

I Am Soooo Stressed Out!

***This Isn't Your
Mama's Stress
Management!***





Totally Stress Free?

What Are Your Stressors?



3 Reasons I Do This Exercise.



#1 You are not alone.

Top Ten Stressors:



- 1. Personal finances**
- 2. Career**
- 3. Too many responsibilities**
- 4. Marriage/Spouse/Partner**
- 5. Health**
- 6. Children**

#2

Some Stress
is Good Stress.



3 Reasons I Do This Exercise.



Top Ten Stressors:



7. Loneliness

8. Current Events

9. Relatives

10. Neighbors/Community

Top Ten Stressors



1. Personal Finances
2. **Career (employees, customers, boss)**
3. Too Many Responsibilities
4. **Marriage/Spouse/Partner**
5. Health
6. **Children**
7. **Loneliness**
8. Current Events
9. **Relatives**
10. **Neighbors/Community**

What do they have in common?

Other People!



#3

3 Reasons I Do This Exercise.





My Siblings!

My Brother Jeff





It's About the Choices We Make.

**What Stress Relievers have you
heard about or do you use?**



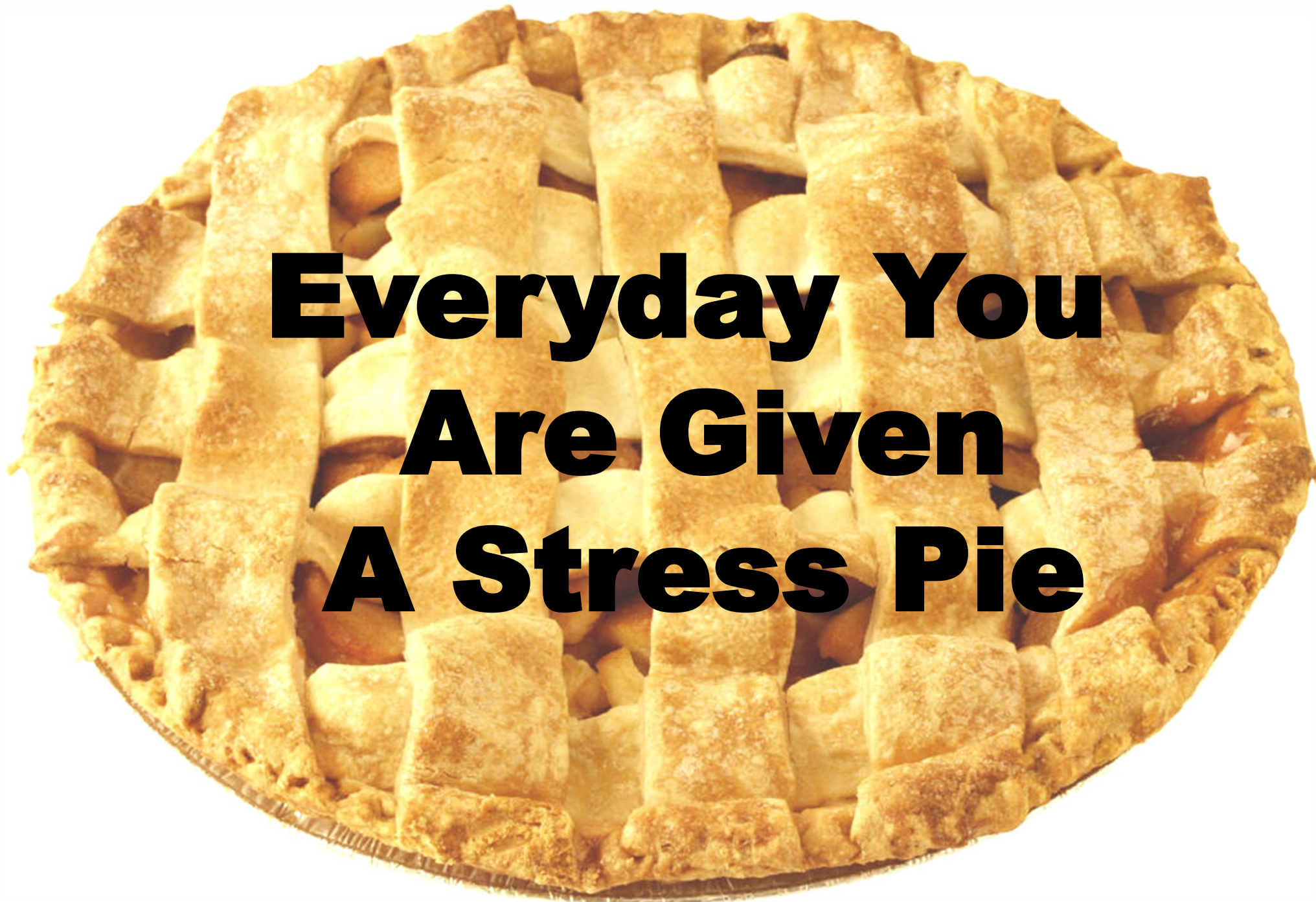
QUIZZ



E + P = S

What Is Stress?





