

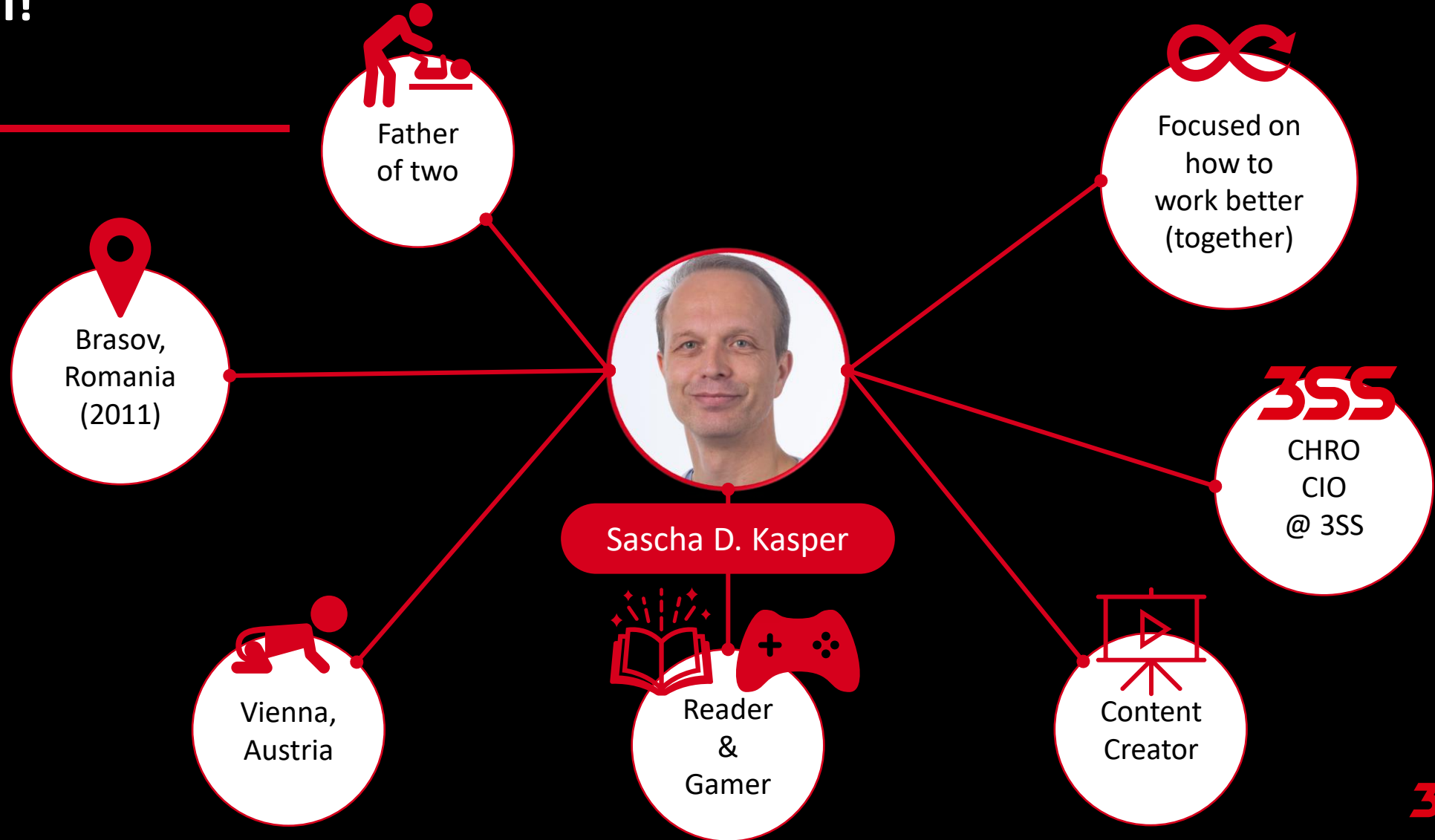


Without stress ...

