

Courageous Self-Care

Managing Stress and developing an Emotional Intelligence to be able to recognize and regulate emotions, contributes to the overall health and well-being of the leader, thereby allowing them to perform at their full potential.

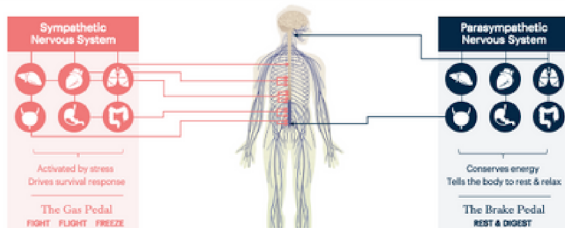
Managing Stress

Stay vigilant for the stress building within yourself, through body and mind awareness

Acceptance

Acceptance is not making the bad things worse. The equation of Acceptance is:

The science of stress

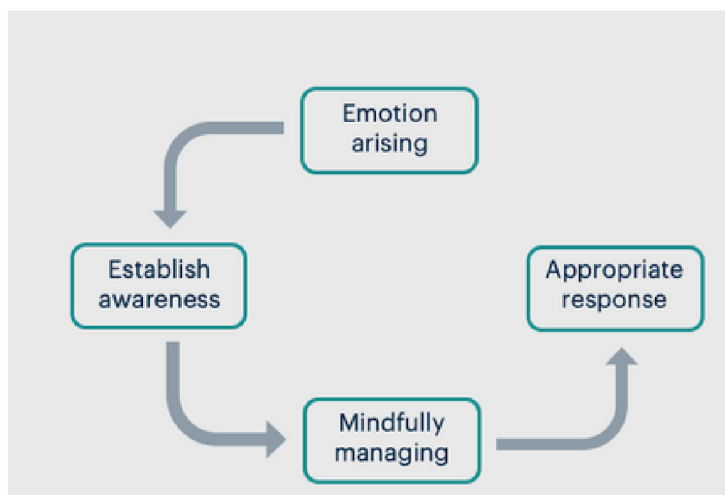


$$S = P \times R$$

Suffering = Pain x Resistance

Emotional Intelligence

Mindfully manage your emotions to ensure appropriate response instead of emotion driven reactions.



Tips for Stress Management :

- Practice Mindfulness
- Maintain Emotional balance by getting one second ahead
- Box Breathing
- Name your emotions to tame them
- Don't add fuel to the fire by building stories around challenges
- If you can influence/change a tough situation, ACT, else ACCEPT.

My 60 Days Habit Tracker

Use one row for each habit act you want to engage in, including mindfulness practice. Mark X for each day you intended to do your habit act and actually did it.

Tip: If you miss a planned day, don't worry – it happens. But to create a new habit, never skip twice.

Habit-Act	Day														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

NOTES :



1. My New Habit: Why do I do it?

Tip : Make it personally motivating

2. Cue

Tip : Use one(or more) cue types to trigger the new habit

3. Act

Tip: Be specific and start small so you cant say no.

4. Reward

Tip: Use immediate gratification until the long-term effects kick in

My New Habit_____

Action_____

Cue_____

Reward_____