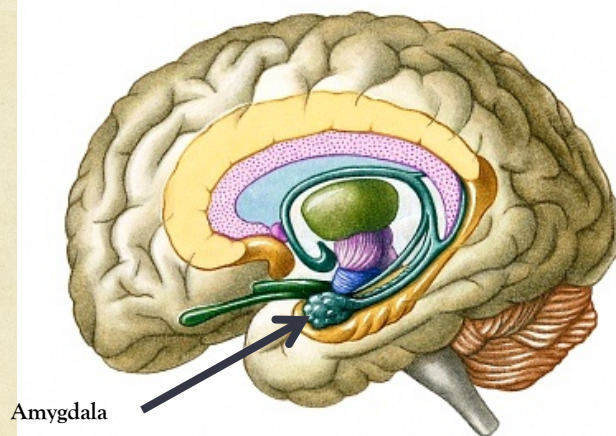




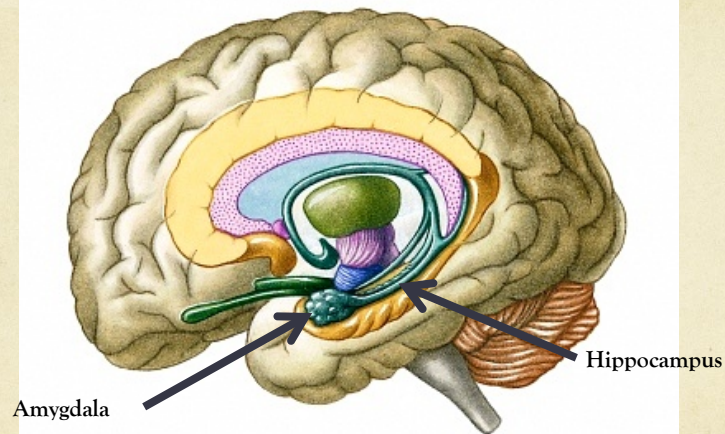
2 Competing Systems



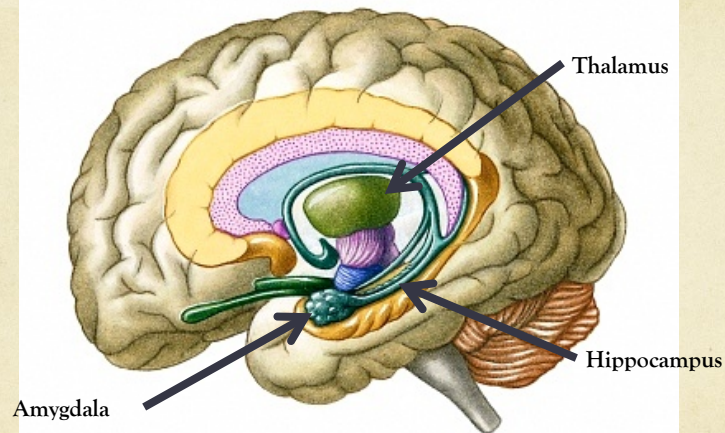
Amygdala – Avoid Pain/Seek Pleasure



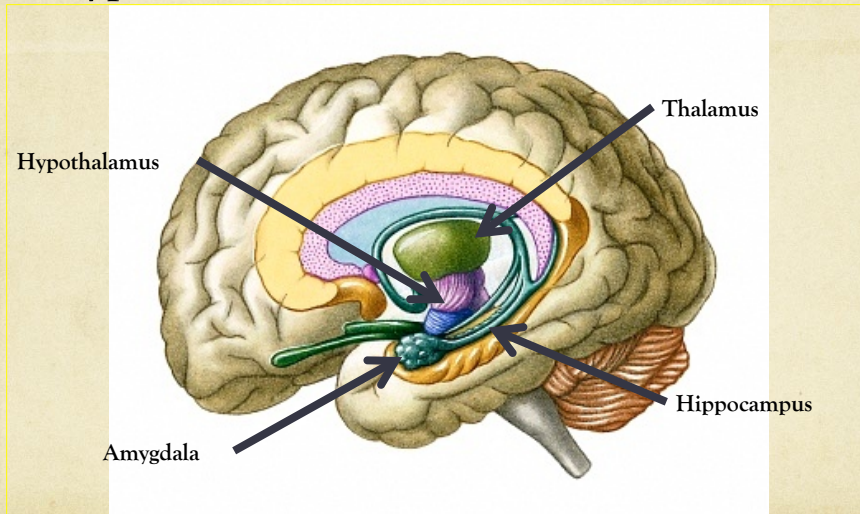
