

R # 16

Chapter 9: Reinforce

STJ

Stress To Joy

Summary

STJ is a powerful system that you can apply in any life situation to minimize stress and maximize joy. Whether it be a stressful situation like surviving a move, a wedding, illness, a natural disaster, a job stress, relationship stress or just routine life. No matter what color of the light is on your road of life, in any situation, you can transform your feelings from stress to joy by taking the three steps: ACR.

First Step- Acknowledge: You can acknowledge by becoming aware of how you are feeling, assessing the severity and acknowledging how you want to feel and why.

Second Step - Calm: You can calm down with mindfulness and meditation. These activities help you relax, increase awareness and lead to the reflective thinking.

Third Step: Reflect: You can reflect with writing or expressing in other creative ways.

In your reflection (journaling or talking to a friend, family or therapist), you can use the formula: **3R with CPR. Recognize, Realize and Respond with CPR.**

Stress To Joy (STJ) System

Reminder card

ACR- Basic Steps

A: Acknowledge your feelings

C: Calm down with mindfulness and meditations

R: Reflect with effective tools (writing, talking or thinking through)

3 R- Formula for Reflection

R1- Recognize (your role)

R2- Realize: underlying Thoughts, Attitudes and Beliefs

R3- Respond: with your wise mind

CPR- Make Healthy Habits.

C: Choose your focus and declare

P: Practice with reminders

R: Reinforce with rewards

What If?

If you don't acknowledge, calm own and reflect, you may continue the stress cycle and allow the stress to change into suffering. You you take proactive steps and follow this or similar way to manage your stress before it manages you, you will be able to transform your stress into opportunity for growth.

Go ahead, keep the reminder card in prominent places and practice the system so you can minimize your stress and maximize your joy.