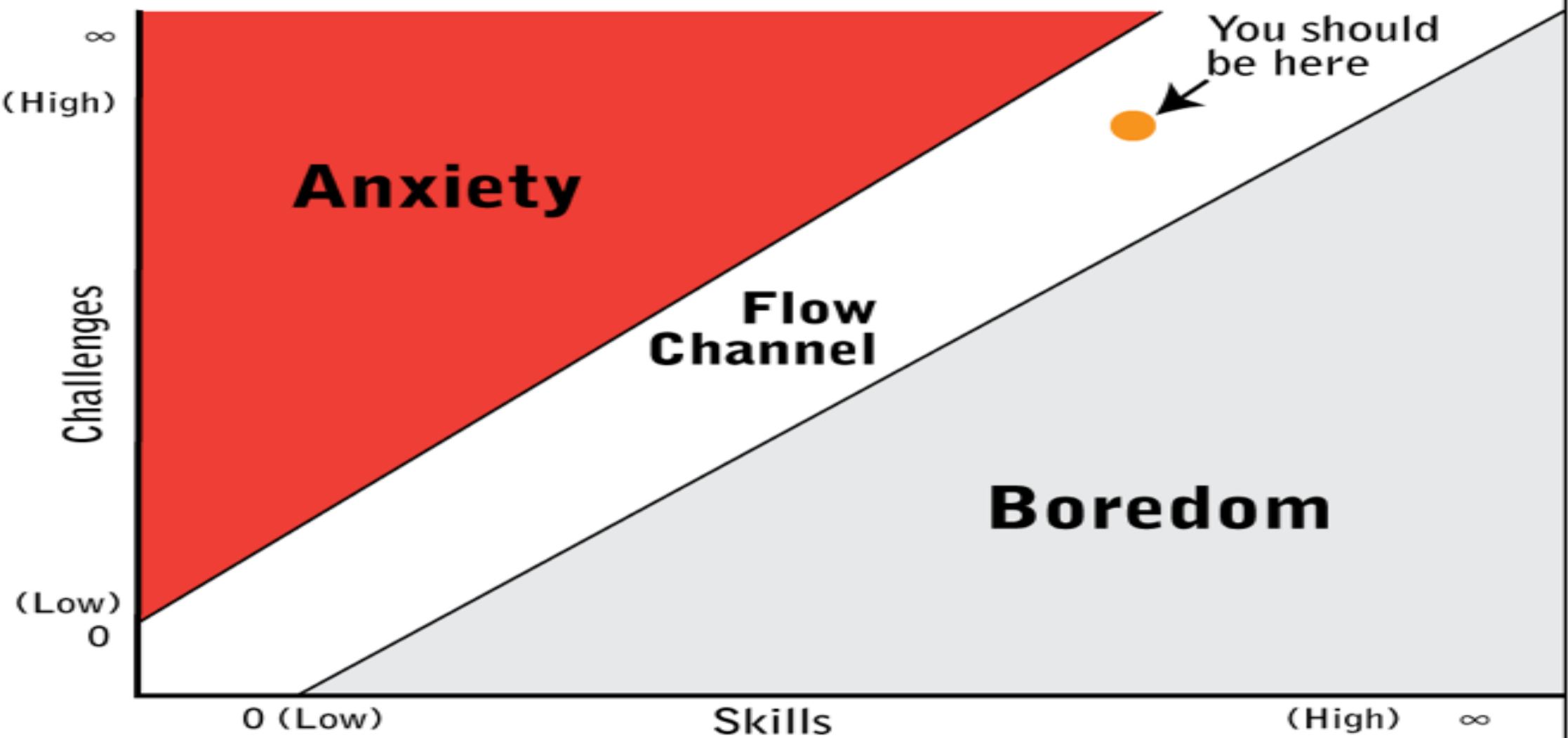


- ✓ We – as a species – would not be here
- ✓ Nothing much would get done
- ✓ Boredom and restlessness would dominate our lives

Hi!







High

Performance

Low

Boreout

Low

Moderate

High

Very high

Stress



Now what?