Hippocampus – The ‘Hard Drive’



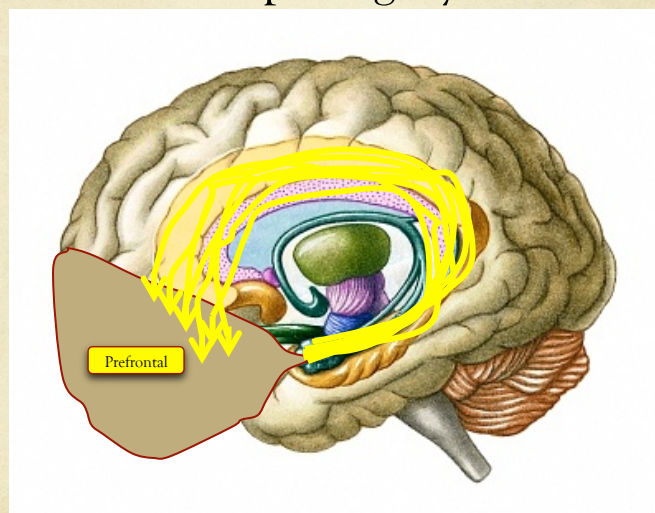
Thalamus – Relay to the Cortex



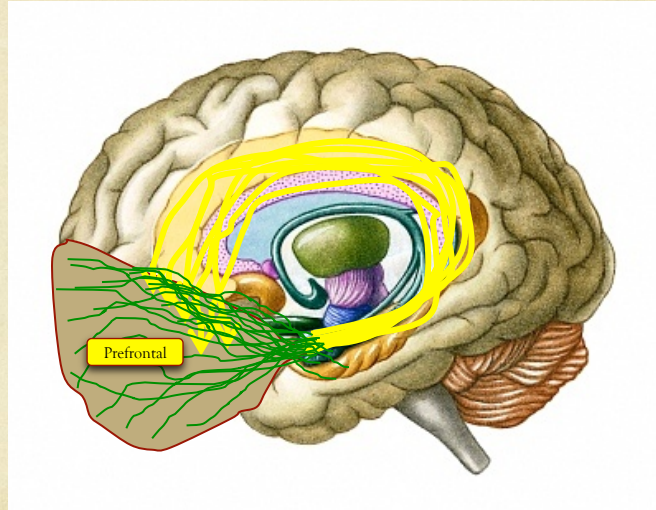
Hypothalamus- Hormone Production



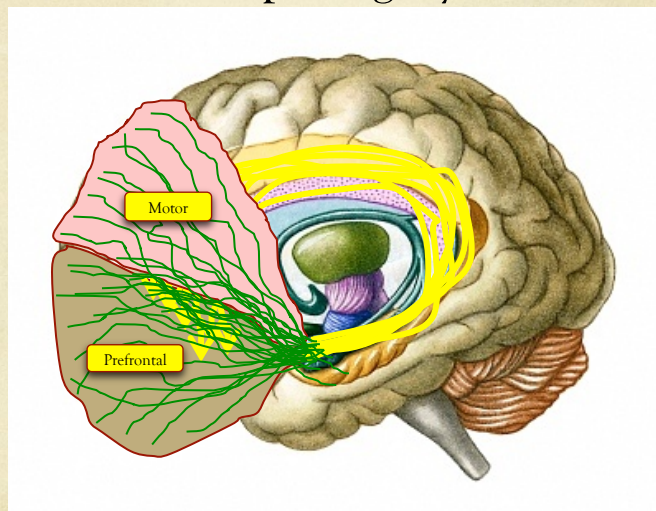
