

FIND YOUR DAY...the playbook

Resetting Your Perspective Baseline

STRESS is a by-product of LIVING. If you have a pulse, you have STRESS.

You do not want a life void of stress. Without stress you fail to develop PROBLEM SOLVING and COPING skills. You want to MANAGE STRESS.

52% of people between the age of 18 and 29 have experienced feelings of hopelessness and depression. Half of those have considered self-harm.

52 million Americans have been diagnosed with some form of MENTAL ILLNESS. That was before the pandemic, the number is much higher now.

The first step in stress management is to differentiate between INCONVENIENCE and STRESS. Perform the six o'clock test: Would it make the six o'clock news?

Stress can have major PHYSIOLOGICAL impacts on the body like poor breathing, increased blood pressure, and indigestion just to name a few. It is REAL!

The TOP STRESSORS in life are loss of a loved one, change in your financial picture, a relationship change, an employment change, family strife, health problems, and world issues. We all have dealt with some of these, and most of us have dealt with them all.

STRESS can lead to anxiety, depression, and even suicide. It MUST be managed to avoid moving down that dangerous road.

The NATIONAL CRISIS HOTLINE number is 988. Remember this number!!! You or someone you know may need it.

MENTAL ILLNESS was the pandemic before the pandemic. It's time we stopped kicking this can down the road. It interfaces with problems ranging from drug addiction to relationships to gun violence to work productivity to overall happiness. It affects nearly EVERYTHING!

Improving your STATE OF MIND helps work productivity, communication, interpersonal skills, and teamwork. Plus, it makes everything more fun.

PEOPLE are the biggest creators of stress. They either CAUSE IT or are the conduit to SOLVE IT. Your ability to deal with people may be the biggest asset you have in dealing with stress.

***The golden rule of human relations is:
DO UNTO OTHERS AS THEY WANT TO BE DONE UNTO.***

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Here is what you do to Manage Stress

*All time management techniques (it's really organizational management, time is finite) involve one or more of the following:
MULTITASKING, ELIMINATION, OR EFFICIENCY.*

During times of stress, we often forget to RELAX, EXERCISE, COMMUNICATE, LAUGH, AND HAVE A HOBBY. These give you DISTANCE from a problem so you can see more problem solving options. Seeing OPTIONS is a key to KEEPING PROBLEMS IN PERSPECTIVE.

ONE MINUTE OF DEEP BREATHING every hour is more beneficial to you from a physiological standpoint than a 30 minute coffee break every half day.

EXERCISE just needs to be REGULAR and ELEVATE THE HEART RATE.

GET A HOBBY. And make sure your hobby is a STRESS REDUCER, not a STRESS INDUCER.

TALK. TALK. TALK. Communication with friends, family, and even professionals are immensely successful as a stress management tool. Even your pets love hearing your problems. They don't judge.

Your SENSE OF HUMOR enhances RELATIONSHIPS, reduces TENSION, manages STRESS, and has a positive PHYSIOLOGICAL IMPACT on you. LIGHTEN UP!

BE A KID. A child belly laughs 200 times a day, an adult only fifteen.

Stress management is not a game of solitaire. Your STRESS BUSTING TEAM should include a financial partner, an industry partner, a spiritual partner, and a supportive partner. One person can fill more than one role, but make sure all bases are covered.

*We all have PERSPECTIVE EMERGENCIES when the world seems to be crashing down all at once. If you need something immediate to help your state of mind remember:
the six o'clock rule
or try emulating a positive person
or perform a random act of kindness
or remember what's most important in your life.*

*We have all made it through a horrible day. That day puts all days in perspective.
FIND YOUR DAY.*

*Louis L'Amour said, "THE TRAIL IS THE THING, NOT THE END OF THE TRAIL".
Enjoy the journey.*

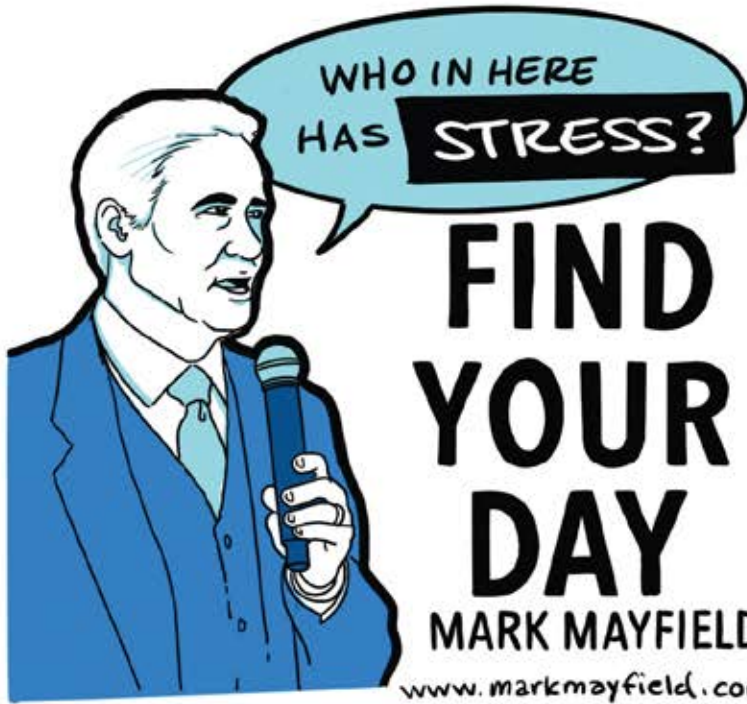
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SOLID BUSINESS WISDOM – BRILLIANT COMEDIC STYLE



WHO IS OKAY WITH THIS?

52 % OF 18-29 YEAR OLDS SUFFER FROM ANXIETY + DEPRESSION

AND 52 MILLION AMERICANS HAVE BEEN DIAGNOSED WITH A MENTAL ILLNESS.

- ### THE 7 STESSORS
- Changed Financial Picture
 - Loss of a Loved One
 - Relationship Change
 - Health Issues
 - Employment Change
 - Family Strife
 - World Issues
- DON'T ADD TO THE PROBLEM!



- ### YOUR STRESS TEAM
- ▣ FINANCIAL PARTNER
 - ▣ INDUSTRY PARTNER
 - ▣ SPIRITUAL PARTNER
 - ▣ SUPPORTIVE PARTNER



I WANT TO KEEP YOU FROM FALLING DOWN THE STAIRS:

R.E.A.C.H.

These are the things we forget to do!

- ELEVATE YOUR HEART RATE
- TALK TO PEOPLE (THERAPY WORKS)
- RELAXATION
- EXERCISE
- AVOCATION
- COMMUNICATION
- HUMOR
- CLOSE YOUR EYES AND BREATHE
- A HOBBY THAT STAYS A HOBBY
- LAUGH DEEPLY AND OFTEN

DIAL **988** OR **800-273-TALK (8255)**

THIS ENDS NOW

CRISIS HOTLINE

PUT THIS IN YOUR PHONE

MAKE THIS LIST!

While on a secret mission, the USS Indianapolis was sunk in July 1945. No one was there to rescue them.

880 316
DIED SURVIVED

I've never had a BAD DAY since... that was MY DAY.

EDGAR HARRELL
USS INDIANAPOLIS

THIS IS MY DAY:
OCT 1 2017

LAS VEGAS — SHOOTING

My daughter was there

Mark Mayfield

Hall of Fame Speaker