Compliments of

Carol Rickard

HOW TO TAME YOUR COVID STRESS MONSTER!

A REVOLUTIONARY NEW APPROACH TO REDUCING AND MANAGING STRESS

Carol L Rickard, LCSW

AMERICA'S ULTIMATE STRESS EXPERT

How to Tame Your Covid Stress Monster!

A Revolutionary New Approach to Reducing and Managing Stress

by

Carol L Rickard, LCSW

America's Ultimate Stress Expert

As Featured:

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What will you get out of this book?

- Understanding WHY you must take action to deal with your daily stress.
- Learn why stress management is not enough and how STRESSOMETRY® can put you in charge of stress
- The 3 simple step process you MUST take to have success with stress.
- A simple & practical system that can reduce STRESS levels in just 60 seconds or less!

Join Us For…

Carol will be hosting this virtual discussion session every Thursday at 4:00 pm EST where you can get answers to your questions and talk all things stress!

An EMAIL will be sent out every Tuesday with the LINK to the discussion and the opportunity to ask any questions you have.

Sign Up Now!

StressTalk.live

Table of Contents

A Life Changing Moment	1
The Danger Zones	3
Welcome	9
Getting Started	12
About this Book	18
What's The Impact	23
Why Stress Management Doesn't Work	27
What Is Stressometry®?	29
It's In the Cards	31
Tracking Progress	37
Step 1: Stop Using the *WRONG* Tools	51
Step 2: Become A Stress Detective	65
What Is Stress?	67
Making Stress Visible	57
Step 3: *START* Using the Right Tools!	79

My Secret System 81

What To Do 87

Bonus Tool 127

Do60 System™ *Mini Poster* 131

Keys to Success *Mini Poster* 133

The Stressometer™ *Mini Poster* 135

Carol's Other Resources 139

A Life Changing Moment

October 9th, 2019…

The day my life changed when I heard

those words **no one wants to hear**:

"Carol, you have cancer."

But instead of feeling fear…

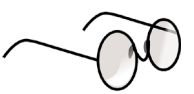
I immediately felt grateful.

Now, I know this is not the

usual response the doctor gets!

After teaching about stress for **30** years,

I have trained my brain to



HOW things could be much worse.

In this case…

I could have had this cancer inside me

AND NEVER KNOWN IT WAS THERE

until it was too late.

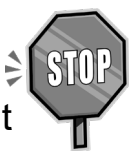
I was & still am **grateful** because

I can now *do something* about it.

However…

As soon as my surgery date was set,

I struggled for the next few days.

I couldn't 

these negative

thoughts from trying to *hijack my brain.*

IMPORTANT: We cannot stop our thoughts,
*we can only **manage them!***

The Danger Zones

There were 2 directions these thoughts

would try to take me…

#1

The "Why Me" Detour

#2

"What If" Alley

The problem is…

when we are in one of those places,

We are **not** in the *one place*

we can DO SOMETHING about stress…

the PRESENT!

The "WHY Me" Detour

This is the **first** dangerous place

to get lost in.

Some of my Why Me's…

- *Why did this happen to me?*
- *It's not fair… I keep myself healthy.*
- *Why is my family curse haunting me.*

I would get lost in a "Pity Party" –

feeling **sorry** for myself & **angry**.

What are some "Why Me's" haunting you?

“What If” Alley

The **other** dangerous place

to get lost in is “what if” alley.

Some of my **What If's…**

- *What if I don’t survive the surgery?*
- *What if I can’t work again?*
- *What if the treatment doesn’t work?*

And on & on & on it can go until we end

up so **lost & overwhelmed.**

What are some “What if’s” haunting you?

TOOL #1

NOW Stone

1) Find a stone that will fit easily in your pocket.

2) Write the word “NOW” on it with a marker that won’t come off.

3) When you go down “what if” alley hold the stone & say these

N **otice**

O **nly**

W **hat-is**

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TOOL #2

Start paying attention to your:

Thoughts

Feelings

Behaviors

These will be the indicators you're heading towards **"What If" Alley.**

When you notice you're getting lost, say the following phrase to yourself:

'Feel your feet!'