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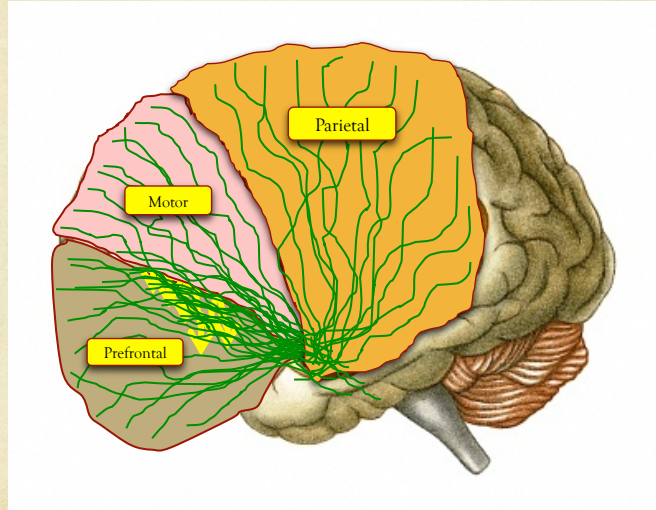
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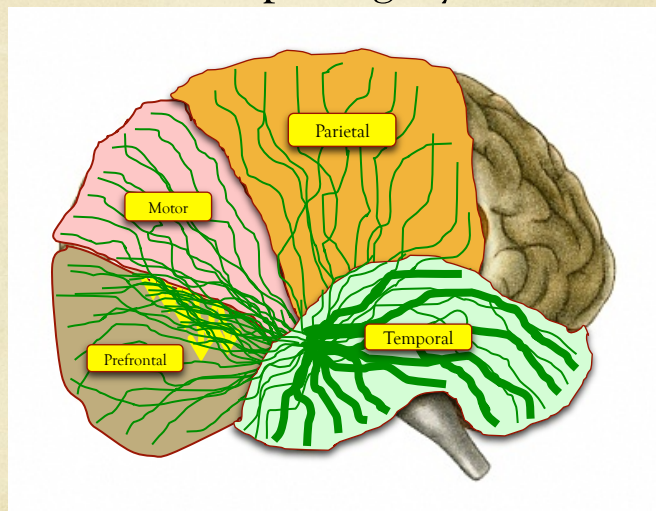
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