

A STEP-BY-STEP GUIDE TO KICK STRESS

**This guide introduces
three easy steps
aimed to decrease stress
and add more ease to your life.**

Tuuli Paaksi

STEP 1

Assessment

This step helps you to evaluate whether your life is in balance or maybe you have some areas of life, which are joyless and stressful.

As soon as we reach adulthood, we have more and more things in our lives that we need to take care of even though we don't always like doing them. It can be checking your finances. It can be networking. It can be sales, and it can be daily management, or it can be taking care of your home. There are still a great many things that you may not find on this list.

At some point, you may notice, that you seem to have given up all the fun in your life and that your life has started to be more and more full of meaningless and joyless accomplishments. You only see obligations as having no joy at all. This spiral of unhappiness can proceed very quickly and can lead to deep stress and depression.

It can be that you wake up from this spiral of unhappiness, and take a few days off from work only to fill them with unfinished housework or other personal business. Did you bring more joy to your life? No! Definitely not! Instead, you exchanged one obligation for another.

How can you evaluate your own situation? How can you assess whether your life is in balance or maybe going towards a joyless life, and even further to stress and depression?

Please do the following assessment of your situation.

Give 10 points when there are only things in this area of life, which bring you joy, well-being, relax you and make your life happier.

Give 1 point when there are only things in this area of life that are uncomfortable, heavy and depressing, and after which you are sad, tired or discouraged.

And if your situation is in between these points, find the right value for your current situation.

Joyless (1) to Full of joy (10)

Work and career 1 2 3 4 5 6 7 8 9 10

Health and wellbeing 1 2 3 4 5 6 7 8 9 10

Family 1 2 3 4 5 6 7 8 9 10

Romantic relationship 1 2 3 4 5 6 7 8 9 10

Friends 1 2 3 4 5 6 7 8 9 10

Interpersonal relationships 1 2 3 4 5 6 7 8 9 10

Home and environment 1 2 3 4 5 6 7 8 9 10

Hobbies 1 2 3 4 5 6 7 8 9 10

Self-development 1 2 3 4 5 6 7 8 9 10

Did you get any value more than 6 or less than 5?

If your value is more than 6, it gives you more joy.

If your value is less than 5, it's time to wake up, because doing these things makes you unhappy.

What is the average of your assessment (add all the numbers and divide by 9)?

Is the average more than 6 or less than 5?

The average is more than 6.

If the average is more than 6, there is more joy in your life than stress.

The average is less than 5.

If the average is less than 5, it's time to change your life, because you, unfortunately, have stress in your life.

In which area of life is the value the highest? Is the value more than 6? If so, it tells you that this area of life brings you the most joy. Below you can check whether the value of a particular area of life is equal to or more than 6.

- Work and career
- Health and wellbeing
- Family
- Romantic relationship
- Friends
- Interpersonal relationships
- Home and environment
- Hobbies
- Self-development

Remember, these areas give you more energy and stamina. Please add more of these kinds of activities to your life.

In which area of life is the value the smallest? Is it less than 5? If so, doing activities in this area will diminish your energy and increase fatigue. Below you can check whether the value of a specific area of life is equal to or less than 5.

- Work and career
- Health and wellbeing
- Family
- Romantic relationship
- Friends
- Interpersonal relationships
- Home and environment
- Hobbies
- Self-development

Those areas of life take energy from you. Now, you should focus on bringing joy also to those areas of your life.

STEP 2

Mapping sources of energy

In this step you will learn how to increase your energy and joy, thus reducing stress and fatigue.

If you have traveled by plane, you have undoubtedly heard how the flight attendant says in his or her security statement before the flight: "When the oxygen masks drop, put the mask on yourself and ensure there is oxygen flowing to your mask before assisting others."

Actually, the same is true for the rest of your life. If you don't have energy, how can you give it to others? If you don't have joy, how can you give it to others?

Remember that if you take care of yourself every day and add joy to your life, you will also be able to take care of others.

Do the next exercise to add joy to your life.

Write at least 20 different activities that you think could make you happy, help to relax you or just plain feel good. I suggest you write 50 activities. Why so many? This is long-list, and by testing each activity, it might be that in reality many of these activities don't fulfill the requirement we laid down previously (i.e., Make you happy, help to relax you or plain feel good).

