



TIPS TO CONTROL & MITIGATE YOUR STRESS


Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, and reflection are essential parts of the progress towards a successful and ultimately happy life.




How does what you're doing and who you're doing it with lead to the next thing? Are you running around like a chicken without a head? Or is there a method to the madness? **ASKING YOURSELF THE TOUGH QUESTIONS LEADS TO LESS STRESS.**



It's time to **TRIM THE FAT**. If you really don't need to be taking on all the work or tasks – **SAY NO**.



DOUBLE DOWN on the things that move the needle: the people and things that make you happy. Celebrate your circle's wins as if they were your own and always give more than you take.



Practicing mental health doesn't mean sitting with your legs crossed, saying "om", and trying to clear your mind. **BEING WHOLEFULLY PRESENT** as much as possible leads to less stress.

Check out taylorcashdan.com/stressfulstuff for research and resources to self-service .