Both tools help ANCHOR you in the present moment & pull you out of

"What If" Alley.

Everything you are about to

I used

to keep what could have been

overwhelming and *unrelenting* stress

under control during

my entire cancer treatment!

My **promise** to you:

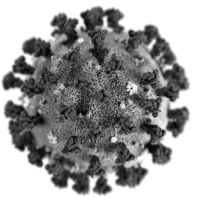
When you are done *reading* this ,

You'll have a system and the **"tools"**

to take control of your stress!

Welcome

Today we face one of the most challenging times of our lives due to:



CORONAVIRUS (COVID-19)

This virus has **closed down** life *as the world knows it,* creating these **MOST *stressful*** times.

If you are reading this , there is one thing I know for sure about you…

You are either…

at a breaking point

OR

heading in that direction.

Whichever it is –

I am glad you are here!

There is NO *shortage* of stress

when it comes to life these days!

From social distancing & virtual life

to grieving friends & family members

we've lost and to jobs no longer there.

There's plenty of stress to go around...

The problem…

when **Stress** is not managed,

it has the *power to ruin* a lot of things…

health

relationships

hopes

dreams

&… lives.

It is my sincere hope you will take &

use what you learn in this book!

You will either manage your stress

or

IT CONTINUES TO MANAGE YOU!

Getting Started

Let me ask you a

What if you could learn how to

RELIEVE stress in just ***60 seconds***?

Would you want to know?

If the answer is **"yes"**

than just keep on reading!

You are about to learn a **revolutionary approach** to dealing with your stress.

This approach will put YOU in

control of stress once & for all.

It may seem like it is too good to be true –

But *it isn't!*

I'm going to share with you the

secret system I've been

teaching my patients since 1991

Equally as important,

it is the **same system** I use every day…

I LIVE WHAT I TEACH!

That wasn't always the case…

When I started 18 years ago at the

where I still currently work –

STRESS had ***control*** of me!

Only…

I didn't *realize* it…

It wasn't until I landed

in my doctor's office

3 weeks in a row

with ***horrible migraines*** & he asked

"Carol, what's got you so stressed?"

Now, the most **embarrassing** part:

Here I was *teaching my patients*

the

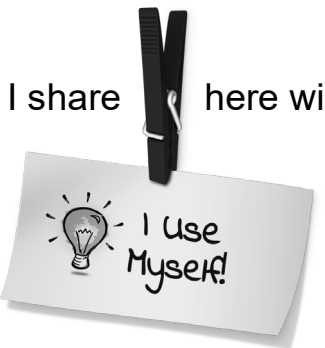
to manage their stress…

BUT I wasn't *using them myself!*

Since that day,

I have **kept** my commitment to

I LIVE WHAT I TEACH every day!

Everything I share 

here with you –

My Biggest Excuse

I'd been in my new job at the

hospital for about 8 months.

I LOVED IT!

In fact, I remember thinking to myself:

'I can't believe I am getting paid to do this!'

It was a busy place – so busy I didn't…

Get to stop & eat lunch

Get to take my breaks

Even step outside for 1 minute!

BUT…

When the migraines hit me so HARD I knew I had to make a

Big change.

Leaving my job was not an option.

Besides –

I knew from having worked at other hospitals, it would be the same *STRESS everywhere.*

What had to **change was** **ME!**

I had to start using the tools I was teaching even if I only had *60* seconds.

That's how I *discovered my system works!*

About This Book

I doubt you have read a like this!

I like to use a lot of pictures,
analogies, & word art which help
information stick in the brain!

I call my approach:

SMARTheory™

(It's what makes my books and services
different from all others!)

KNOWLEDGE is the *left brain* at work.

This is where YOU ***know*** what to do!

Since I use “pictures” & “images”, I end up

tapping into the other side of the brain –

the right side!

With both sides working

on the same page,

the end result is getting people to

Move knowledge into ACTION!

