

# 6 STRESS MANAGEMENT STRATEGIES

*That Don't Include Deep Breathing*

## 1. Cognitive Reappraisal

We can't change circumstances, but we can change our interpretation.

Change:

"I *have* to..." "I *get* to..."

Reframe the stress from a "*threat*" to a "*challenge*."

The event stays the same, **but the story we tell ourselves changes.**

## 2. Emotional Granularity

"Name It to Tame It," but more advanced.

Instead of saying, "*I'm stressed.*"

**Clearly name what the stress actually is.**

*"I'm feeling stressed, but here's what it really is or why."*

Regulation happens when we properly name the emotion.

## 3. Mitigate Decision Fatigue

You make thousands of micro-decisions daily.

Those tiny choices compound into stress if not managed.

Reduce low-value decisions:

- Structured meal plans
- Simple routines
- Scheduled time blocks.

**Protect your mental bandwidth by eliminating excess decisions every day.**



READ MY LATEST  
WELLNESS ARTICLE

[WWW.CHASEINSPIRES.COM](http://WWW.CHASEINSPIRES.COM)



BOOK ME FOR  
YOUR NEXT EVENT

# 6 STRESS MANAGEMENT STRATEGIES

*That Don't Include Deep Breathing*

## 4. Boundary Design

“Set boundaries” = *WEAK*

“Intentionally design your boundaries.” = *STRONG*

Designated grading periods

Designated work areas at home

Take a day off (*and don't feel guilty about it!*)

Set those boundaries and **protect them!**

## 5. Nervous System Cycling

Stress isn't bad.

*Always being stressed is.*

Find ways to relieve stress periodically:

- Short walks
- Long hugs
- Deep breaths
- Mini workouts

**Physical movement breaks up mental stress**

## 6. Track Wins Daily

List **3 things** you're proud of, excited about, or grateful for.

Awareness of progress:

- *Keeps you encouraged, not bummed.*
- *Keeps you progressing, not feeling stuck.*

The more awareness you bring to these moments,  
**the more you'll find them.**



[WWW.CHASEINSPIRES.COM](http://WWW.CHASEINSPIRES.COM)



LET'S CONNECT  
ON LINKEDIN

 CHASE LIVINGSTON

BOOK ME FOR  
YOUR NEXT EVENT