

## Pillar 4: Stress Management

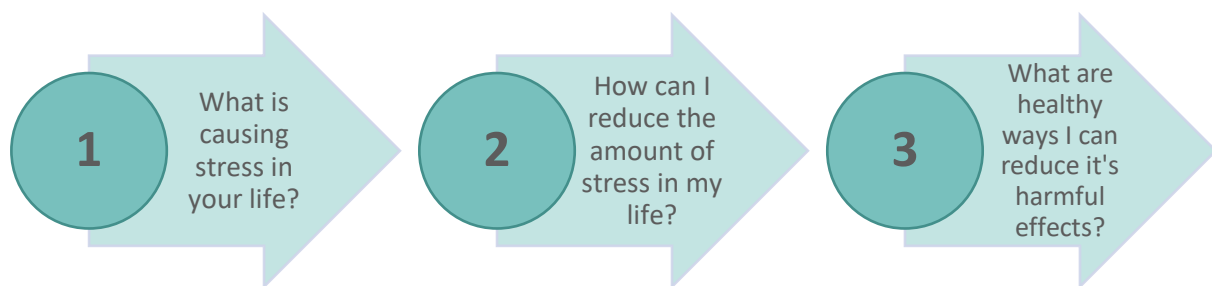
### Why is it Important?

Stress is a feeling we continuously deal with in our everyday lives. Stress can at times be an important factor in finishing a job on time or reacting quickly to situations. However, if you are under stress for a long period of time or simply under a huge amount of stress, that feeling will begin to have damaging side effects, mainly to your mental health but also your physical health. Negative side effects of stress can include moodiness, depression, tension, headaches, upset stomach, etc.

This amplifies the need for a strong stress management program for yourself. Efficiently being able to find the cause of your stress and how to cope with it in a healthy way will have a substantial impact on your personal and business life.

The three-step stress management process is a simple but efficient way to begin understanding your stress and what you need to deal with it. Once you understand the basics of your stress you can build off this process and create your own stress management process that is specifically made for you, by you.

### 3 Step Stress Management Process



### R.R.R.

Paired with the 3 Step Management Process, R.R.R is a fantastic saying to live by and keep a constant state of calm in your life. R.R.R stand for Rest, Recharge, Relaxation. Keeping those three words in mind will keep you thinking about what is needed to stay relaxed, keep rested, and make sure you are charged and ready for the day.

**R**est **R**echarge **R**elaxation