**UNWIND!**
By Sam Bracken and Dr. Michael Olpin

**Part 1 – Unwinding the Stress Paradigm**

A) How to understand stress – Figure out your symptoms –
   a. It’s a world wide problem that leads to illness, chronic health problems and even death – *(karoshi – work death)*

B) The GAP between stimulus and response *(Covey*)
   a. As humans we are blessed with thought, what actions can we take to keep ourselves safe, healthy, calm? - Mind the Gap – use it, be aware -
   b. Triggers and Pinches – everyone has different stressors – What are yours?

C) The Mindfulness Response – When you are in the moment “Just BE” –
   a. Enjoy where you are. Regrets and fears are often wasted energy and create stress for you and those around you

D) The Power of Paradigms – Identify and challenge the paradigms that are stressing you out. Is it traffic? Is it a person? Is it a place? Examine the stressor and replace the stress inducing thinking. Is it really about you?

E) Shifting the Stress Paradigm – *see part 2*

**Part 2: Living a Stress Free Life**

A) Be Proactive – Figure out what principles, character traits and values are important to you. For example: Integrity, empathy, self-worth, initiative, resourcefulness, respect, love, etc.
   a. Be willing to say “NO” – establish healthy boundaries
   b. Make your own health a priority – sleep, eat healthy, avoid over doing it with food, or other toxic substances.
   c. Make relationships & connecting a priority (PPP – powerful positive people) – Be kind, respectful, caring and generous

*Key Takeaway*: Focus on the things that are in your control.

B) Live an Inspired Life - “Begin with the End in Mind”
   a. Create a “Personal Mission Statement” *(Sean Covey*)
   b. The “85th Birthday” assignment – What will people say?
   c. Create a mission for all areas of your life – family, community, friends, spouse/partner, spiritual/service, career, etc.

*Key Takeaway*: Having a clear sense of your mission will relieve stress daily

C) Establish Priorities- Use your Personal Mission Statement to create goals: weekly, monthly and quarterly.
   a. Goals: SMARter -
   b. Tasks: What’s on your calendar will get done
      - Resource: Sam Bracken – My Orange Duffel Bag
      - Michael Hyatt – “5 Days to your Best Year Ever”

*Key takeaway*: Find a few important things to focus on and get them done.
D) Seek Harmony (WIN-WIN: Covey*)
   a. Genuine Listening involves the ears, heart and mind
   b. Be open to other diverse opinions, ideas and offers of help
   c. Just listen. Fighting to “get your way” is often not worth the energy and potential damage to the relationship.

Key takeaway: Success shared with others is much more enjoyable. WE>me, 1+1= 3

E) Listen Empathically
   a. Listen with the goal of understanding
   b. We are not “all powerful” – we can’t cure, control or fix other people
   c. We CAN listen, relate, observe their feelings and tone

Key takeaway: One of the best things we can do in all walks of life is listen empathically, it will help our colleagues, family, spouse/partner, friends and our students! After you understand someone then you earn the right to share insight.

F) Embrace the Paradigm of Diversity
   a. “You have a different opinion. I need to understand it.”
   b. Defensiveness leads to distance, disunity and discouragement – it’s not a pleasant place to live.

Key takeaway: Empty your mind of the defensive response. Listen without judgment, detach with love, think of all the possible solutions. Think better, do better, be better.

G) Living a Tranquil Life – ohmmmm
   a. MENTAL: Self Talk (CBT), Guided Imagery, Relaxing Breathing, Meditation
   b. PHYSICAL: Cardio Exercise, napping, power nap, short naps, progressive relaxation & SLEEP
   c. SOCIAL/EMOTIONAL: Service, connecting with friends and loved ones
   d. SPIRITUAL: Inspirational reading, classical music, benefits finding, journaling, gratitude lists

H) Make it a habit: UNWIND!
   a. Find powerful positive people to support and encourage you to live a healthier and happier life!
   b. Pick three key areas to work on
   c. Pick TWO stress management goals – Which ones will work for you?
   d. What are the payoffs? You need a compelling reason why – this reason has to be YOU, ALL YOU.
   e. Find a coach, mentor, partner or family member that will encourage you and hold you accountable –

HAVE FUN – I wish you great health & happiness on your journey!

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QUOTES/NOTES/ IDEAS from UNWIND:

- “The greatest weapon against stress is our ability to choose one thought over another” – William James
- “Everyone thinks of changing the world, but no one thinks of changing himself.” – Leo Tolstoy
- “When you do things from your soul, you feel a river moving in you, a joy.” – Rumi
- “He who is different from me does not impoverish me – he enriches me.” – Antoine de St. Exupery

“Between any stressor and your response lies...**a GAP**, a blessed, sweet, powerful space where YOU can choose how to respond. In this **GAP** lies your power of free choice and personal control.” – Sam Bracken (pp 24-25)

MENTAL: (CBT)
UPGRADING Your Thoughts – pp 27 – 28 (W/ CBT phrases)
Thoughts/Ideas you can post and share in your classroom and use:
- Complaining to **Gratitude** (I’m grateful for -
- Resistance to **Acceptance** and Allowance (It’s ok...
- Fear to **Discovery**, interest, possibility and realization (Tell me more...
- Judging to **Observing** and feel calm (That’s curious...
- Threats to **Challenges** and feel excitement, eagerness, motivation
- Demands to **Preferences**, priorities and feel detachment (I choose to...
- Anger to **Forgiveness** and feel peace (I understand...
- Guilt to **Self-acceptance** and feel peace and relaxation
- Autobiography to **Empathy** and feel understanding (What’s going on for you?)