You’ll find this book is broken in to 3 parts:

Step 1: Stop Using the WRONG Tools

Step 2: Become A Stress Detective

Step 3: Start Using the RIGHT Tools!

Step #1:

Here we look at how people are fooled

in to thinking they are DOING

something about their **stress**….

Only to find out when it's too late they just made

more stress.

You'll also learn…

***WHY* we do that!**

Did you know…

Studies show 34% of people

USE *FOOD* as a way of

dealing with their high stress levels.

Step #2:

Here I introduce you to a concept

that will CHANGE

your life **forever**….

You'll never think about stress

the same way **again!**

You also learn WHY *we must*

***DO* something about it.**

Did you know…

Studies show over 80% of people

DO NOTHING about

their record high stress levels.

Step #3:

This section will ***give*** YOU the tools

to get the job done!

You'll learn **A LOT** of

different "tools"!

The secret I learned a long time ago…

Having the *right tool*

for the *right job* makes

the difference between

success and failure.

Also,

1 TOOL *won't work* the

same for everyone!

What's The Impact?

BEFORE COVID - stress could be found *all around the world &* already at **epidemic** levels -

In the US the following results: (APA / AIS 7/28/14)

77%

Regularly experience physical symptoms caused by stress

54%

Say stress has caused them to fight with those they love.

76%

Identify money and work as the leading cause of stress

48%

Say stress has had a negative impact on their lives

$300 Billion

Estimated annual cost to US businesses / employers

So, what does this mean?

Stress ***has been*** a **HUGE** problem

The is:

What is stress COSTING YOU?

Are you so stressed out you can't sleep?

Is stress spilling out on the wrong people?

Are you having anxiety or depression??

Are you starting to have health issues?

A “yes” to any of these is a sure sign **stress** has *taken CONTROL* of your life.

Chances are...

no matter what you’ve tried it still

DOESN’T HELP.

That’s because what *we’ve been taught* is

ALL WRONG!

Let Me Explain -

I used to get stressed out at work by

10:00 am

Stress management

meant going to the gym to exercise at

or

6:00 pm

Getting a massage at

7:00 pm

The **problem** is…

MIGRAINES would come at

2:00 pm!

I discovered that having to wait

to do a “stress management” activity

did NOT work…

for me or my patients!

This led me to develop a new approach

to dealing with stress called:

Stressometry®

So, what is it?

Stressometry®

It's when you get stressed out…

at 10:00 am

Being able to take
ACTION ON THE SPOT
to reduce stress!

This is how I got control of my migraines!

Now instead…

10:00 am

60 secs.

60 secs.

Punching Bag

MIGRAINE AVOIDED!

10:02 am

There's another way to understand it:

Just like a -

STRESS has two sides.

Don't get me wrong!

Stress management has its place in our lives as a great prevention tool.

However, that's only **1** side.

We need to work on the other side too!

PREVENTION **INTERVENTION**

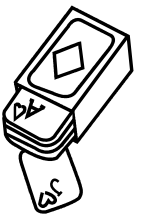
⇩ ⇩

Stress Management **Stressometry®**

WE MUST DO & LEARN BOTH!!!!

It's In the Cards!

When you'd come to my live seminars, as you took your seat, you'd be handed a playing card!



It may be a king, or it may be a three….

The key point is:

You **DON'T** get to **CHOOSE** what card you get!

This applies so wonderfully **to LIFE –** where we'll face many situations that

WE DON'T GET TO CHOOSE!

This is particularly the case

with this CORONAVIRUS pandemic.

You may have had many plans for how

your life was going to go... and now

it goes the other way.

There are so many factors

you don't get to control…...

Certain Places Closed

Kids with Virtual School

Becoming Unemployed

Can't Get Thru to Unemployment

Financial Worries

So,

what are you supposed to do

All that you *can* do…

Play the cards you're dealt that day

the **BEST** that you can!

Here's a couple of the tools I use:

IT'S NOT

WHAT HAPPENS

TO YOU,

BUT

HOW YOU REACT

TO IT

THAT MATTERS

EPICTETUS

Another way to think about it….