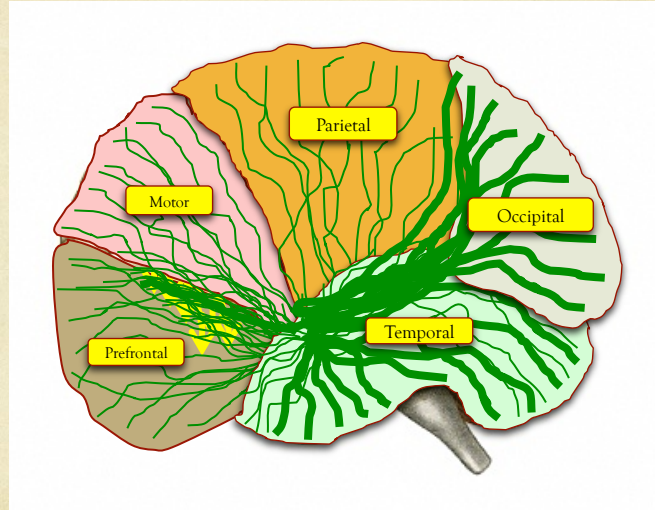
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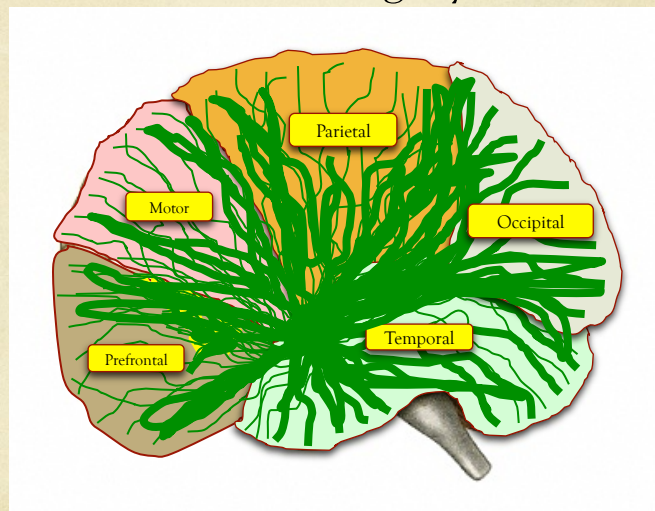
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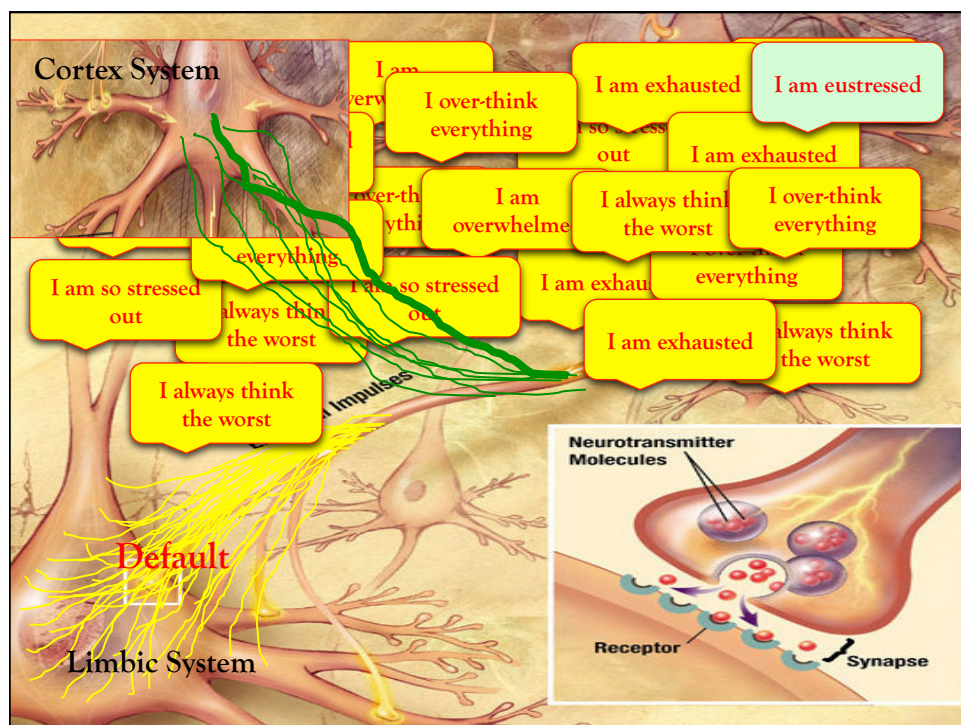
