

Chapter 1 : Be the Boss of Your Stress: Self-care for Kids by Timothy Culbert

Be the Boss of Your Stress speaks to kids ages 8 and up with this message: When your body, mind, and spirit are balancedâ€”working togetherâ€”they help you stay healthy and positive, even when you have stress.

Contact My Stress Took Kit: If not, FAIR play to you. The goal is to deal with it actively and effectively. So how do we define stress? There are many ways to do so, and that reflects a key point about stress â€” it will affect each of us in a unique way, and it means something a little bit different to everyone. Recently, two things happened in my life that made me reflect on the concept of stress, and want to write an article about it here for you guys. First, I was asked to give a talk on stress and mindfulness for healthcare students at Trinity College Dublin, which was an absolutely humbling and exciting experience, speaking to a totally lovely range of student physiotherapists, occupational therapists and speech and language therapists about my experience of stress as a doctor, and sharing tips on how to manage stress in our busy days at work, placement and home. Thank you DU Clinical Therapies for asking me â€” they even got me flowers and made energy balls! It was such a positive experience and the group gave such lovely feedback that I felt inspired to write this article for you guys. Nothing but motivation to read into the area and share my experience with you guys! Perception is pretty much for me anyway a result of how we view the stressor combined with how we view our internal resources to manage it effectively. For example â€” how you view an exam coming up, or work deadline, is going to be influenced by how you view your ability to conquer it â€” resources like time, knowledge and your existing ability all factor in here. Aside from obvious reasons, why is stress such a big deal? Chronic stress has been linked to increased risk of cardiovascular disease, high blood pressure, unhealthy lifestyle behaviours and even poor immune function. Chronic stress has also been associated with poor mental health too, which I think we can all agree makes sense! Which brings me to the good stuff â€” stress management. This constant reactivity often only adds fuel to the stress fire, and I think its so important to learn how you can exert control over your response to the world around you. Jot down in the diary when a particular thing is making you feel stressed either physically or psychologically with feelings like anxiety, helplessness and worry being common symptoms reported , and track your pattern over a week to start. You might find even little things like missing the bus are triggers, as well as the big stuff. Pattern recognition allows you to tune into your body and mind, and begin to think about making changes. Bring it Back to The Breath Ah, breathing. But I find two particularly useful â€” Box Breathing, and Breathing. I even got the group from my talk to do it! Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold the breath out for 4 seconds. Repeat as many times as you need! If all else fails in a stressful situation guys, just remember this â€” deepen your inhale, and lengthen your exhale. It helped me to engage with my breath, and has made me a much more mindful person day to day. My stress management was probably a wee bit non-existent until this year, and making changes to that has been a decision I thank myself for everyday. It also can play sounds like falling rain or waves rolling onto the beach to help you sleep! What I will say is this â€” after about 2 weeks of using Calm, I noticed a difference. I was less reactive at work, I became a better listener, I was less affected by previous stressors, and more productive and efficient in my response. I was noticing and appreciating the beauty of the world around me, instead of rushing from one place to the next. First, are you a coffee fan? If not, then take your cuppa tea instead. Tomorrow morning, as you sip your coffee or tea, really take in the flavour. Second, on your walk to work or college or wherever, look UP. Yes, UP from your phone. What colour is the sky? The leaves on the ground? Take the time to tune in, and notice these things. Be grateful for them! The Attitude of Gratitude And that leads me nicely to this point. Mindfulness and gratitude are very closely linked for me personally. We spend so much of our lives running from A to B, from one to-do list to another, never accepting ourselves as enough. I go through waves of this, becoming absorbed in little hassles of life and forgetting the bigger picture, until my mind brings me back to gratitude. A voice to speak. A healthy body to get you from one chapter in your life to the next. Friends, family, a significant other. Hobbies that inspire you, a job you love. Smile for those things, and your load instantly becomes lighter. Remember, we often carry mountains that we were only meant to climb! Finally, the best question â€” would you talk to

your best friend that way? Therefore, YOU can change it. Or what can I do instead? But making a start is the hardest part – so get going today! Would you talk to your best friend that way? I used to hit the gym after my night shifts at the hospital – sprints, weights, spinning, you name it. This year, after my night shifts would end in the morning, I started doing yoga at home for 30 minutes before bed, or going for a short walk or a swim. All my past self had been doing was adding cortisol our stress hormone to a cortisol-filled night at work – I used to think it helped me sleep, but really all it was doing was leaving me wired and exhausted. Switching up my exercise on weeks of night shifts to gentler forms did wonders for my physical and mental health. So my message to you is this. A simple walk for 15 or 30 minutes even 10! But scheduling little dates and catch ups around your busy week is a lovely way to have things to look forward to, maintain your close relationships, and also often talking or venting! I hope this article was helpful for you guys. It might be Box Breathing, or starting a stress diary, or taking a walk this evening after work. Give it a go. You might be surprised just how much better you feel. And finally, remember that you need to find the toolkit that works for you, and your stressors. Spot that self-talk, and know you have the power to change it! Leave a comment, send a DM, or email me!

Chapter 2 : be the boss of your stress | Download eBook PDF/EPUB

Be the Boss of Your Stress speaks to kids ages 8 and up with this message: When your body, mind, and spirit are balanced—working together—they help you stay healthy and positive, even when you have stress. Stress is your body's reaction to things that worry you or make you feel unsure.

Chapter 3 : Be the Boss of Your Stress

Be the Boss of Your Stress is a recipient of the prestigious Mom's Choice Award. The Mom's Choice Awards honors excellence in family-friendly media, products and services. An esteemed panel of judges includes education, media and other experts as well as parents, children, librarians, performing artists, producers, medical and business.

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Be the Boss of Your Thoughts, A Guide to Reduce Anxiety and Lower Stress. March 6, \$

Chapter 9 : Be the Boss of Your Stress and Burnout with Jeff Johnson - Early Childhood Development Ass

Science aside, I think it's pretty obvious that 'feeling stressed' is not a nice feeling, and every single one of us would be in favour of being the boss of our own stress. Which brings me to the good stuff - stress management.