

Conquer The Crisis

Ok, more like cultivate a healthier relationship with stress
Let's begin by defining our terms...

Crisis - a time of intense strain, difficulty, trouble - often involves great uncertainty

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

Rest - a state of peace, calm, and connection in the midst of all the things.

Relationship - a state of connection or disconnection to a person, concept, or object.

Default - an adapted way of operating - not your original, intended, created way.

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

Reckon - account for your specific thoughts, feelings, beliefs, and actions.

Relinquish - give up, abandon - throw far far away - not to be picked back up again.

In order to truly relinquish your *stressing ways* - ***your old relationship with stress*** - you have to first do an inventory to know what you're choosing to abandon. In other words, you need to reckon with what's there - helpful and not.

When you relinquish something you are:

- Opening room for something else - what's actually helpful.
- Deciding on that something else - it's as important as deciding what to abandon.
- Free to be - what you ***actually*** desire - your true, best self.

3 Steps to Conquer The Crisis - or more specifically, your *relationship* with stress

The questions are a guide - they'll lead to more questions and specific answers

1. Recognize you have a **CHOICE**

What is your yes, but...?

2. Identify the **BELIEF** that jacks with your **CHOICE**

What are your specific thoughts, feelings, and ultimately beliefs that have popped up?

3. **CHOOSE** Freely the state of being you *actually* desire - the one you're created for

What is your desired state? What other choices have popped up?

Remember to **BREATHE on purpose**. Notice what comes up - Reckon and Relinquish