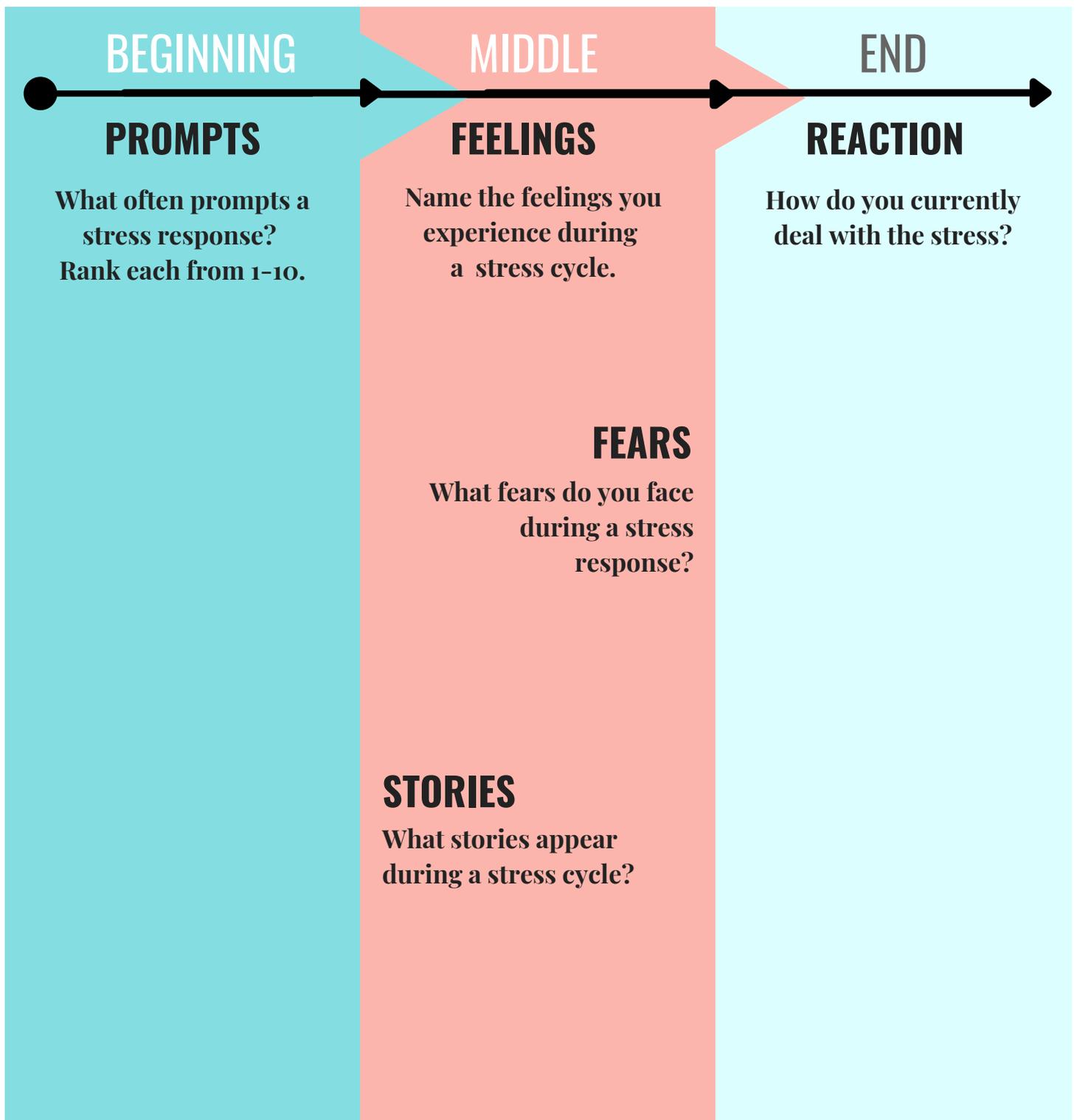


OF YOUR *Stress Cycle*

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UNDERSTAND YOUR *Stress Cycle*



COMPLETING THE *Stress Cycle*



DEFINING YOUR *Self-Renewal Activities*

Self-renewal is a more personalized & customized version of the popular "self-care."

BRAINSTORM ACTIVITIES THAT MAKE YOU FEEL
MORE LIKE YOURSELF ONCE COMPLETED

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SELF-RENEWAL BY *the Minute*

Stress cycles aren't one-size-fits-all, and neither is self-renewal. Here are some examples of ways you might complete your stress cycle based on the amount of time you have to offer at the moment.

1
Minute

Four-Square
Breathing

6
Minutes

Full Body Stretch

2
Minutes

Senses Centering

7
Minutes

Laugh Out Loud -
Watch Comedy Clip

3
Minutes

Tapping Cycle

8
Minutes

Meditation or Prayer

4
Minutes

Listen to your
favorite song

9
Minutes

Journal Entry -
Notes on the Day

5
Minutes

Journal Entry -
Gratidue

10
Minutes

Tea & Read

SELF-RENEWAL *by Stress Level*

Stress cycles aren't one-size-fits-all, and neither is self-renewal. Here are some examples of ways you might complete your stress cycle based on the intensity of the stressor.

Level

1

Four-Square
Breathing

Level

6

Cooking favorite
meal or treat

Level

2

Short, guided
Meditation

Level

7

Spend time on a
favorite hobby

Level

3

Walk around the
block

Level

8

Casual time
outdoors

Level

4

Belting out your favorite
song in the car

Level

9

Engaging mind on
favorite topic

Level

5

Hike or outdoor
activity

Level

10

Focusing on a
project/goal that
moves your life
forward in a positive
direction

SELF-RENEWAL BY *the Minute*

NOW IT'S YOUR TURN!

1

Minute

2

Minutes

3

Minutes

4

Minutes

5

Minutes

6

Minutes

7

Minutes

8

Minutes

9

Minutes

10

Minutes

SELF-RENEWAL *by Stress Level*

NOW IT'S YOUR TURN!

Level

1

Level

2

Level

3

Level

4

Level

5

Level

6

Level

7

Level

8

Level

9

Level

10

A SAMPLE MONTH OF *Renewal*

Adding a Self-renewal practice to your life - especially during times of increased stress - can help reduce overall anxiety and allow you to practice completing your stress cycle on a daily basis. Creating a monthly calendar increases the success of implementing a practice and can be more fun as well, because it gives you a framework for healing over an extended period of time.

WEEK ONE	Examples: Listen to your favorite album	Play a board game	Walk around the block for 10 minutes	Favorite Meal	Set a daily intention
WEEK TWO					
WEEK THREE					
WEEK FOUR					
WEEKENDS					