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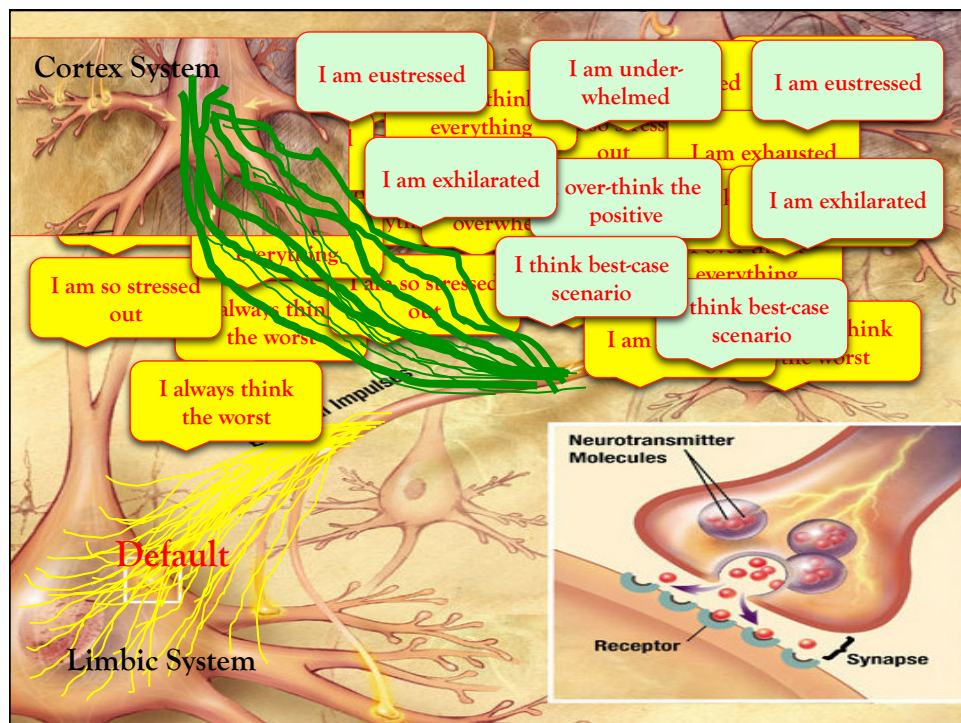
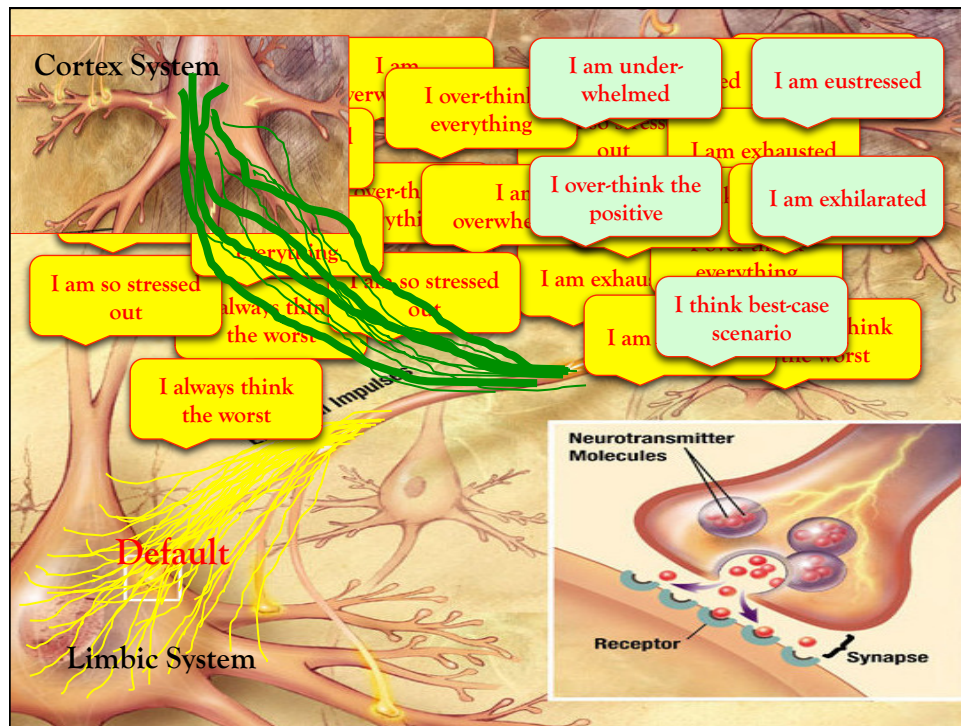


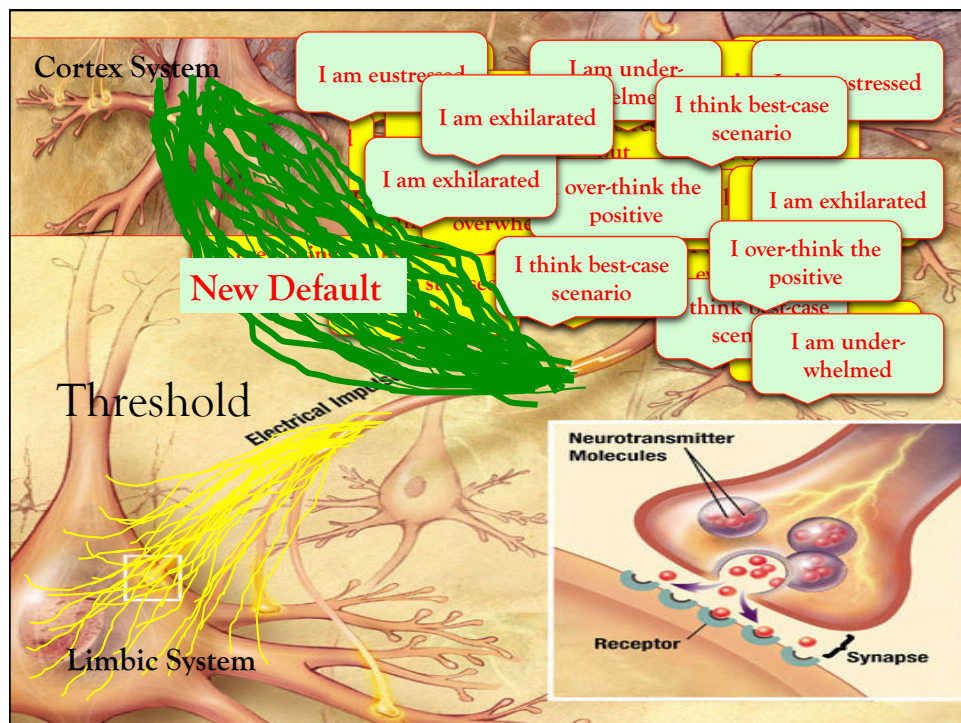
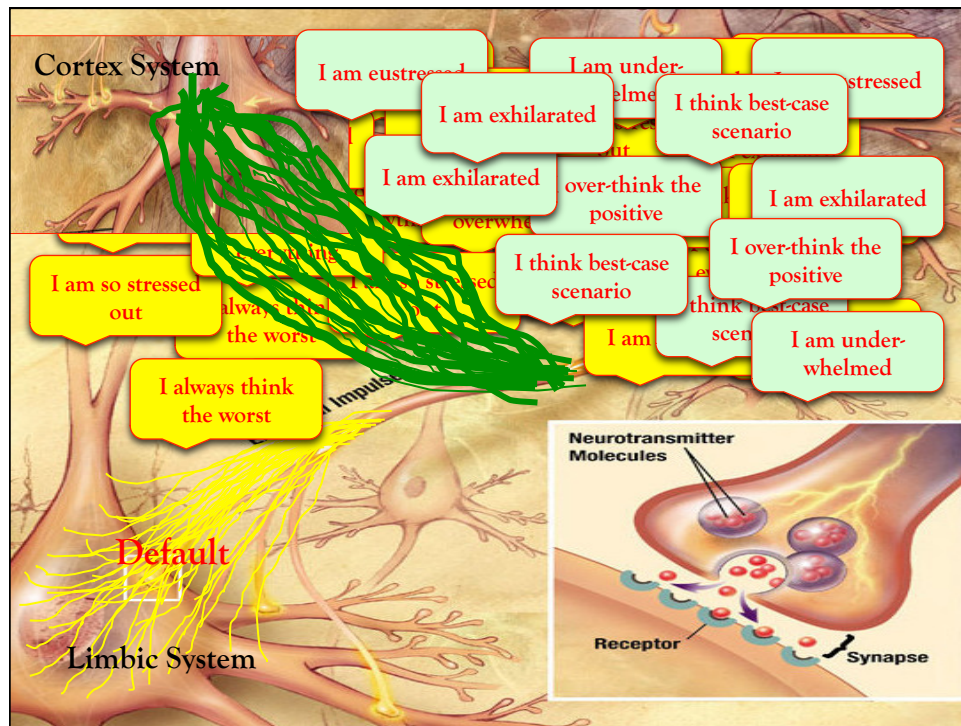
Reticular Activating System (RAS)