We don't get to control the events,

We *do get to control*

our response to them!

We are 100% responsible for our **choice:**

Controlling
How
Our
Intentions
Create
Experiences

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This is my favorite &

the *MOST* POWERFUL:

WHEN WE FACE A SITUATION

THAT *CANNOT* BE CHANGED

WE ARE CHALLENGED

TO

CHANGE OURSELVES

VICTOR FRANKL

Are you trying to change things

you CAN'T CONTROL?

Do the exercise on the next page to see!

Write down as many things you can think of having to do with your life right now:

(Use another piece of paper if you need more room!)

Now go back & circle

ONLY the things **you can control!**

Tracking Your Progress

Monitoring

I developed a tool to help my patients be able to track their progress.

The Stressometer™

It's pretty simple to use!

1st - Read each question & select the answer that ***best describes*** **you.**

2nd - When you get to the end, ***total up*** all the numbers for a score

3rd - ***Check your score*** on the key. Repeat to see how you progress!

The Stressometer

I find when I try to sleep, my mind just keeps racing about things.

1 2 3 4 5 6 7
Not at all All the time

I find my appetite changes, I'm either eating more or eating less.

1 2 3 4 5 6 7
Not at all All the time

I find myself getting really angry or irritated over the littlest things.

1 2 3 4 5 6 7
Not at all All the time

I find I am having increased health issues. (ie. migraines, pain, & digestive)

1 2 3 4 5 6 7
Not at all All the time

I find my relationship is being impacted by everything going on now in my life.

1 2 3 4 5 6 7
Not at all All the time

Total: _____

How Stressed Are You?

5–10 **Great news!**

You have no stress!

11–15 **Good news!**

You have just a little bit of stress!

16–20 **Not bad!**

You seem to still have a handle on it!

21–25 **WATCH OUT!**

STRESS is s*tarting to cause trouble!*

26–30 **WARNING…**

STRESS is *greatly impacting* your life.

31–35 **DANGER Zone!**

Your level has you at extreme risk.

Your score ***will come down*** when you use the system!!!

Another Tracking Tool

How to tell if this is helping!

There are 2 more ways to track -

Both use a score of 1 to 100

1 **100**

None **A LOT!**

#1 Track your **daily** stress level
(do this every evening)

#2 Track your level **before & after** you use the tools!

**Since this is new for you
it may take a little time for you to
get used to the tools!**

For this system to WORK…

YOU must *take* **ACTION!**

Here are a couple of my **WordTools** to help:

A
Critical
Task
Implemented
Only
Now!

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No “tool” will work…

if you don’t **pick it up**

&

DO something with it!!

Here’s my WordTool:

Direct

Opportunity

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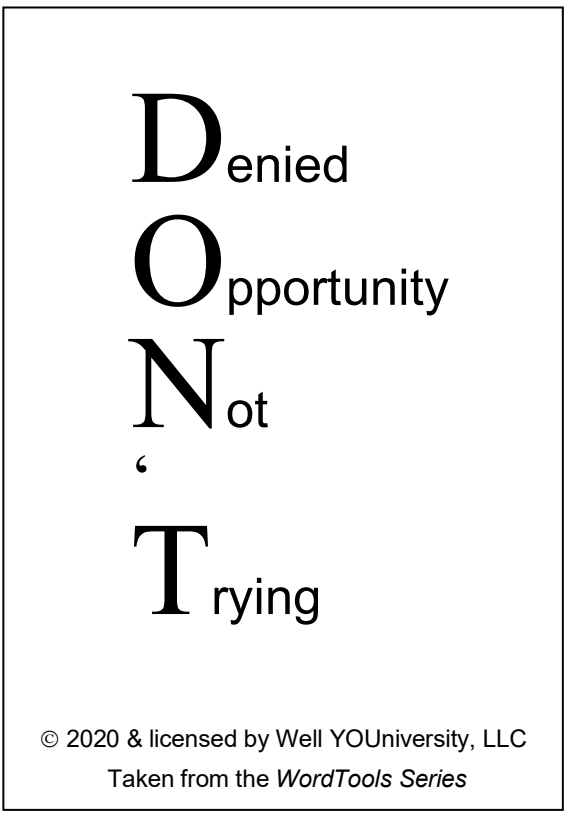
And,

When we ***DON'T*** use the "tools"

This is what happens!



