

Learning how to cope with stress also implies working on your physical readiness. You are in the driver's seat of your mental health, you don't depend on others to become mentally more resilient towards stress. Here are some tips to help you run the most important company in the world: yourself.

- **Get in touch with your Nervus Vagus**

Reduce chronic stress and perform better in stress situations thanks to your well-working nervus vagus. Bring your nervus vagus into shape by respiration exercises: breathe in 4sec and then out for 6sec during 3 minutes/day.

- **Loose your appreciation-junkie**

Focus on what you do, not why you are doing it for. Compliments are nice to have, they are the exhaust of the car, not the motor.

- **Separate the problem from the person**

Whether your best friend or Donald Trump would make the mistake, it shouldn't matter. Your reaction is based on the problem, not the person.

- **6 or 9 ?**

Everyone acts from their reference framework. Learn from the other point of view before acting.

- **Do or do not, there is no try**

Be present, physically and mentally. Build in clear transition moments between work and family so you can canalize your stress before entering the next phase.

- **Cognitive crafting**

How do you fit in the bigger picture? Look at your role in the organisation, not only your tasks.

- **Responsibility ≠ Guilt**

Sometimes it's not your fault. But it is your responsibility to deal with it. Don't be a victim.

Do you want change? You can decide anywhere and anytime to do things differently. It's up to you!

- **Connection ≠ Involvement**

Build a strong team by connecting your team members around goals and behaviours. Make time for informal checkins to ensure connection and alliance.

QUICK WINS

1. **Take 5!** - Have a 5min break after each hour of work. By getting up and moving around, you'll get more oxygen in your blood.
2. **The greatest switch** –. Work at your desk in your home office, have a call in your bedroom, continue working in your kitchen,... By changing your surroundings, you'll feel like you renewed your work and you'll increase your productivity.
3. **Shake it off** – Create clear transition moments between work and personal life. Loose your stress before you start the next phase.
4. **Only fools rush in** – Park your conflict when you feel emotions bubbling up, and pick it up later when you feel you can keep it rational.



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