

How will you...

Turn Your Hot Buttons Into Happy Endings?

# Cut thru Your Stress

## Use Your **BLADE**

Use the acronym **BLADE** to remind you of the powerful 5 Steps to Handle Extreme Stress. With practice, these steps work together to help you confidently turn your toughest times into the best of times – FAST!

**B**

Our **Bodies** let us know when we are at risk. We often hold our Breath, sweat, feel pain, tightness, and more! Be sure to **#Breathe** **#Breathe** to fully oxygenate (Waterfall method – 3 sec In thru nose, 7 sec OUT thru mouth)

**L**

**Life** essentials describe the logistics to support life, critical is water to reduce stress buildup, flush toxins & waste, and builds our stamina. Also, the right food, sleep, self care ...

**A**

**Assess** and **Analyze** your separate sources of stress and your emotions triggered or tied to each. When stress & emotions stay jumbled up, fear and anger dominate and limit options.

**D**

What do you **Desire**? During a crisis is not the time to figure out what's most important. When you skillfully focus your questions, you clarify your priorities. What helps the most?

**E**

What **Energizes** you? Whatever lights you up ensures you refill your body as extreme stress depletes. You can tap into your vast potential when you only allow positive energy. Do what works fast and naturally - meditation to 🎵

More? Contact Colonel Deb



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