

## Stress It's Your Superpower

Research indicates that writing by hand as you learn or create offers cognitive benefits that typing does not. When we write by hand, our brains are better able to store and process information. Enjoy some old-fashioned hand writing!



### ACTIVITY #1: Stress

#### My #1 Stress is:

Describe this stress in detail. How does it make you feel? What are the circumstances? What potentially could happen with this stress? How does this stress impact you and others?

In one word, this stress makes me feel:



### ACTIVITY #2: Your Best Self Vision

Write a paragraph considering the following prompts.

When you show up as your best self:

- How do you lead?
- How do you treat others?
- How do you communicate?
- How do you behave under stress?
- What emotions are present most often?
- How do you show up as a partner?
- How do you show up as a parent?
- What personal values do you display?
- How do you want others to describe you?



### ACTIVITY #3: Reframing

Consider the stress you wrote about in #1. Use the questions below questions as prompts and journal about that stress.

- What opportunity does this stress provide?
- Have I learned or improved any new skills?
- How will this stress help me in the future?
- Has this stress allowed me to connect to people who are important to me?
- Does this stress remind me of what's really important in my life?
- Does this stress allow me to teach or mentor other people?



### ACTIVITY #4: Identifying the Types of Stress

- **Normal:** Manageable and expected. Maintains your current resiliency capacity
- **Training:** Beyond normal stress. Can be intentional or unintentional. Increases your resiliency capacity.
- **Excessive Stress:** Chronic or Acute.
- Chronic stress is when your normal stress has no recovery.
- Acute stressors are the unexpected events that happen in our life.
- Excessive stress reduces our resiliency capacity. Excessive stress is not manageable.

How does knowing the type of stress we're experiencing help us to be more resilient?