**Everyday You
Are Given
A Stress Pie**

Question #1:



Is This Worth My Pie?

Question number 2:

**How can I implement
the “Elvis Advantage”?**





The definition of the Elvis Advantage is:

- ✓ Changing your perception
- ✓ Seeing through new eyes
- ✓ Redefining events as
non-stressful



Vermont in the Winter





I Hope You Got Lots of Ideas!



I would LOVE your feedback!
Scan the QR Code

(And get a free super cool communication tip sheet!)



My adorable Sister!

Dolphin Diploma



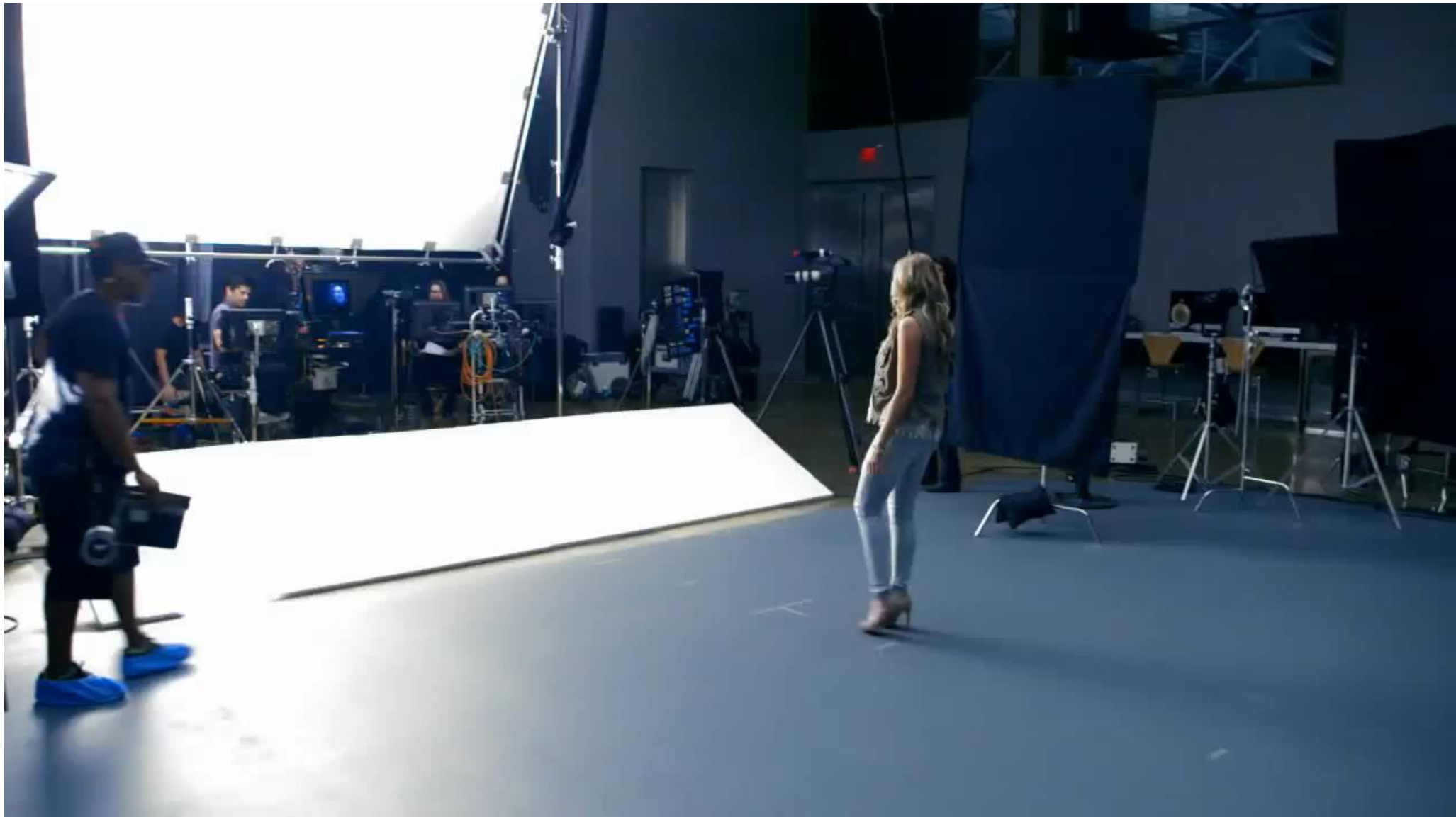


You Have to Pet Your Dolphin!



Why is this so important?





“If you will do one thing different every single day, you have the power to make every one of your tomorrows better than today.”

-- *Julie Burch*

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Julie Burch *JB* Speaks!

www.julieburch.com

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