



# THE SUMO GUY'S TOP TEN STRESS SLAYERS

**Stress is an inevitable and unavoidable fact of life, but it doesn't have to defeat you. Here are ten ways to slay your stress:**



## Get Real.

The reason so many people suffer from stress unnecessarily is due to unrealistically high expectations. Kids will be naughty, trains will be delayed, organisations will change. Stuff happens that we don't like and cannot always control, so adopt a new mantra 'Reality Rules'.

## Quit The Cave.

Our highly complex brain can be simplified into three main areas.

- a) Rational Brain (neo cortex)
- b) Emotional Brain (limbic system)
- c) Primitive Brain (reptilian)

Our primitive brain triggers our fight and flight response when we feel threatened. This was particularly handy when confronted by a sabre toothed tiger, but is less helpful when stuck in a traffic jam. Move from primitive to rational brain by asking yourself, "How important will this be in six months time?"



## Cut the Strings.

Ever found yourself saying "They really wind me up" or "My kids are really stressing me out". Taken to its logical conclusion, we are implying that our ability to remain calm is based solely on the behaviour of others. We're no more than a puppet who's responses are dictated by whoever is pulling our strings. Quit giving other people so much power over how you feel. You might not be able to change their behaviour, but you can control your response.

## Change Your T-Shirt.

The reason so many people feel stressed is they think, feel and behave like a victim. In fact they might as well wear a T-shirt that has 'Victim' emblazoned on the front. They blame circumstances and people for all their stress and never look to themselves as a possible cause. Take responsibility. Ask yourself "How can I influence or improve this situation?"





### Find Fulfilment.

Stuck in a dead end job or a relationship that is going no where? It's time to do something that you find at least some degree of fulfilment in. Spending time in an activity that is engaging, energising and enjoyable helps you tackle the pressures of daily life.



### Sweat It Out.

Exercise increases 'alpha waves' - electrical brain patterns associated with calmness. It can make you feel better about yourself and gives you the energy to tackle stress. So start sweating!

### Acknowledge Your Anger.

Don't deny it or suppress it. It is OK to feel angry, but before taking action ask yourself "Is my response appropriate and effective?" Remember when you strike when the iron is hot, people can get burnt.



### Forget Your Focus.

Often it's not helpful to allow one single issue to become your sole focus of attention. Take a break. Read a book, go for a walk, listen to some music. Just remember to switch off.

### Ponder On Priorities.

Take time out to focus on your priorities. Not every task or issue is a matter of life or death. Focus on what is actually important and don't allow trivial issues to drain you of your sense of calm. Ask yourself "Where is this issue on a scale of 1 - 10?" (Ten equals death by the way).



### Guilt Is Great.

No not the negative emotion that destroys your sense of enjoyment and peace of mind. We can all find excuses for not taking care of ourselves, so re-define guilt. G.U.I.L.T. It stands for Give yourself Uninterrupted, Indulgent, Leisure and pleasure Time (at least once a week).

Our complex lives means stress comes with the territory, but how much you allow it to dominate your life is ultimately up to you.