Work

- / Effectiveness
- / Planning
- / Efficiency

Family

- / Quality time
- / Humans over devices

Health

- / Exercise
- / Diet
- / Attitude

Work: Effectiveness

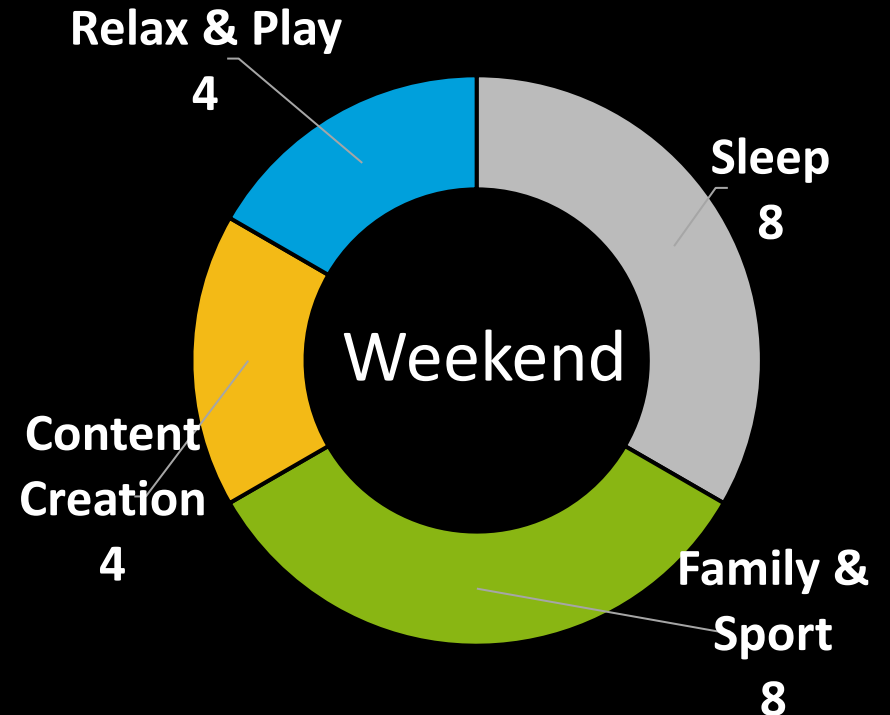
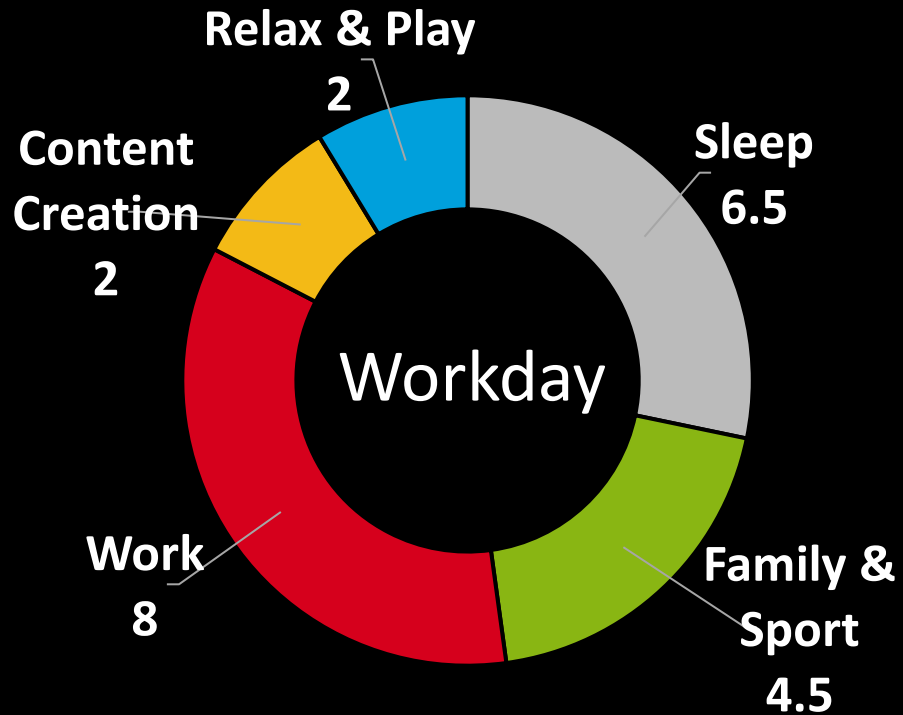
Goals & Priorities

Doing the right thing. Focus on outcome.