PHYSICAL:
Sleep – Are you getting enough?
Exercise- Is it a priority? It needs to be. TV or Exercise
Hydrate and Hydrate some more – decrease your caffeine/soda consumption
Healthy Habits – – - - - Super Food or Junk Food, vitamins and supplements

EMOTIONAL:
Read stories of Inspiration, value, character, integrity: Fill your Mind, Heart and Soul
Boundaries – external, internal – It’s about you, your safety and your well-being
Are you cocooning? Or are you connecting?
Music – does it feed you, mind, body and soul? Just DANCE 😊

SPIRITUAL/SERVICE: “Pay it forward”
Journal – Help your day? Hurt your day? What are you grateful for?
Be of service –Now that you get it - Go out and share it with others – Give back –
7 Principles for a Stress Free Life
Sara Cowey
Sharing the work of Sam Bracken and Dr. Michael Olpin
How Healthy are you?

Physically
Emotionally
Mentally
Spiritually

These ideas are for YOU, your students, your family and your work family!
DAMN, I FORGOT TO GO TO THE GYM TODAY!

THAT'S 8 YEARS IN A ROW NOW....
Why we need to help:

- Stress and anxiety rates for teens keep increasing
- Lower rates of social connectivity since the year 2000
- **Anxious** teens say that managing time to balance “activities” is a significant stressor
- **Anxious** teens report that they neglect school work due to stress
- **WE** are in a unique position & WE can HELP
Be Proactive

- Make your own health a priority –
  - Name Five things you do to practice “Self-Care”
  - Is there a PPP in your life in the four key areas?
  - Are you a PPP for others?
  - Meet with the counselors, learn about their world

PPP – powerful positive person
Keep people in your life that truly love you, motivate you, encourage you, inspire you, enhance you and make you happy.
Begin with the End in Mind

- Create a Personal Mission Statement
- Have your students create a personal mission statement
- What are you passionate about?

- Dad at the Beach
Establish Priorities

- It’s ok to say “NO”, there is often a bigger more important thing that you need to say “YES” to.
- Establish healthy boundaries, physically and emotionally
- Watch out for the energy suckers (CAVE people)
- Take time out each week, month, quarter to revisit your MISSION STATEMENT
Seek Harmony

✧ Try to work towards a “WIN-WIN” in your dialogues and negotiations
✧ Do we really want people to “lose”?
✧ Be OPEN to new ideas, different opinions
✧ “Your idea is different, I can learn something”

WE > me
Listen Empathically

- Listen with the goal of understanding
- Listen with the goal of exercising compassion
- This is one of the BEST things I can do to relate better to other people
- After I understand then I earn the right to share insight
- Be vulnerable

*I must get lost in their world*
Embrace the Paradigm of Diversity

- Defensiveness damages relationships: Distance – disunity – discouragement – disappointment

- A new Paradigm:
  - Listen without judgment
  - Detach with love
  - Think of all the possible solutions
Live a Tranquil Life

- Focus on bettering yourself and others –
- Mentally – CBT, retrain your brain, guided imagery
- Physically – Exercise – “Just do it”
- Emotional/Social: Connect with others (PPP)
- Spiritual/Service: There is something out there bigger than us. Be of service, get inspired, read, write, listen &

JUST DANCE!
“Between any stressor and your response lies… a GAP, a blessed, sweet, powerful space where YOU can choose how to respond. In this GAP lies your power of free choice and personal control.”

– Sam Bracken
MEDITATE.
LET THE LIGHT
OF THE HEART
ENGULF YOU.

-Gurumayi Chidvilasarianda
Be Goal Centered

- P
- E
- M
- S

- No Gap No Goal
- Explore your “compelling reason WHY!”
“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.”
- HELEN KELLER

Tie in the FINAO to the “CAUSES” tile
“I will be a leader in my community”
Pay it Forward

“How many of us arrive at our final destination without Help? Expressing gratitude can heal our hearts and stimulate our minds and bring us peace…” – Sam Bracken

• Spend some time today writing about what you are Grateful for
  ✨ People, places, things
  • What are you truly grateful for?

Gratitude Changes Everything

✨ I’m grateful for the student leaders who help me Learn, Change and Grow everyday!
THANKS SAM

• Questions?
• Feedback
• Share Ideas & Insights
• “School Swap”
• Twitter: @CoweySara
• Contact: scowey@smuhsd.org
• FINAO: SCOWEY