

DEALING WITH STRESS –Breathing & Meditation exercise

1) NAME AND DESCRIPTION OF THE TOOL

This part is divided into two parts “Identify stress signals” and “Breathing & Meditation”, you can choose if you want to do them separately or together. If you find yourself in a stressful situation and need a tool that can calm you go directly to the breathing exercise.

Identify stress signals

What I experience as a stressful situation might not be stressful for you, and how we react to stress is very different. In order to handle stress, the first step is therefore to identify what triggers you and how you react to stress.

Breathing & Meditation exercise

This exercise is very flexible; it can be used as a tool while in a stressful situation as a way to calm down, but it can also be used as a way to create a healthy habit that will help you prevent stressful situations. You will work on how to control your mind by doing simple breathing and meditation exercise. Rapid and shallow breathing is a common response to stress and the opposite slow, deep and regular breathing is a sign of relaxation. That is why you can “fool” your body to calm down by just regulating your breathing.

Don't forget that while you experience stress, the simplest exercise can seem like a mountain to climb so be patient.

2) OBJECTIVES OF THE TOOL

- Identify and deal with signs of stress
- Practice meditation and slow breathing that will help your body relax

3) CONNECTION OF THE TOOL WITH THE ENEMY

(Explain the link / connection of this tool with the skill)

Stress is something we experience, meaning it is very subjective depending on who you talk to. A stressful situation for me might not even be the slightest stressful for someone else.

When you know how you react to stress and what triggers you, it is both easier to prevent stress from appear but also learn how to handle it faster when you find yourself in a stressful situation since you will recognize your stress signs.

From an entrepreneurial perspective there are many ways in which sustained stress begins to affect the



DEALING WITH STRESS –Breathing & Meditation exercise

business negatively, some being;

- Inability to deal with complex tasks
- Decision making
- Bad leadership
- Counterproductive behaviors in the workspace.
- Overall mental and physical health

Stress under a longer period of time can causes serious health damage.

4) RESOURCES & MATERIALS

(Explain the materials and resources that are needed to develop the tool)

Identify stress signals

Paper and a pen if you prefer to write, if you prefer to listen you can choose to record yourself.

Breathing & Meditation exercise

Make sure to do this exercise in an environment where you'll not be disturbed and where you can relax.

5) IMPLEMENTATION OF THE TOOL

Identify stress signals – 20 min

Breathing & Meditation exercise - 5-30 minutes

Identify stress signals

Start by trying to remember a situation when you experienced stress, you might need to close your eyes for a while.

Ask yourself,

What made the situation so stressful?

Was it just the situation or was it other factors that contributed to made you experience stress?

How did it feel?



DEALING WITH STRESS –Breathing & Meditation exercise

How did your body react? Can you identify physical signals?
What did you think about?
What do stress do to you?

Try to remember another situation that made you stressed.

Ask yourself the same questions again,
What made the situation so stressful?
Was it just the situation or was it other factors that contributed to made you experience stress?
How did it feel?
How did your body react? Can you identify physical signals?
What did you think about?
What do stress do to you?

Can you see similarities, if not keep doing the exercise with situations you remember until you start to see a pattern and start noticing the first often physical signs as a reaction to stress. Is it your breathing that changes, is it a muscle that starts twitching or is it that you lose words? There are no right or wrong answers here.

Meditation & Breathing exercise

Breathing exercise

1. Start by taking a deep, slow breath in and give your stomach space to take in as much air as possible.
2. Hold it for 3 seconds.
3. Breath out slowly.

Try to focus on your breathing, if your thoughts go somewhere else which probably will happen just go back and focus on the breathing again.

Repeat 10 times.

4. Let your breathing go back to normal. Close your eyes for a while and just be aware of your breathing without trying to control it.

Try to do this exercise once a day when you feel that you have some minutes left.

Meditation - Create a place or go back to a memory that made you feel relaxed.

1. Close your eyes and try to picture a place where you feel safe and calm. Try to see it at detailed as possible. Can you sense the smell? Colours? Feelings? How does it look?
2. When you have a detailed picture of the place, save it in your head and open your eyes. Write down or draw what you saw. Also notice if you've done the other exercise "identify your signals" if it feels different in your body.

Next time you start to feel stressed, close your eyes and go back to the place that made you feel relaxed.

6) WHAT TO LEARN



DEALING WITH STRESS –Breathing & Meditation exercise

Self-awareness is a crucial skill to be able to handle stressful situations, these different exercises will help you gain insight in how you react to stress, the first signs that you can use as a warning signal “time to calm down”, but it will also help you dealing with stress while you’re in it. Practice meditation will also help prevent stress.

