The pace of change and technology will only keep accelerating: instead of asking “how can I reduce stress?” a better questions is “how can I perform better under even more stress?”

Our divided brain sometimes leads to mal-adaptive stress responses: Who is in charge under stress? The rider or the elephant?

The traditional approach of trying to “balance stress” ignores the reality of the accelerating pace: we need to learn to perform better under even greater stress: Resiliency

Develop Resiliency by following the 4 R’s:
- **Reduce**: regain balance
- **Recover**: exercise, intimacy
- **Raise and Reframe**: gamify stress

Remember what Victor Frankl suffered: “Between stimulus and response there is space, and in that space...is our power to choose our response. In our response lies our growth and our freedom.”

“...everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way.”

- Victor Frankl

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