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Here's one last important point…

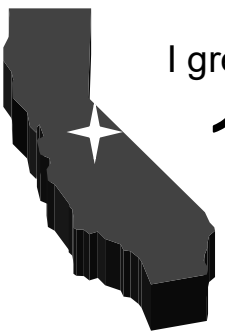
"Whether you **think you can** or think you can't **you're right**"

Henry Ford

I'd like to share an example of

this quote in ***ACTION!***

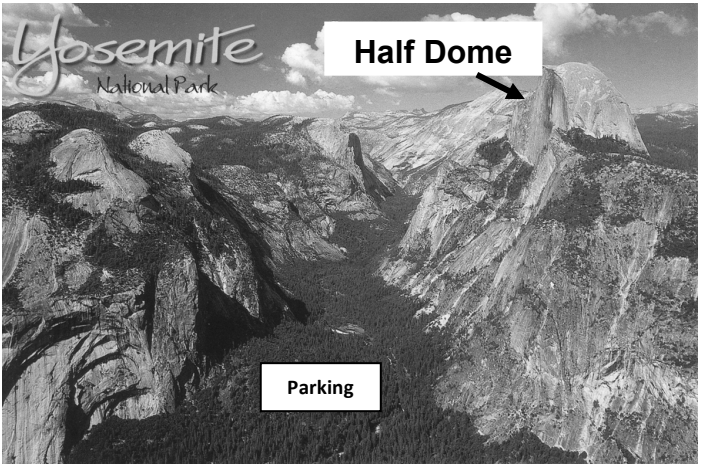
Ever heard of Yosemite National Park?



I grew up right next to it!

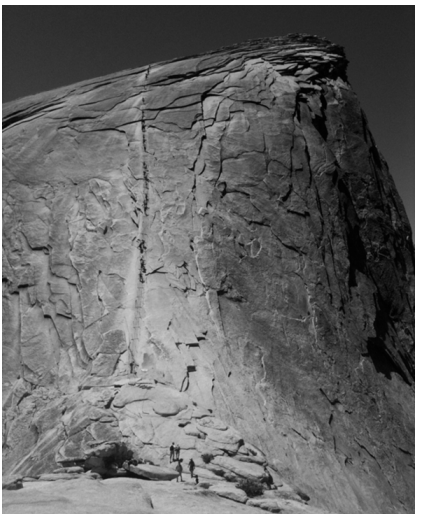
10 years ago, I went back to visit & decided to climb **Half Dome.**

(See on next page!)



We left the parking lot at 6:00 am &

didn't get to **The Climb** until 3:00 pm!



You pull yourself

up using cables!

It's

REALLY STEEP!

My brother & got separated

from our nieces early in the day…

(They are 20 years younger than us!)

When we reached the climbing part,

I told my brother "*I'm good just waiting at*

the bottom for the girls to return."

I was thinking I CAN'T

Suddenly my nieces showed up

from BEHIND US

& started encouraging us to climb!

That got me thinking…

I CAN

And I did!

This is the view from the top!

By the way,

My brother was *super happy* to finally make it back down to the bottom!

Now,

The ONLY thing that *changed?*

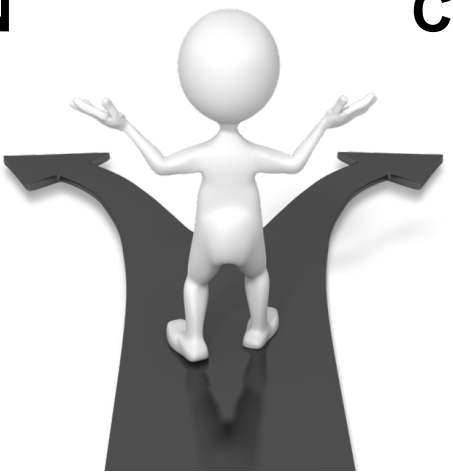
My thinking!