Graphic from <https://sascha-kasper.com/>

Work: Planning



Embrace
technology

Streamline
processes

Establish
open
communication

EFFICIENCY

Build
strong habits

Redesign
your
workflow

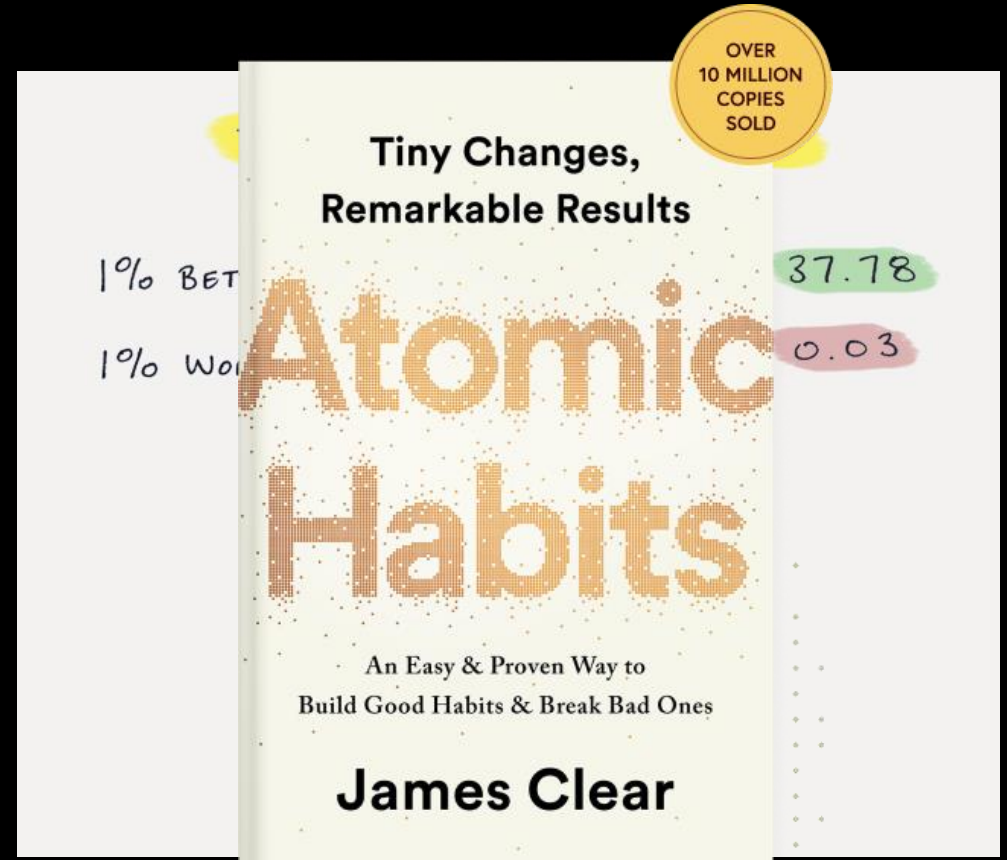
Prioritize
tasks

ONE DOES NOT SIMPLY

CHANGE OVER NIGHT

Health: Habits

Something that you do
often and regularly –
sometimes **without**
knowing that you are
doing it.



Graphics from <https://jamesclear.com/>

3SS

Habits: Making it easy

From

I want to eat a healthy diet
every day!

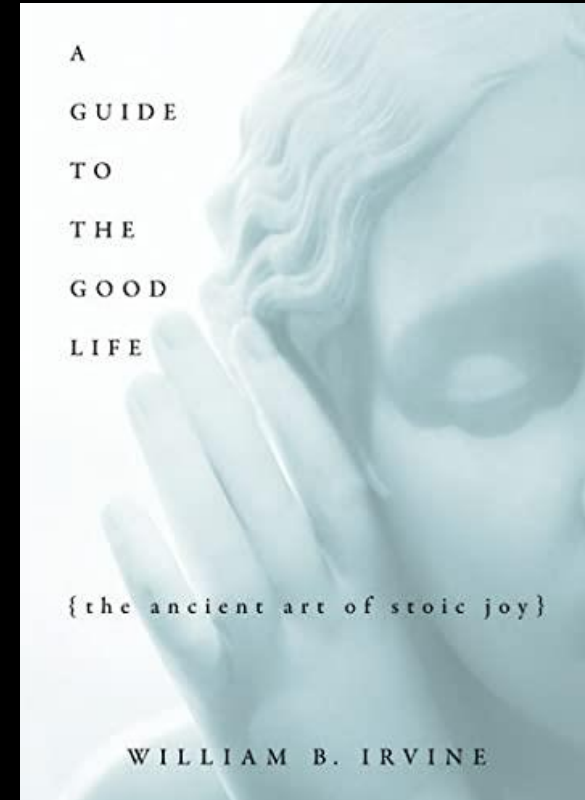
To

- ✓ I start each day with 2 glasses of water
- ✓ I do intermittent fasting at least 4 times per week
- ✓ I don't drink sugary beverages at least 5 days per week

Health: Attitude

Stoicism FTW

- / Focus on what you can control
- / Care about *getting* better – not about *being* better than others



To Summarize

To manage and reduce stress ...

