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MANAGING STRESS FROM THE INSIDE OUT

1. The Purpose of Stress is to _____.

2. Where Do I Live?

- IN or OUT of Alignment:

Alignment: Core → Inner Life → Outer Life
 Core: Identity + Worth + Purpose
 Inner Life: Thoughts + Beliefs + Feelings + Values
 Outer Life: Behaviors + Actions

3. **Who do I listen to?** How am I experiencing stress by listening to:

- The LOOP -- The Land of Other People: Opinions + Expectations + Agendas
- **Saboteurs:** automatic and habitual mind patterns that convince us through their lies that they are working for us and not against us.

<input type="checkbox"/> Judge	<input type="checkbox"/> Pleaser	<input type="checkbox"/> Victim	<input type="checkbox"/> Hyper-Vigilant	<input type="checkbox"/> Controller
<input type="checkbox"/> Stickler	<input type="checkbox"/> Hyper-Achiever	<input type="checkbox"/> Restless	<input type="checkbox"/> Hyper-Rational	<input type="checkbox"/> Avoider

How does my Saboteur present itself? What does my Saboteur say?

4. **What's up with my amygdala?** Managing Stress and Flourishing by Preventing Amygdala Hijacking

Is stress caused by reality or my perception of reality?

It's how we perceive (think about) situations and events that produce the response in our bodies that we call stress.

- How am I thinking about something in a way that is causing me stress?
- How could I think about that in a way that would reduce stress?

5. How can I manage my thinking and shift from stress to wellness?

- Be Aware
- Say: "Not now."
- Dispute Thinking
- Change Thinking
- Put it in the Parking Lot
- Let the Problem be the Problem
- Stay Focused on Purpose
- Quiet My Saboteurs
- Ask for Help
- Practice Gratitude

Practicing Kaizen: Continual Improvement

What are my take-aways from this session?

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Top 20 Books: *Top 20 Teens: The Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers*
Top 20 Teachers: The Revolution in American Education
Top 20 Parents: Raising Happy, Responsible and Emotionally Healthy Children
Why Students Disengage in American Schools and What We Can Do about It
Rebalanced Thinking, Rebalanced Living: Developing Your Inner Life through Social-Emotional Learning

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