



Scrap The Stress - Day 2

Becoming Empathetic Teen Leaders

Definitions - Let's define our terms...

Stress - a state of strain, pressure, and tension because of all those things.

Rest - a state of peace, calm, support, and connected activity in the midst of...

Relationship - a state of being connected to a person, concept, or object.

Empathy - seeing it from *their* perspective, understanding, and feeling with them.

Identity - what makes you *you* - what thoughts, beliefs, qualities, and actions flow?

Recalibrate - small changes to get you back to who you were always meant to be.



3 Steps to Scrapping The Stress - or more specifically, your *relationship* with it

1. Recognize you have a **CHOICE**

2. Uncover and define your **BELIEF** that messes with your **CHOICE**

3. **CHOOSE** the state of being you *actually* desire - the one you were created for