/ Be effective

/ Do the right things

/ Plan your time

/ Time blocking

/ Focus Time

/ Be efficient

/ Do things the right way

/ Build habits

/ SMART goals

/ Small gains compound over time

/ Motivation wave

/ Be healthy

/ Exercise

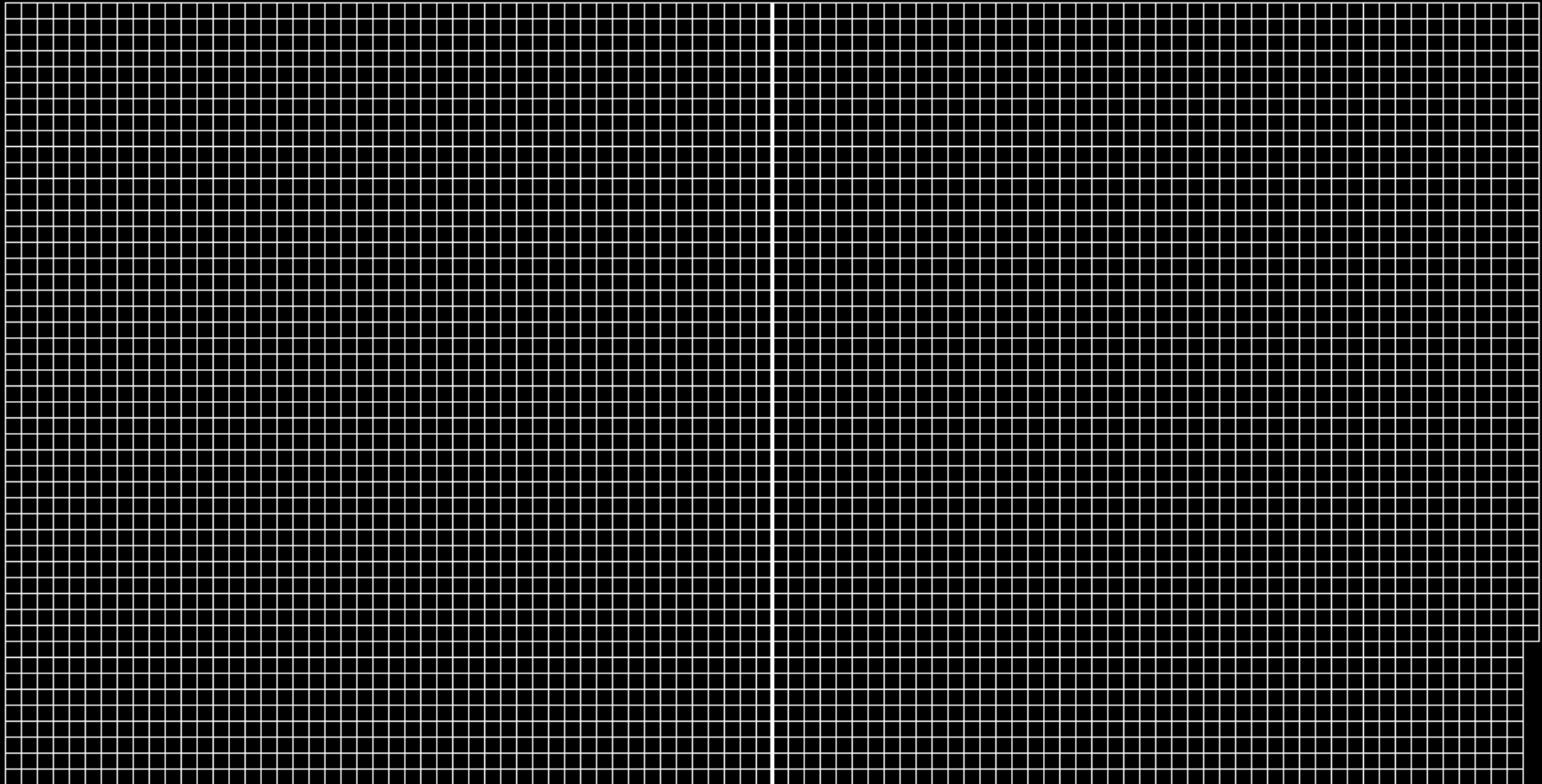
/ Diet

/ Attitude

Why bother?

