

Adventure

04 STRESS RELIEF

Switch Unrealistic Expectations *to* Healthy Habits



SOLEFX
JOURNEY





Adventure 04 STRESS RELIEF

Learn
Engage
Act
Develop

Switch Unrealistic Expectation to Healthy Habits



Healthy leaders avoid undue stress and practice stress relief strategies consistently. They challenge themselves to find balance by making better choices each day.

Stress is the emotional strain from difficult, demanding, or dangerous circumstances. It's the pressure of what we *think* we should do, think, look like, or achieve daily. Stress comes from family, friends, school, and comparisons of images to social media.

Unrealistic expectations set in when we feel we need to accomplish more than is possible. It's healthy to overcome obstacles and chase your dreams; however, unrealistic expectations create frustration, disappointment, and stress.

Our Goal

TO CHOOSE WISELY

Create balance in your life
and choose healthy habits.

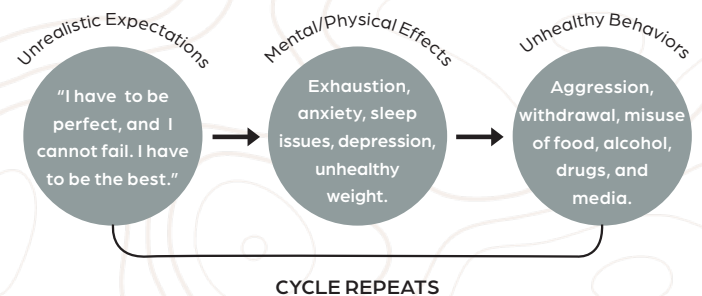


In Today's Adventure You Will:

- Understand how expectations impact your health and habits.
- Identify how you manage stress.
- Create action steps to relieve your stress.

Negative STRESS CYCLE

Stress Effects & Unhealthy Habits



Positive STRESS CYCLE

Stress Relief with Healthy Habits





ENGAGE

SOLE'S STRATEGIES FOR STRESS RELIEF

Below are healthy habits that can help you manage your stress. In each box, rate yourself on how you're currently doing and then reflect on your responses.

1 = I'm struggling 2 = I'm not there yet 3 = I'm doing well



MANAGE YOUR TIME

___ **Sleep 8–10 hours.** *Think about:* What do I need to do to make this happen?

What times will I commit to sleeping (i.e., 10:00pm to 7:00am)?

___ **Schedule time wisely.** *Think about: Am I too busy? Do I have downtime?*

___ **Study with focus.** *Think about:* What distractions will I eliminate while I study?

___ **Set screen limits.** *Think about:* How can I limit and/or use screen time purposefully?

Choose one strategy that is most challenging for you and explain why.

MANAGE YOUR RELATIONSHIPS

___ **Set boundaries on relationships.** *Think about:* Who zaps my energy and time, and what can I do to change it?

____ **Speak up courageously.** *Think about:* In what situations do I need to be more assertive and how can I make this happen?

— **Spend time with uplifting people.** *Think about:* Who can I spend more time with, and how can I make this happen?

Choose one strategy that is most challenging for you and explain why.

MANAGE YOUR ACTIVITIES

— **Set realistic expectations.** *Think about:* What am I expecting of myself that may be impossible to reach? What expectations would be more realistic?

___ **Strive to be physically active.** *Think about:* What exercises can I implement or continue?

___ **Select healthy food choices.** *Think about:* What eating habits could I improve?

___ **Schedule fun.** *Think about:* Do I make plans for fun things to look forward to?

____ **Serve others.** *Think about:* What can I do to positively impact others?

Choose one strategy that is most challenging for you and explain why.

[illegible]



TEAM DISCUSSIONS

1. *Negative & Positive* STRESS CYCLES

- ▶ Look back at the negative stress cycle. What can you relate to?
- ▶ Look back at the positive stress cycle. What can you relate to?

2. SOLE'S STRATEGIES for STRESS

- ▶ In general, what causes you the most stress: managing your time, relationships, or activities? Explain why.
- ▶ Within this area, what specifically is most challenging for you? Explain.
- ▶ Share healthy strategies that have worked to reduce your stress, and record what you'd like to remember.

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3. UNREALISTIC EXPECTATIONS

- ▶ What is your reaction to "Comparison is the thief of joy"?
- ▶ How does social media affect your personal expectations?
- ▶ What are expectations that stress you and make you feel you're not enough?

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STRESS RELIEF

Switch Unrealistic Expectations *to* Healthy Habits*Step 1*

Choose a strategy that will help you to manage your stress.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 04 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**

TO CHOOSE WISELY

Strategies to Develop Healthier Habits

- ☐ Manage my time (sleep, study w/ focus, screen time).
- ☐ Manage my relationships (set boundaries, be assertive, spend time with uplifting people).
- ☐ Manage my activities (exercise, eat well, add fun, serve others).

Switch the Story *Live* Your Adventure