

Managing Stress of the New World: 15 Ways

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1. Measure stress or emotion levels in the morning

What is your stress level now?

How will you measure?

2. Have a morning routine to start low

Do you have a commuting chair?

What is your go to form of mindfulness?

3. Reset often

List the seven quick resets. Would you add any?

4. Close your eyes often

How often do you intentionally close your eyes?

5. Stand up every half hour

What should you do every 20 minutes?

Every 30?

When is it optimal for you to take a longer break?

6. Work in time blocks

What time blocks make up your day already?

What interruptions steal your focus?

7. Exercise for ten

What happens when you exercise for 10 minutes? For 20?

8. Hydro therapy

How many calories does a 15 minute hot shower or bath burn?

9. Walk slow as often as possible

Why is slow walking good?

Why is fast walking good?

10. Find the person(s) who will usually be helpful and borrow their brain

Who is your trusted advisor?

Who invites you to be better?

11. Daily rewards

What is the value of a reward at the end of the day?

Can rewards be dangerous?

12. Take smart phone breaks

What defines a “break” from screens?

13. Negative emotion journal

Why does writing emotions that bother us help?

14. Dance therapy

What’s your favorite way to groove?

15. Make wellness commitments for each day

Do you want to use the sticky note or journal method?