

the Thriver's Guide to Eliminating Sneaky Stressors

Emotional Stress

Eliminate	Limit	Elevate
Negative self talk	Negative Inner circle	Positive peer group
Mood swings, Irritability	Blame game	Presence, Patience, Self-examination
Old baggage	Misunderstandings	Emotional awareness (EFT)
Jealousy / Unhealthy comparison	Inertia / Lack of progress	SMART Goals, Setting Intentions
Isolation	Disconnection	Connection
Depression, Suppressed Rage	Nostalgia, Comparison, Unexpressed Emotion	Gratitude, Acceptance, Self Love
Anxiety, Suppressed Feelings	Internal Struggle for control	Acceptance, 5 Sensory Experience
Negative expectations	Overly critical assessments	Gratitude
Insomnia	Busy mind, incl Media time, Medication	Meditation, Natural supplements
List Overwhelm	Multi-tasking	Time Management Tricks

Physical Stress

Eliminate	Limit	Elevate
Body disconnect & Lack of awareness	Tension	Bodywork / massage, Yoga, Stretching
Pain meds	Pain cycle	Therapies like EFT, Yoga therapy, Natural supplements
Sedentary Lifestyle	Desk Work without Stretch Breaks	Regular easy movement, Harvard's Move Initiative
Too-challenging workouts	Redundant workouts	SMART goals, 15% gains
Empty Calories	Processed food / meats (inflammatory foods), corn, soy milk & wheat derivatives,	Phytonutrients, superfoods; feed Crunchy cravings w/veg Salty - brewers yeast
Unhealthy fats	Omega 6's (inflammatory foods)	Omega 3's, ideally sourced
Culinary Chemicals	Detox cycle, preservatives	Whole foods: shop perimeter of market
Artificial sweeteners	Sweet tastes-monk fruit, xylitol, stevia	Retraining tastes
Food cravings: Sugar+Fat=Survival	Glucose reward/search cycle, Restaurant eating	Complete nutrition = less cravings, Box lunch, Meal prep
Super-size portions	Late night dining	Mini-fast (6pm-10am)

Environmental Stress

Eliminate	Limit	Elevate
Natural light deprivation	Fluorescent workspace lighting	Full spectrum lamps, windows, outdoor access thru day
Bedroom electronics	Blue Light	Circadian rhythms, Red / green light, Natural supplements
Indoor air pollution	Poor circulation, VOCs	Fresh air, Air purifying plants
Fragrance, Phthalates, Parabens	Paraffin candles	Natural ingredients, Essential Oils
Triclosan or Triclocarbon	Antibacterial cleaners	Essential Oils
Drycleaning	Standard detergents	EWG A group, ie Branch, My Green Fills
Toxic cleaning agents, Comet	Ingredients with low ratings on ewg.org	Natural cleaning agents, Bon Ami
Drycleaning	Standard detergents	EWG A group, Cleaner detergents
Fabric Softener Sheets		Wool dryer balls
BPA	Plastics	Glass, Natural wraps
Nonstick cookware Aluminum cookware	Cookware with ceramic and other undisclosed non-stick coatings	Stainless steel, cast iron, Glass
Lead	Mercury	Pollutant-free soil, water
Flame retardants	Furniture older than 2014	Natural bedding / furnishings



let Susi help you shift All Aspects of Stress



Change can be hard. How can you make it easier??

So much of what we do is habit. It's an efficient solution to handling the thousands of conscious and unconscious actions we perform every day! Fortunately we now understand **neuroplasticity**, the extraordinary ability to "re-wire" the human brain and continue learning new things - At any age!

It wasn't so long ago that we thought the brain became "fixed" in young adulthood.

Now we understand that neural pathways can always be created. This means that physical actions become easier with repetition, and even emotional responses become more consistent as we mindfully become aware of our feelings, and build positivity practices such as gratitude. By simply writing 3 things you are grateful for every day, your brain learns to place more importance on that emotions, and continually "scan" daily interactions for situations that match.

You find what you are looking for!

So, it's time to get curious. What would you like more of in your life, and how can you make it easier to enjoy? What opportunities can you create to invite it in?

Meet Susi

In a world where the scales have tipped to burnout, anxiety, and chronic disease, Susi Vine is on a mission to restore the balance of health and happiness. As the host of the Happified Podcast, she spotlights healthy living and lifestyle experts, and shares tools to help her audience live with maximum resilience.

Susi helps high achievers discover how happiness paves the way to greater success by flipping the script on stress. She helps her clients discover how they can unlock optimal focus and greater success by making space for what lights them up: more fun, creativity and play.



Crack the Code to Upgrade Habits

Habits are a matter of efficiency, and with that knowledge we can make them work for us, instead of against us! Let's take a look at the building blocks of habits, so you can make the change you want with less force or frustration.

James Clear (Atomic Habits) defines 4 components of habit:

Cue / Craving / Response / Reward

Begin with an inventory of the habits you perform throughout the day. Make 4 columns with the aspects listed above, and start by just filling in the third, listing your habits under "Response".

Do you notice a Cue before you take action? Maybe it's time of day, a meal or other common action, or interaction with someone.

If you notice a connection, write it down in column 1.

You may notice a feeling or result that follows the action of the habit. Go ahead and make note of the Reward.

All of this info helps you prepare to upgrade your patterns.

Ultimately, your goal is to make it easy to do something different. Have a new Response ready to follow the Cue and fulfill the Craving.

Explore what new Responses will also bring a similar Reward. And remember to reward yourself, and celebrate your progress as you slowly replace and upgrade your habits!



3x Less Stress

Is it time to make shift happen?

Maybe you think that professional success is more urgent than the pursuit of happiness. Maybe you think that self care is selfish, or indulging in humor is immature. Luckily, research and neuroscience prove that those ideas are all wrong! Positive people are better in sales, faster in decision making, promoted more often, are more resilient to stress and enjoy better health!

So, is it your turn to discover a more empowered approach to resolving stress and enjoy a happier life?

Want a customized strategy to lighten your stress load? Book a free call to dig in! 3xLessStress.com/strategy