From - **I CAN'T**

To - ***I CAN***

Every day we face a **CHOICE:**

CAN **CAN'T**



Our Success

depends on which one we choose!

To *take control* of **STRESS -**

it requires you *choose I CAN!*

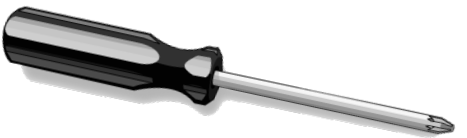
Step 1

Stop Using the *WRONG* Tools

Let me ask you a question:

Have you ever taken one of these…

and used it as one of these?



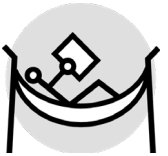
How'd it **work** for you?

Just in case you answered…

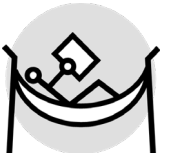
"*It* **worked** *okay!*"

this next question is for you -

I put together two hammocks -



Knife



Screwdrive

One I used a *knife &*

the other a screwdriver…

Which one do you want to lay in?

I'll bet you chose the screwdriver!

If you laid in the knife hammock,

you'd probably end up with a

broken arm

And, what about…

How many things

have you used this for?

Here are some of *my uses:*

It makes a great lint brush for removing dog hair!
(better than the expensive ones!)

It fixed many a pair of my patient's glasses at work!

This way a few months until I saved enough to get it fixed!

These are examples of…

Quick Fixes!

"Quick Fixes" are things we grab

'in the moment'

to help deal with the situation.

The problem is

"Quick Fixes" are *only*

Temporary Solutions

And…

Only lead to even **MORE STRESS!**

The same thing can happen

with **stress**.

I also call things we grab onto early in life

Survival Tools.

And in many instances,

they do help us get thru &

survive

The problem is that many of these

SURVIVAL TOOLS

go on to ***become*** a problem…

They can hurt us later in life…

Here are a couple of examples:

Coors Light is a registered trademark of Coors Brewing Co.

My **Survival Tool…**

Only I was just **14** years old.

I'd **overheard a conversation** & learned

my father was dying from cancer.

I didn't tell anyone what I learned…

Instead I started stealing alcohol.

& even taking it to school.

Now,

I HATED the taste of alcohol!

But it helped me avoid feeling

overwhelmed

about my dad dying.

Luckily for me…

alcohol did not stay my

Survival Tool

Basketball

became my **new tool!**

This brings me to my next example:

Oprah struggled with her weight.

She **ONLY** had success once

she realized food was her tool!

It started when she was young

and suffered the trauma of abuse.

It was her Survival Tool

It **helped** her when she was young,

It HURT her later on…

Some More Wrong Tools:

Drinking / drug use

Spending / Shopping

Food / Eating

Working a lot

Smoking More

Arguing

Isolating

Complaining

Caretaking

Avoiding / Denial

Using Social Media

Are you using any **WRONG TOOLS***?*

Write them down here:

(Use another piece of paper if you need more room!)

BEWARE:

Anything we grab at to help us either:

AVOID or IGNORE

The **WRONG Tools**

Even healthy things

can cross the line **UNHEALTHY**

&

become The WRONG Tools!

Before we move on to the next step,

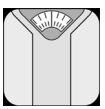
A word of warning…

Do not ***substitute*** one WRONG Tool

for another WRONG Tool!

Ralph smoked for 40 years.

He quit for health reasons.



He gains 25 pounds!

He stopped one ***unhealthy tool*** and

did NOT replace it with a healthy one!

Join Us For…

Carol will be hosting this virtual discussion session every Thursday at 4:00 pm EST where you can get answers to your questions and talk all things stress!

An EMAIL will be sent out every Tuesday with the LINK to the discussion and the opportunity to ask any questions you have.

Sign Up Now!

