

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!

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

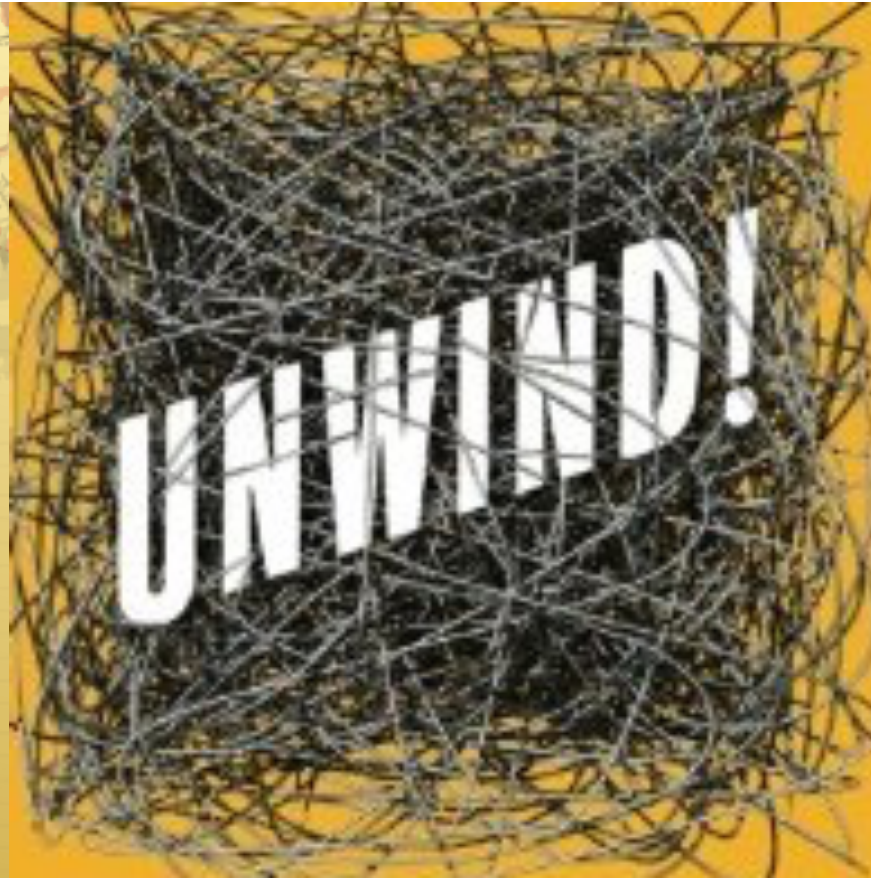
Are you cocooning? Or are you connecting?

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

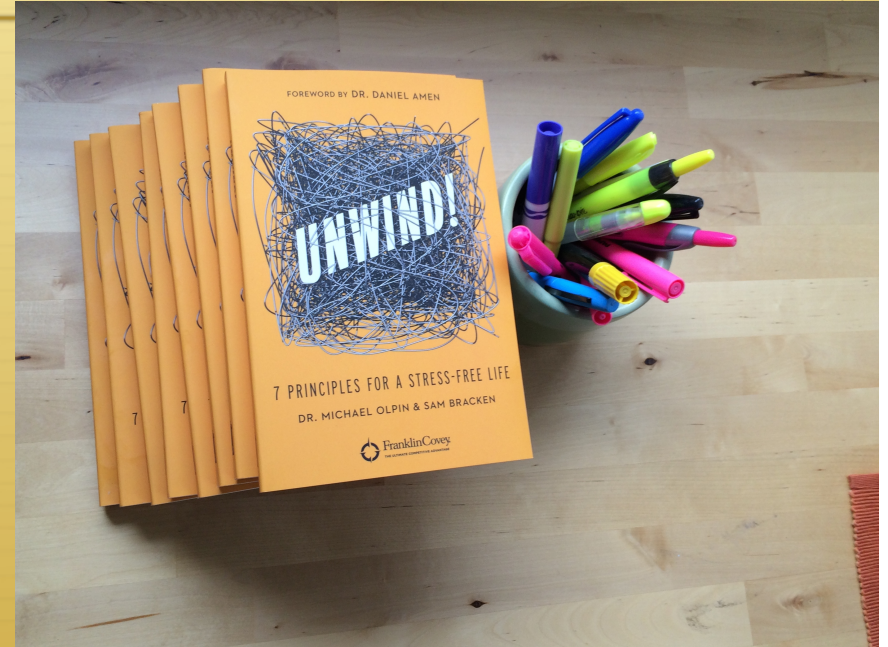
Sara Cowey

CADA 2016

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...**

imgflip.com

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

Coach

A painting of a waterfall cascading into a pool, with a circular text overlay. The background is a textured, golden-yellow surface with faint, stylized text and patterns. The waterfall is depicted with dark, rocky cliffs and a bright, white cascade of water. The pool at the bottom is a deep green color, and the foreground is a sandy, light-colored area. The circular text overlay is white with a soft, glowing effect.

Keep
people in your
life that truly love
you, motivate you,
encourage you,
inspire you, enhance
you and make
you happy.

Mentor

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!

Embrace the **GAP**



“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 Chidvilasananda

Be Goal Centered



✦ P

✦ E

✦ M

✦ S

✦ No Gap No Goal

✦ Explore your “compelling reason WHY!”



**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](#)”
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