

How to Beat Stress Before Stress Beats You

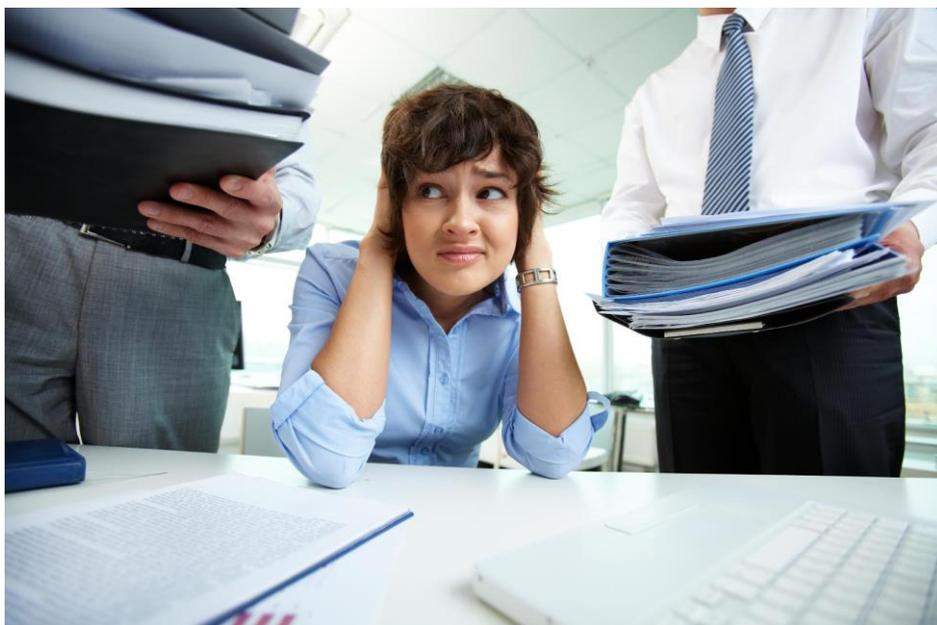
Your best starter kit ever!

You dream about a life without stress, a life where things get done in time and there is still time left for your own thoughts. Time to reflect and plan.

Yes, be ahead of things instead of constantly being behind.

A life where you feel at ease, and everything just flows smoothly.

Is that even possible?



YOU DOUBT IT.

Because all you feel is that you are constantly stressed out, feeling overwhelmed by whatever you do and you feel like life is running out of your hands.

You have no control over your time. It is just as bad at work as it is at home.

Sometimes you are even afraid you might lose both your job and your family. You have tried a lot of quick-fix promises but they have never worked. Most of them even made life harder, with one more thing to keep track of. Not to mention all the money you put in on false promises for help.

It is an endless Rat Race and you can't see the way out.



I know how it is because I have been there myself.

Working as a doctor in a primary care clinic while juggling a family with 3 kids was a challenge.

I loved my job but my daily schedule was set by someone else and there was always too much to do, plus getting home and be the caring mother.

I was heading into depression and that is not where I wanted to be so I started to do odds and ends to try to fix my stress. There are a lot of quick-fix promises out there but I soon realized they were not going to get me to where I wanted to be.

I saw this among my patients too and I started to learn more about stress and what it does to us.

I soon realized...

THERE IS NO QUICK FIX!

The only way to permanently feel less stress is to take a look at your whole situation and not just doing acute mending of things here and there.

Temporary short-term action will never lead to permanent results, it will rather hold you tied to where you are.

This was the turning point for me and I want to share the most important piece right here because there is a way out and you can do the same.

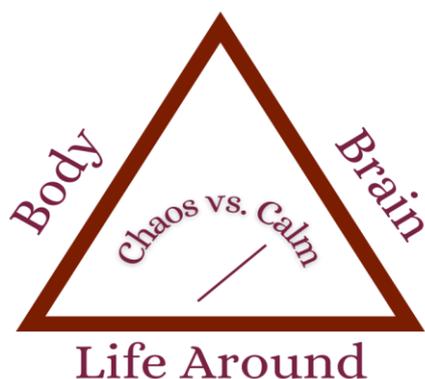
I know because I have helped numerous stressed-out business leaders find this way and seen their change for the better. Seen the good leaders they have become when daring to do the work.

THIS IS WHAT I FOUND:

“The stress reaction is a natural part of life. It is deeply rooted in the human being. It is there to protect us from all dangers. Or was! Because it is constructed to deal with the stress we had at the beginning of the times when we still lived in caves and on the savannah and were supposed to fight, flee or freeze to survive.”

Today, this same system works against us because the threats of today are completely different, and you need another way to act and react. It is not okay to hit your boss, run away from the discussion or fall down playing dead when you are asked to do more than you can handle.

GOING FOR LESS STRESS NEEDS A TOTAL REVIEW!



You have to find calm in all three parts – Brain, Body, Base!

1. Take care of your mind

This is the mental part, your mind, and your personality type. It is about mindset. This is about how you communicate and how you interact with others, how you see the world, what makes you feel good, and what makes you feel not so good. It is how you see yourself, and how you see others.

2. Take care of your body

This is about how you take care of yourself today – sleep, eat, exercise. You only have one body and it is supposed to last your whole life. This includes your current health, the hard facts about your health today: diseases, weight, height, waist measure, etc.

3. Handle life around you, your base

The third part of the triangle is what is OUTSIDE of you. This includes the environment in which you live and your life circumstances. I dived this into six subgroups: Work, Money, Network, Intimacy, Free time, and Place.

Here Are the First Easy Steps to Take For Less Stress and More Peace of Mind

1. Write down where you are today. **How satisfied you are** in each part below. Don't cheat on yourself. **Just as it is** – there is no right or wrong, no judgment – it just is.

Body (how you care for your health)

Brain/Mind (your mindset - how well you know yourself)

Work (love/hate it)

Money (with/without control)

Network (friends, colleges, etc)

Intimacy (family, love)

Free time, hobbies (what you love to do)

Place (where you live, rank in your group)



2. Now I want you to fill again the same list with your goals, **where you want to be in a year from now**, in each of the areas listed.

Body (*how you care for your health*)

Brain/Mind (*your mindset - how well you know yourself*)

Work (*love/hate it*)

Money (*with/without control*)

Network (*friends, colleges, etc*)

Intimacy (*family, love*)

Free time, hobbies (*what you love to do*)

Place (*where you live, rank in your group*)

3. Third you need to **look at the gap** between where you are now and where you want to be.

Write down what your **first step** is going to be to get to your goals in the same list. Think of **one thing you can change**, it does not have to be big things, just baby steps will do fine.

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4. One last action – **which change will you start with?**

Make a **priority list** on a paper. Reflect and then start to take action. Take just one step at a time and it will be easier to handle. You will soon see that if you do small changes, other changes will follow automatically.

It works like magic!



Okay, now **you deserve a break** – make it a physical one, like a brisk walk, so you can use up some of the stress hormones you produced during this exercise.

If you like this exercise and have started your journey for a less stressed leadership and life but still feel you would like to have a helping hand then I have news for you.

I am giving you a **FREE discovery session** to help you find your next step.

YOU BOOK IT HERE!

ASKDRANNIKA 

www.AskDrAnnika.co

Talk soon!

To your success and keep smiling,

Dr. Annika

Dr Annika Sorensen, MD, Author,
International Speaker, Mentor, Seminar
Leader, Strategic Sessions and more.

**Helping Business Leaders feel less
stress, get more done and create bigger
success!**



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