StressTalk.live

Step 2

Become a Stress Detective!

What Is Stress?

A simple definition is:

"Our **response** to
a change or situation."

Most important is understanding

our bodies are ***"wired"*** with this response.

⇩

It's designed to keep us alive!

It works…

on its own & without our control!

We *CAN'T* stop it completely

BUT – we can learn to **MANAGE** it.

Making Stress Visible

What if …

We take a bottle of root beer

and SHAKE it up a lot!

So,

what do you think will happen to the bottle of root beer?

You're **right!**

The PRESSURE builds up inside!

It's same way with stress...

Life happens every day that

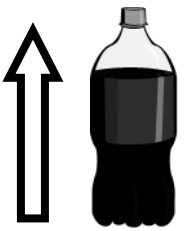
shake us up!

And…

Just like the pressure

BUILDS UP

in the bottle…



PRESSURE builds up *inside us!*

Sometimes it's just *a little pressure*

&

other times *it can be* ***a lot*** *of PRESSURE*

Unfortunately,

Most people ***don't recognize***

how much pressure is building up

until it's **too late.**

This leads to one of 2 things happening:

#1 – You EXPLODE

And it comes spilling out

on the wrong people.

#2 – You IMPLODE

And it stays inside

but makes you sick.

(How to STOP this is in Step 3!)

If we look at a bottle of root beer

We *SEE* *the pressure's built up*:

Because the bubbles show up on top.

You must begin to recognize

when the pressure is

building up in **YOU!**

<u>Stress shows up in us 3 ways:</u>

Physical → **Your Body**

Emotional → **Your Feelings**

Behavioral → **What You Do**

What to Watch For

It is **critical** that you start to pay attention to HOW stress shows up in you.

On the next few pages is an inventory to help you begin to ID your

1) Read carefully thru **each** one listed in all 3 categories.

2) If you have experienced, it at *any time* – **circle it!**

3) Be on the **lookout** for when it is building & do Step 3!

Physical: What your **body does** that you *can't stop.*

Headaches	Tense Muscles
Can't think	Racing Thoughts
Sweaty Palms	Clench Jaw
Feel sick	Food cravings
Crying	Blood pressure ↑
Heart rate ↑	Anxiety
Pain	Confused
Hunger	Can't fall sleep
Tremors/Shake	Diarrhea
Migraines	Upset stomach
Forgetful	GI Problems
Blood Sugar ↑ ↓	No Appetite
Mind Won't Shut Off	Insomnia

Other: _____

Emotional: What **feelings** you begin to experience.

Angry	Frustrated
Depressed	Defensive
Irritable	Anxious
Worthless	Overwhelmed
Irritable	Annoyed
Pissed Off	Hopeless
Helpless	Jealous
Sad	Upset
Negative	Impulsive
Judgmental	Critical
Impatience	Short tempered
Hurt	Discouraged
Embarrassed	Mad

Other: _____

Behavioral: What you actually begin to **do.**

Eat Junk Food	Shop / Spend
Smoke (or more!)	Argue / Fight
Isolate	Lash Out
Blame Others	Break things
Yell / Scream	Withdraw
Go on the attack	Drink
Self-Harm	Shutdown
Bite Nails	Hold Things In
Verbally abusive	Use Drugs
Avoid	Silent Treatment
Eat More	Sleep More
Become Critical	Get Defensive
↓ Self-Care	Zone Out

Other: _____

The to success…

Recognize your stress levels are rising

&

do something about the pressure

BEFORE you

Explode or Implode

Our body gives us plenty of signs

the level is rising!

Become A Stress Detective!

Has this ever happened to you?

You are going on a trip

the next morning.

You lay down to go

to sleep the night before

AND…

You can't sleep!

This is our "wired" stress response to a change that is occurring!

Yes…

even ✚ changes can cause a stress response!

I'm afraid I have some **bad news…**

We can't stop

ALL of our stress responses.

We **can**

take steps to *minimize*

the response when it happens.

Instead of NO sleep -

I can get *at least 5 hours!*

Let's move on to

Step 3…

Step 3

Start Using the *RIGHT* Tools!

