

ASK YOURSELF THESE QUESTIONS FOR INSTANT STRESS RELIEF

One of the most powerful techniques to reduce stress and anxiety is simple and easy to do: when we find ourselves in a negative space, we can ask ourselves questions that force us to consider some potential positives.

As our thoughts refocus on the positive, our emotions will follow. Feelings of frustration, fear, and despair can quickly be replaced with optimism and hope.

Anyone can do this to get instant stress relief. Try these questions as a starting point:

WHAT IS WITHIN MY CONTROL?

- What should I stop worrying about because it's beyond my control?
- What's one step I can take here?

WHAT IS THE BIG PICTURE?

- On a scale from one to ten, how big is this problem?
- How much will I care about this in six months?
- What is the key issue here? What do I want to accomplish?

WHAT CAN I BE GRATEFUL FOR?

- What are the "blessings in disguise" here?
- Looking back on this later, what will I be grateful for that I don't necessarily like right now?

WHAT IS GOOD ABOUT THIS?

- What are the positives about the situation & people involved?
- What positive outcomes could come from this?

WHAT IS THE OPPORTUNITY?

- What am I learning?
- How is this making me stronger and better?
- Will I be able to help someone else more because of this experience?

EVERYTHING CAN BE TAKEN FROM A MAN BUT ONE THING: THE LAST OF THE HUMAN FREEDOMS—TO CHOOSE ONE'S ATTITUDE IN ANY GIVEN SET OF CIRCUMSTANCES, TO CHOOSE ONE'S OWN WAY.

- PSYCHIATRIST VIKTOR FRANKL

THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER.

- PSYCHOLOGIST WILLIAM JAMES

THE SOUL BECOMES DYED WITH THE COLOR OF ITS THOUGHTS.

-PHILOSOPHER MARCUS AURELIUS

