

# STRESS REPROGRAMMER

## A GUIDE TO OVERCOMING STRESS

### STRESS IS EVOLUTIONARY.

We are evolutionarily programmed to experience stress.

Back in the day, our flight or fight response would kick in if we found ourselves in a dangerous situation, so that we could get ourselves out of trouble.

### NOWADAYS, STRESS IS LESS HELPFUL.

We no longer live in a world where our everyday survival depends on adrenaline responses. Annoyingly though, this doesn't mean we are stress-free.

When we are faced with challenges, our physical and psychological stress responses still kick in - and this can become exhausting and unhealthy if it carries on long-term.

### UNDERSTANDING IT HELPS TO COMBAT IT.

This exercise is designed to help you to deal with stress objectively.

If we can recognise what is stressing us and how to deal with it, we can override our stress response and prevent it from getting more serious.

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The entire exercise is surprisingly simple and shouldn't take longer than 30 minutes to complete.

We would recommend doing it with somebody else, but it is equally okay to do it alone.

On the next page, you will find a sheet with rectangles and lines below each one. Start by drawing or writing (in less than 10 words) each one of the issues that is stressing you out, one per rectangle.

Next, think about the relationship between the things you just wrote down - for example, if you are worried about your guitar exam and don't enjoy your guitar lessons, the common denominator is guitar, and so both things are related.

Once you have written down everything that is upsetting you, you now need to go through each one individually and try to come up with 3 things that you can realistically do to resolve that issue.

Once you have done this for every single thing that is worrying you, look back over each issue and evaluate as to how confident you now feel in resolving that issue.

If you still aren't happy, it's worth talking to someone about what you're going through and getting another perspective. Try reaching out to a friend, family member, responsible adult or an online community like ours.

[www.ditchthelabel.org/community](http://www.ditchthelabel.org/community)

on a scale of 1-10, how stressed do you currently feel?



Worried about  
exams

1. Do a revision schedule
2. Spend 2 hours revising each day
3. Go for a jog 3x a week

Being bullied at  
school

1. Report it
2. Keep a diary of things happening
3. Talk to my friends about it

Feeling low and  
worried about  
health

1. Book appointment at GP
2. Eat healthy & drink more water
3. Go for a jog 3x a week

Keep arguing  
with my parents

1. Talk to them about how i'm feeling
2. Ask them to give me space when I'm revising so i can concentrate
3. When I'm feeling angry practice breathing exercises

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