ESCAPING EVER-STRESSED MODE
THE SUPER-SPECIAL AATH VERSION!
PRESERVED BY: JESSIKA JAKE

EMANANT WELLNESS
EMANANTWELLNESS.COM/LAUGH
L: LEG-GO!

CHECK OFF THE ONES YOU LIKE

☐ Forgive
☐ End grudge(s)
☐ “Leg-go” of linguistic constructs that are unwarranted and stress me out (words, thoughts, beliefs)
☐ Adopt a playful and resilient mindset
☐ Do some “mindset crafting” (see next page for HW)
☐ Refuse to multitask
☐ Say “no” to cognitive impatience
☐ “Kill the ANTS” (Automatic Negative Thoughts); try the Byron Katie technique (“Is it true?…”)  
☐ Forego morning chaos and stress by adopting a “Lovely Morning” routine
☐ Adopt a morning mantra… mine is: (write it below)

OTHER IDEAS:
L: HW

MINDSET CRAFTING

CHECK OFF THE QUALITIES YOU WANT TO USE FOR YOUR MINDSET
CHECK OFF 3-5 ITEMS

☐ Victor, adaptive ("Walls exist to show how much you want it.")
☐ Resourcefulness is an ever-abundant resource
☐ Elevate myself and others to grow ourselves
☐ Be an expression of purpose, focus on life’s work/productive passions
☐ Capabilities, talents, skills can be developed over time by persevering
☐ Failure is a way to grow and learn, it’s part of the process
☐ Challenge and moving outside of comfort zone are key to growth
☐ There are enough resources to go around
☐ A win for someone else is not a loss for me; it’s inspiration!
☐ Seek out valid testable knowledge rather than self-protection/defense
☐ I have an internal locus of control/control my own behaviors
☐ Optimistic view of rejection and adversity (it’s not permanent, pervasive, personal) while grounded in reality
☐ Bring a playful attitude to as many situations and problems as possible (in the spirit of solution-finding); “Everything is figure-out-able”
☐ Accept reality, rather than fighting it

OTHER IDEAS:
A:

AFFECT &amp; EMOTIONS

CHECK OFF THE ONES YOU LIKE

☐ 7 emotional systems view (turn on: SEEKING, PLAY, CARE)
☐ Track my Positivity Ratio
☐ Check in and adjust my posture; use big and wide poses
☐ Breath work; relaxation response “One”
☐ More “ANT Killing” and REBT tools (Rational Emotive Behavior Therapy)
☐ Protein “doses” to keep blood sugar regulated
☐ Don’t get too hungry or tired (the H and T in “HALT”)
☐ Eye movement (left to right) exercise
☐ Know my brain (brain health assessment)
☐ No judgement, mindful acceptance (of inner experience)
☐ Create a cheat sheet (for happiness, humor, gratitude, etc)
☐ Try improv
☐ Say “This is [insert your name] [insert emotion]” to myself
☐ Journal: 3 Good Things, Gratitude, etc
☐ “Yoga Yells”

OTHER IDEAS:
A: HW

"Brain Check"

Which "Brain" do you spend most of your time using? Circle your answers, then see which side has the most circles

"Beast Brain" versus "Lil Lizard Brain"

Spark versus Dark
Bright and Light versus Gloom and Doom
Palpable Warmth (like the sun) versus Stress Storm
Shiny Eyes versus Life "sucked out" (like there are 2 X's where your eyes should be)
Present versus Distracted / Autopilot
Curious versus Furious / Frustrated / Overwhelmed
Inventive / In Flow versus Stuck / Resisting
Radiant versus Dim
Best versus Stressed
Seeking versus Freaking
U: USURP RESILIENCE
CHECK OFF THE ONES YOU LIKE

☐ Meditation
☐ HALT
☐ Lifestyle - Exercise, whole foods, hydration, avoid toxins, etc
☐ Music (Marconi Union)
☐ Tapping
☐ Get outside
☐ Healthy boundaries
☐ Dance!
☐ Appreciative inquiry
☐ Explore Brain Health
☐ Explore the 8 Dimensions of Wellness (see next page for HW)
☐ Do something relaxing - block off time for this

OTHER IDEAS:
UHW
Wellness Checkin
Circle or color in the face that fits

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<thead>
<tr>
<th>Category</th>
<th>Emoticons</th>
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<tr>
<td>Emotional Wellness</td>
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<tr>
<td>Intellectual Wellness</td>
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<td>Financial Wellness</td>
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G:  

GET REAL

CHECK OFF THE ONES YOU LIKE

☐ Acceptance
☐ “Adjust the Adjustable” - for known stressors, can I: avoid, outsource, decrease duration/intensity/frequency, set and vocalize boundaries, “funnify” the situation, etc?
☐ “Brace for the Braceable” - for known stressors, can I: try centering, intention setting, wear “armor,” power pose, wiggle, befriend uncertainty, try radical acceptance, recite rhymes/tongue twisters, hydrate, bring a “buddy buffer,” etc?
☐ “Get real” with myself - connect with personal values and explore my sense of purpose
☐ Understand my biggest and bestest goals (Ex: try “One Page Miracle”)

OTHER IDEAS:
G : HW

PLAN FOR YOUR TOP 3 STRESSORS

WRITE DOWN YOUR TOP 3 KNOWN STRESSORS BELOW. CAN YOU ADJUST THESE IN ANY WAY? HOW CAN YOU BETTER "BRACE" YOURSELF FOR THESE?
HUMOR!

CHECK OFF THE ONES YOU LIKE

- Worry Game (credit: Chad LeJeune, PhD)
- Movement - big, expansive, funny, perhaps loud moves (Ex: Jumping Jades)
- Add "HaHaHeeHeeHoHo" to stressful thoughts (like the Allen Klein traffic example)
- Invent playful/silly rituals
- Take breaks to check out funny memes/gifs
- Alexa antics (Amazon)
- Sprinkle humor onto others (strangers too); daily sprinkle allocation: ___
- Add humor-related questions to my conversations, such as "Have a good 'dad' joke?" and "What's the funniest thing that happened to you this week?"
- Play a "theme song" in my head
- "Singing telegram" my unsuspecting family and friends

OTHER IDEAS:
WHAT IS YOUR PRESCRIPTION?

WRITE DOWN YOUR IDEAS FOR PLAYFUL/SILLY RITUALS. DANCE MOVES, NEW TRADITIONS, HUMOR SPRINKLINGS, ETC
RESOURCES

I will be adding resources to EmanantWellness.com/laugh
Connect with me if there is something specific you wish to see sooner than later: hi@emanantwellness.com

ONLY 48 MADE!

Take that massage to go with RistRoller, the mini foam roller! These are available today in the store! You can also contact us after the event at: hi@ristroller.com
Put on something funny as you treat your arms and feet to a massage!

HAVE POD WILL CAST

You can check out our podcast, Better And Betterer on iTunes and Stitcher. Ask us a voicemail question by visiting BetterAndBetterer.com and clicking the “Send Voicemail” button that is docked on the right side of the site.

VISIT EMANANTWELLNESS.COM/LAUGH

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PLAYFUL (OR SILLY) RITUAL RX

Prescribe everyone a “Playful Ritual” or “Silly Ritual.” These will be added to the resources found online at EmanantWellness.com/laugh

BELOW, WRITE DOWN YOUR RX AND HAND IT IN:

Your Instagram Handle (optional):