

# The Brain Connection: Preventing Stress From Impacting Your Health



## Step 1: SEE IT



## Step 2: HONOR IT



## Step 3: CONTROL IT



## YOUR BASIC TOOLS:

Tool #1 – **RESET** Breath

Tool #2 – **BELLY** Breath

Tool #3 – **Mind-Pushups**

Tool #4 – **Dump n Destroy**

Tool #5 – **Ho, Ho, Ha, Ha**

**BONUS TOOL: Rocking Chair**

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Taken from: 21 Day Stress Rescue

FreedomFromStress.com

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## INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

\*\* Make extra copies & post as reminders where needed!