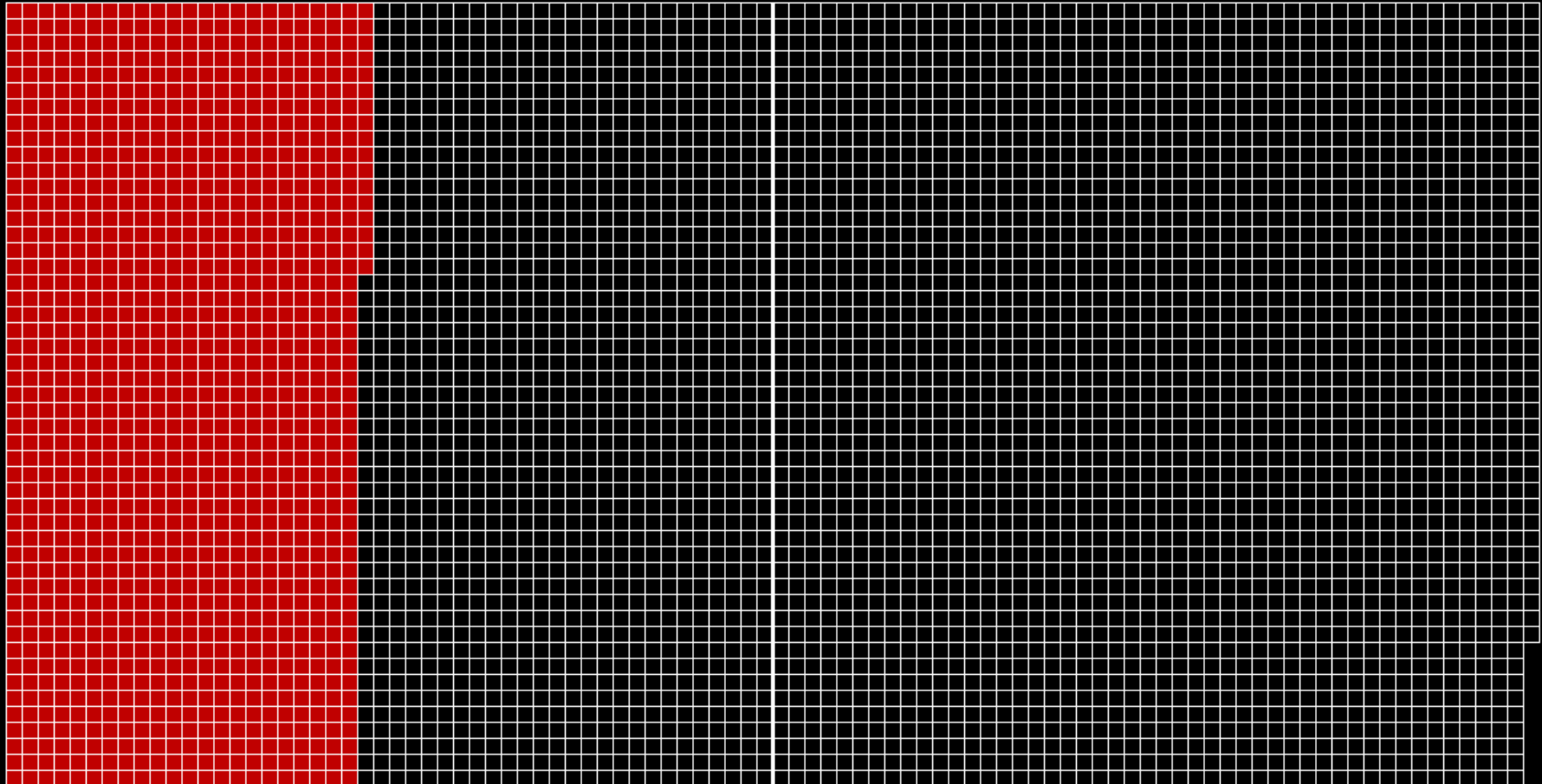
Because: 4.696 weeks

Assuming you live for 90 years



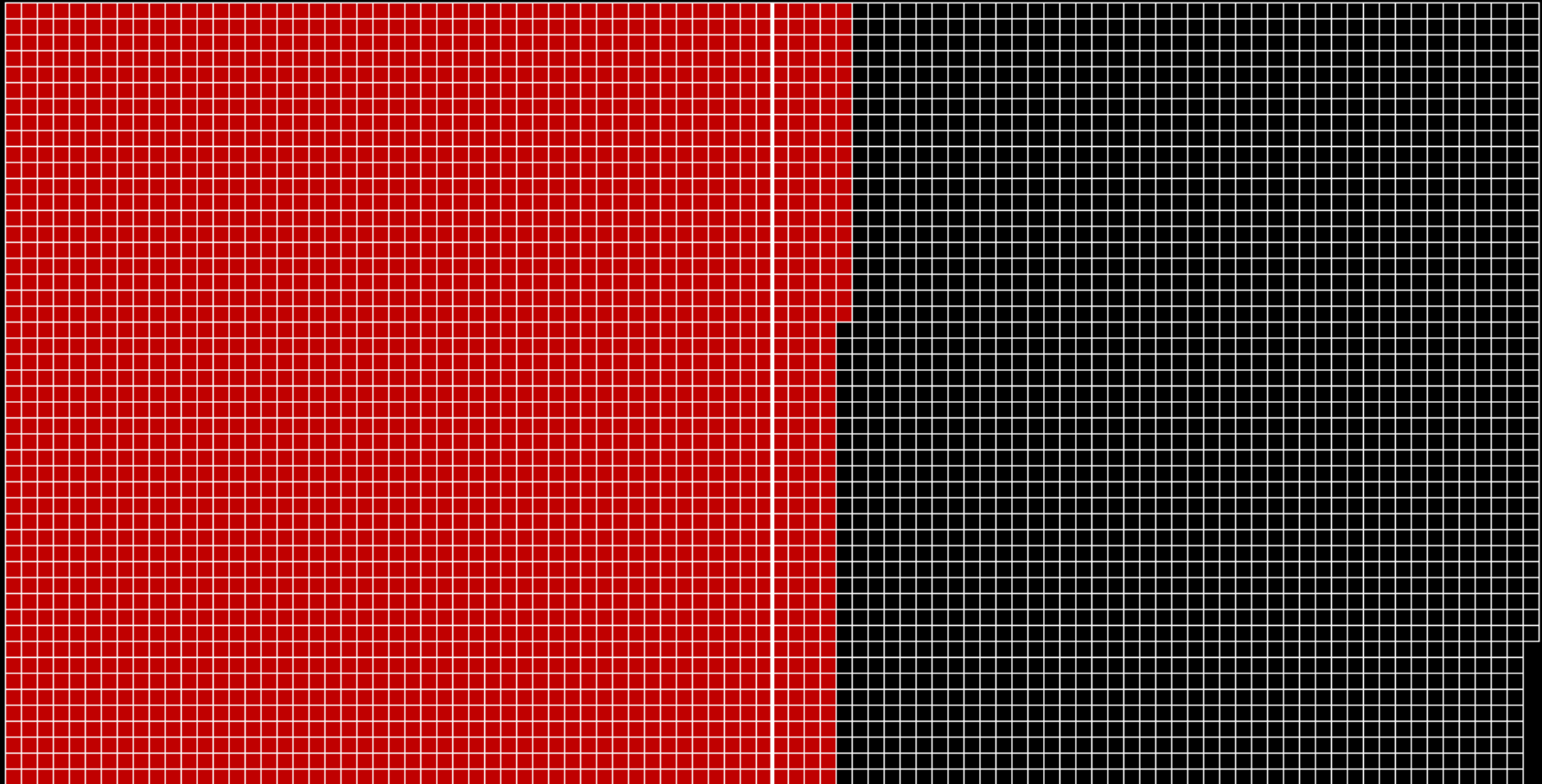
21 Years Old

1.096 weeks gone – 3.600 remaining



Me

2.568 weeks gone – 2.128 remaining



SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

RELAX

GO
OUTSIDE



MEDITATE