

This is an Excerpt from Our
MOTIVATIONAL and STRESS CALMING HANDBOOK

*Questions and Comments to Help You Deal with
 Your Weaker and More Stressful Moments in Healthier Ways*

When needing to control our emotions, healthy self-talk provides resourceful leverage to help us become more cooperative. Thus, coaching ourselves is enhanced when we have a good repertoire of empowering self-talk questions, comments, and helpful thoughts to consider right at our fingertips. In the midst of a stressful moment, such insight can help shift the mind's focus and improve the quality of our response.

The contents of this handbook can help change a mood or attitude to allow a healthier approach to our thinking. This list is an excerpt from the section of the handbook that helps us embrace healthy stress. It gives several examples of the kind of healthy self-talk that can aid us in resisting our natural emotional influences.

Please note that the phrases are designed to speak to stressful issues at hand. They may not have much impact on you outside a stressful situation. Certain questions, comments and thoughts should come alive when you are in the midst of healthy stress scenarios. However, some may not be appropriate for particular situations. As you read the list, check off a few you think would be your top choices and try to memorize them. Using this list as a reference, place a check in the box of others that you find strengthening your endurance to healthy stress.

The actual Motivational and Stress Calming Handbook has many more empowering phrases, questions, and thoughts to consider for different causes of stress.

BRIEF LEVERAGE PHRASES In the midst of a situation where we normally avoid healthy stress, speaking one or several of these phrases to ourselves earnestly can help provide leverage to endure.

- 1. Strong anxious sensations can cause me a lot of trouble!
- 2. My mind is stressing and making this seem harder/or seem worse than it really is!
- 3. I know I can think smarter than that!
- 4. I know I can do this!
- 5. Please give me strength!
- 6. I have a good head on my shoulders. I need to use it!
- 7. Change is too new for me to take any chances!
- 8. Don't do it! Please don't do it!
- 9. Keep calm! Keep calm!
- 10. My emotions are on fire, but I will continue to control them!
- 11. Don't throw caution to the wind!
- 12. This is hard!
- 13. Responsible behavior is sometimes stressful. That's just the way it is.
- 14. Staying with such a difficult challenge isn't easy!
- 15. That would be insane to do/not do!

HEALTHY QUESTIONS By earnestly asking ourselves the right questions, when dealing with healthy stress, it can help shift our minds to a healthier standpoint.

- 1. I haven't built enough tolerance yet. Am I still working on it?
- 2. Is this a stable idea or decision?
- 3. Do I need relief too quickly?
- 4. What will I really gain by doing that, instead?
- 5. Am I being arrogant about this or rebellious for the wrong reason?
- 6. Am I being easily persuaded or skillfully wise?
- 7. Am I sustaining effort to endure pressure or am I too easily avoiding it?
- 8. Do I recognize that I have a problem here that I need to address?
- 9. How often do I just go along with my impulses without even trying to accept the slightest pain to control them?
- 10. How well do I grasp real logic about this?
- 11. Am I trying hard enough to calm myself in healthy ways?
- 12. I can see this is a catalyst point. What do I usually do wrong here?
- 13. Do I just want relief without even considering my health and well being?
- 14. With this being such a critical issue, am I thinking it through enough—before I go ahead and just act the way my habit is pushing me?
- 15. Now what would be the healthiest thing to do here?

EMPOWERING THOUGHTS Having the right kind of weapons, ammunition, and enough of it helps win battles. Add these empowering thoughts to the questions and brief leverage phrases and the arsenal in your mind is more prepared to overpower avoiding healthy stress.

- 1. Strong sensations can get me into a lot of trouble! That's an important reminder!
- 2. My most satisfying choices aren't usually the most healthful ones!
- 3. The mind can too easily feel a sense of opportunity and entitlement, inappropriately!
- 4. Watch what I allow myself to get anxious about and/or too repetitively think.
- 5. Our own minds can lead us right into the trap of stupidity, if we don't pay attention to where they are leading us!
- 6. Watch that I don't let my mind think a lure is something worthwhile!
- 7. Watch for my thinking to fall back on what's common to consider, but not a healthy advantage!
- 8. There are some elementary basics about stress that those who are successful at enduring it learn to deal with that the rest of us just don't learn.
- 9. Be careful not to shoot the messenger of well intentioned meaningful forewarnings!
- 10. I know enough about harmful emotions to be careful to control these feelings!
- 11. This is not something I can ignore, if I want to ward off problems!
- 12. There can be particular understanding that we don't have about our own minds, yet expect strength and control to just be there without learning more. I had better take time to learn more!
- 13. I know that even though this is healthy to do, it feels ruthless, insane, and grotesque to my childish adolescence emotional state of mind at the moment.
- 14. I can't just do whatever my emotions want to do and improve my EQ!
- 15. I must remember that I am the custodian of my mind and body.