

## 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.

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## 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 are some choices you know you have? Logically yes, but...*

### 2. Uncover and define your **BELIEF** that jacks with your **CHOICE**

*What's eating at you the most about all of this? Things that drain - Things that fuel*

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

*How will you experiment? Start - End your day, Habits to Stop, Habits to Start*

Remember to check back with yourself in 5 - 7 days to see what you want to keep, tweak, and change. *Pay attention to what comes up - make note of your observations.* And most definitely remember to **CELEBRATE your experiments.**