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.

      ____ Judge    ____ Pleaser    ____ Victim    ____ Hyper-Vigilant    ____ Controller
      ____ Stickler  ____ Hyper-Achiever ____ Restless    ____ Hyper-Rational    ____ 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 Curriculum:**
- Top 20 K-6 Curriculum
- Top 20 TLC -- Grades 3-6 Curriculum
- Top 20 Teens -- Grades 7-12 Curriculum

**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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