How to come up with these activities easily? You can ask the following questions:

1. What kind of things and activities did you like when you were a child?
2. What kind of hobbies have you had, which you truly enjoyed (you can exclude all the hobbies you were involved with because your parents demanded it or because your friends were interested in it)?
3. What are you good at (for example, what are the subjects where your friends and acquaintances asked for your help)?
4. Remember when you felt joy and enthusiasm? Where were you, who were with and what were you doing?
5. Close your eyes and imagine yourself in the future, into the moment you feel joy and enthusiasm. Where are you, with whom are you and what are you doing?

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.....

You can add new activities to this list whenever you like.

Once you've got some activities listed, test what they feel like to you. There are activities on your list that you liked to do once or that you imagined would be great to do. Now you should check to see how you feel if you do them. If you feel good, if you are happy, if you are relaxed, or if you are excited, you can leave this activity on your list. If this activity caused an unpleasant feeling for you or you became depressed, you should take this activity off of your list.

I recommend choosing at least 10 activities that will bring you joy and energy (let's call it a short-list). If necessary, add new activities to your initial long-list and test them out. Do they bring you good feelings, add happiness, relaxation, or enthusiasm.

Make sure that your list includes activities that support both your mind and body.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Also, make sure that your short-list contains at least one activity from the area of your life, which you rated 5 or less. In the best case, there should be at least one activity from every area of your life. And the lower the value of the assessment, the more activities of that area of life you should have on your list.

Checklist:

- Work and career
- Health and wellbeing
- Family
- Romantic relationship
- Friends
- Interpersonal relationships
- Home and environment
- Hobbies
- Self-development

STEP 3

Schedule stress-reducing activities

This step helps you to achieve mental and physical well-being through your daily activities.

Book at least 15 minutes a day to take care of yourself. These 15 minutes are just a tiny part of your awake time. In fact, 15 minutes is only 1.5% of the 16 hours you are awake. However, these 15 minutes support your well-being so well that you cope till the next day. You can extend this time, even just five minutes at a time. It would be great if you could take care of yourself for at least an hour every day.

When could you do these stress-reducing activities? For some, the best time may be early in the morning when you wake up, but it is still too early to go to work. For some, it may be for lunch, when your body and mind would like to take a break from the working mode. For some, it may be right after work, when you still have energy. And for some, it may be in the evening when your family is already sleeping, and you're not sleepy yet.

Find the right times for yourself. If your normal daily routine isn't typical, choose times that fit your rhythm.

Take out your calendar and block 15-minute periods for each day. I suggest you reserve at least 15 minutes of self-care time each day for the whole week (or more).

Also, mark in advance what kind of activity you are going to do so that your 15 minutes won't be spent inventing an action (been there, done that).

Remember, this time is about reducing your stress. You cannot cut your stress if you do housework or other urgent tasks during these 15 minutes! On the contrary!

Change activities every day.

Checklist:

ACTIVITY:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Take care of yourself
and do a 15-minute
stress-reducing activity
EVERY day.**



My name is Tuuli.

I'm a mother of two and entrepreneur with 20+ years of experience. After my second burnout some years ago I finally got it.

I understood why I was always stressed and depressed, why I had my second burnout and also realized what I can do to change all that.

This is why I founded Become Happy Stay Happy - a place where you can get easy-peasy tools to bring more ease, joy, and happiness into your lives.

**Want more free stuff to help you kick your stress
and make more room for happiness?**

CLICK HERE
www.becomehappystayhappy.com

**Copyright © 2022 Tuuli Paaksi,
Become Happy Stay Happy / Happy Coach LLC**

Tuuli Paaksi

Copyright and disclaimer

This guide is for your personal use only.

Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the author. Requests to the author for permission should be addressed to the following email:
happy@becomehappystayhappy.com

Limitation of liability/disclaimer of warranty:

The publisher and author make no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose.

The advice and strategies contained herein may not be suitable for your situation.

If you have stress (or you suspect that you have it) please go to see your doctor! This Guide does not diagnose any medical conditions, prescribe or perform medical treatment, prescribe substances, nor interfere with the treatment of a licensed medical professional. The information about stress and stress management tools provided in this Guide can complement any medical or psychological care you are receiving.

Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.