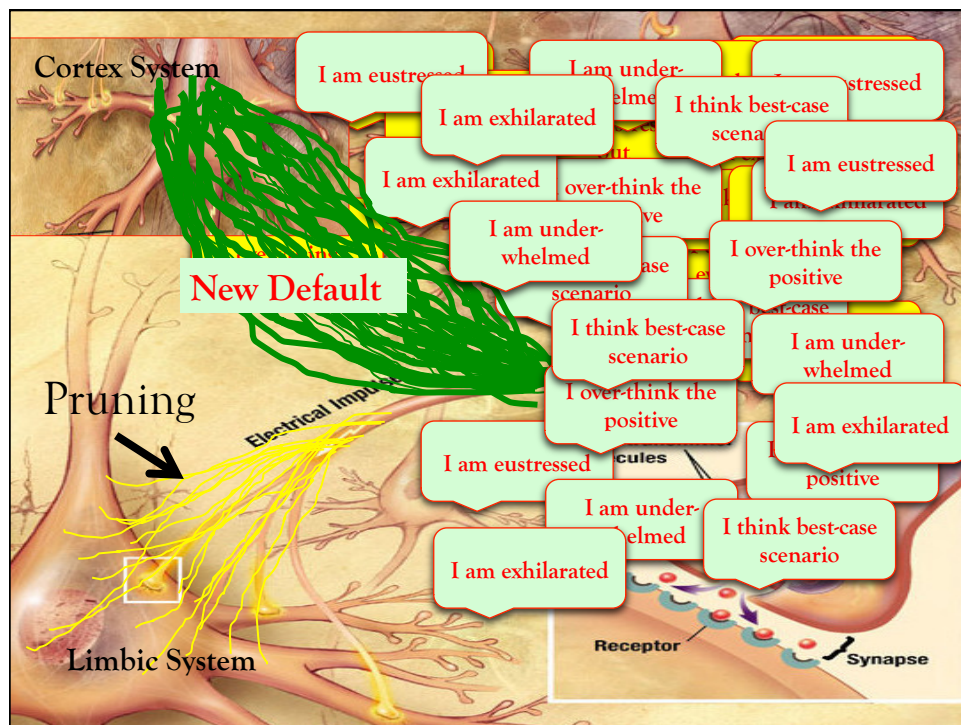
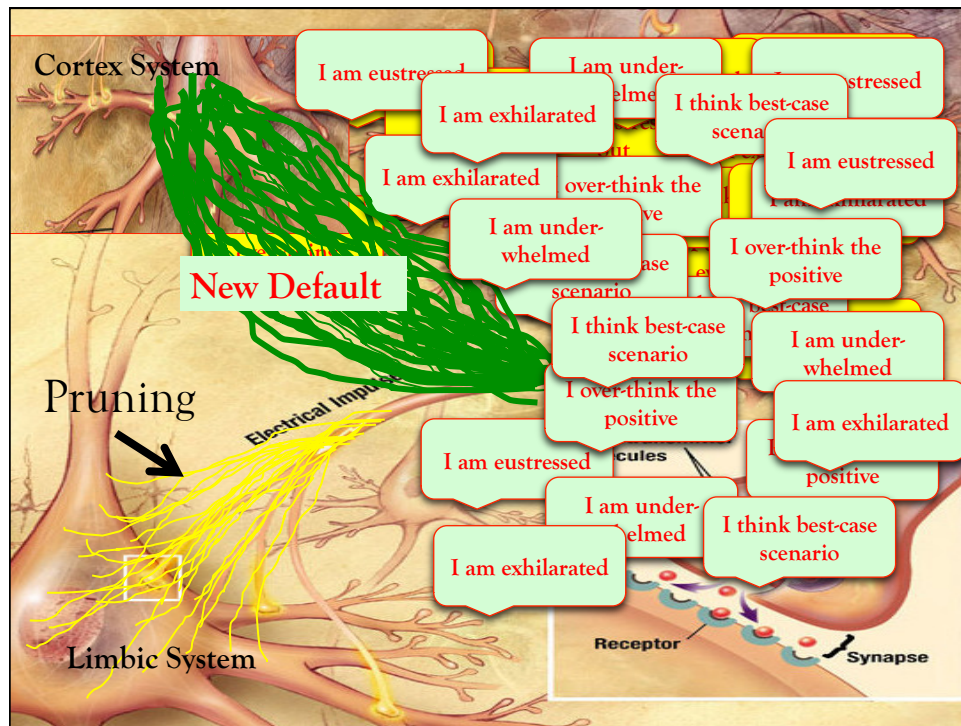


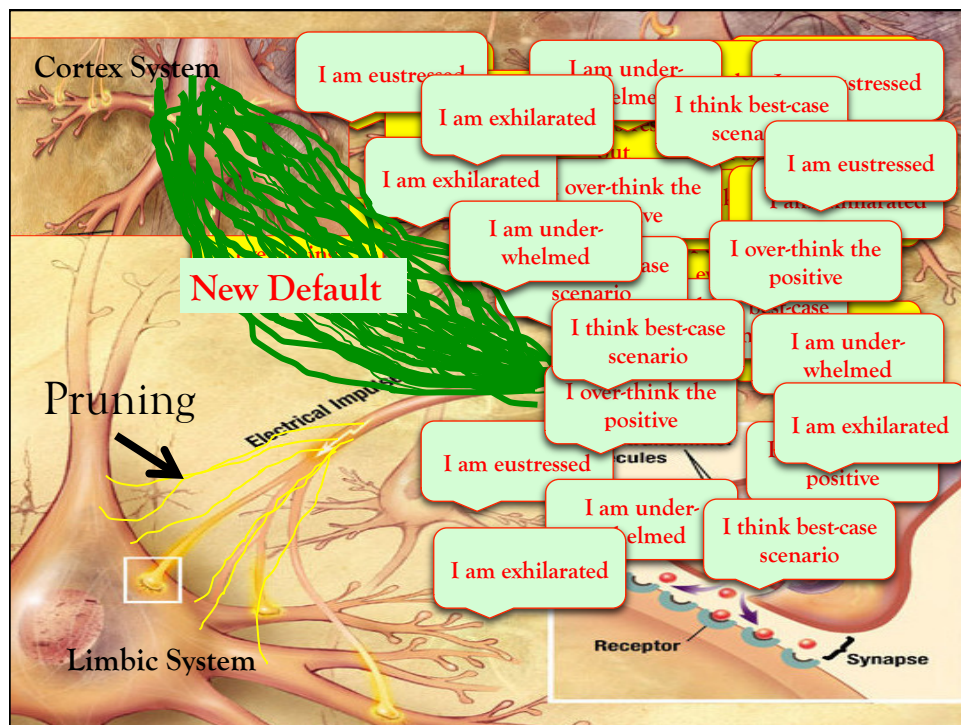
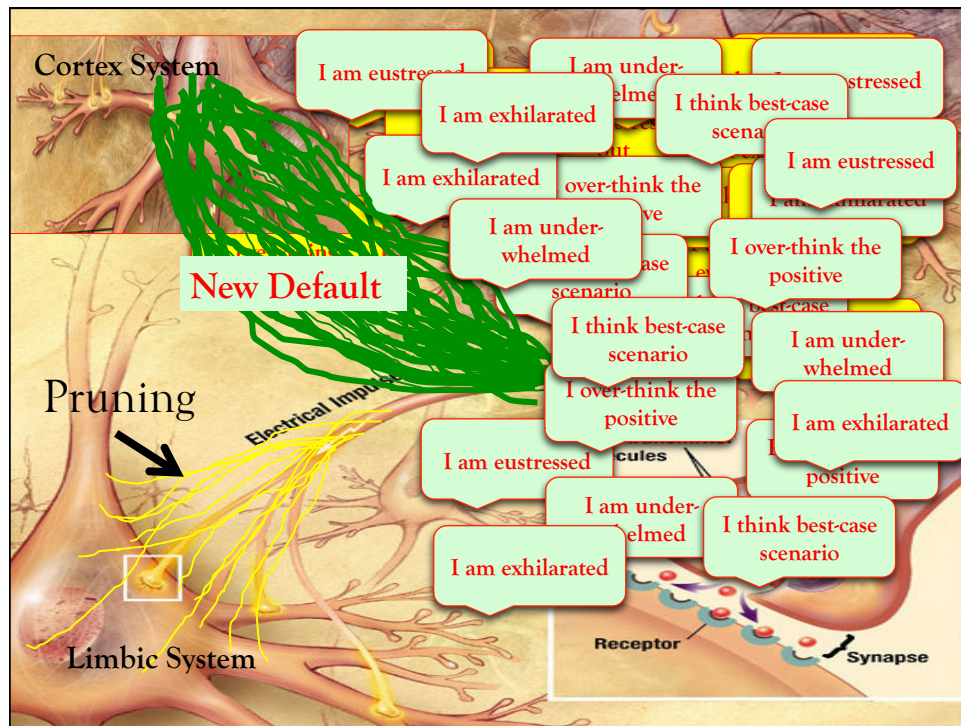
Cognitive Selfie











Cognitive Audio Visual Programming (CAVP) - *Change in Your Pocket*

- Thinking, deciding, perceiving
- Writing, typing, texting, dictating
- Editing, revising, creating
- Reading, processing text to thought
- Speaking, processing words to speech
- Hearing, processing spoken words
- Seeing, processing visual information

The Power of Video



The Perfect Practice

- Practice doesn't make perfect
- Practice makes permanent
- Only perfect practice makes perfect
- CΔVP creates the perfect practice