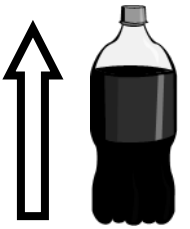
My Secret System

Remember…

Things happen in life that

shake a person up -

Just like the pressure
BUILT UP
in the bottle…



STRESS builds up *inside people!*

And once the *STRESS gets built up*

It stays there…

It won't go away on its own.

The **STRESS** doesn't go anywhere

UNTIL

we *do something to let it out!*

HOW we do this is

the secret you are about to learn!

And just like the bottle,

It's *not good* for **too much**

STRESS to

build up inside people!

REMINDER: What happens when

TOO MUCH stress builds up…

#1 It comes SPILLING OUT & leaves a **big** mess.

Have you ever:

Said hurtful things or things you wished you hadn't said, yelled, got in a fight, broke things, or got in trouble at work or school?

#2 It STAYS IN and ends up ruining ***your health.***

Have you ever:

Felt anxiety, can't sleep, gotten headaches, ate too much or not at all, felt sad & depressed, gut issues, couldn't concentrate, worried a lot?

How I discovered this secret system

was ***out of desperation!***

Because stress was

causing my migraines…

I needed to *DO SOMETHING!*

I was desperate….

So,

I started using the “tools” I was

teaching my patients for

just **60** seconds…

This was the **ONLY** way I could

fit them into my workday!

To my surprise…

it WORKED!

There was ***no migraine*** that week.

I kept using this strategy &

encouraged my patients *to give it a try.*

Afterall, they'd be more likely to use

the "tools" I was teaching **if**

they ONLY had to do it for **a minute.**

And I discovered

Not only did they report

using the "tools" more **often**, they

also felt *in better control* of their stress!

What you're about to learn

will work for YOU too!

Over the years of teaching this system,

it has helped **1,000's** of people

just like you take control of **STRESS!**

Are you READY?

Let's go…

What To Do

This is where almost everyone

gets it **wrong!**

Because you're reading this book…

you'll know the

What you are about to learn is my *secret*

DO*60* System™

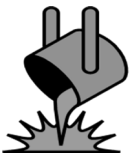
- It ***doesn't take*** a lot of ***time***!
- It will work for ***everyone***!
- It can be used ***everywhere***!

There are **2** steps to the

DO*60* System™

Step 1 -

the level from **RISING!**

Step 2 - 

RELEASE so the level drops!

Each step must be done ***in order…***

Step 1 ⟶ Step 2

Each step must be done ***for 60 Secs***

Just so this makes sense…

In order to

the level from **rising**

you must do something that is

calming for you!

Calming = Activities that require

NO energy or muscles

be used!

I'm afraid I have a little bit of

You can ***ONLY*** use your cell phone

for this first step!

Cell phones ***DO NOT*** require

enough energy or muscles for Step Two.

Now,

In order to **release** & drop levels

you must do something *you like*

and is **active**

Active = Activities that **DO** require

energy & muscles

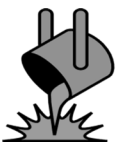
BE USED!

So let's apply this
to our stress bottle…

Step 1 -

the pressure

from continuing to build up!

Step 2 -  **the pressure**

that's been built up inside!

Each step:

- ✓ Must be done **in order**
- ✓ Must be done for **60 secs.**

**** Otherwise the system won't work ****

On the following pages are

a bunch of different **“tools”.**

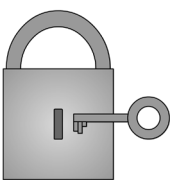
Each one is good to use for

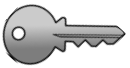
Step 1 -

Things from **RISING!**

There are a **4 keys** to

S
U
C
C
E
S
S….



#1 

Try out each one.

(***even if*** you don't think it will work for you!)

#2

Do 60 Seconds.

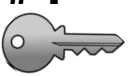
(if you can go longer – ***do it!***

30 secs. ***is better than*** none!

#3

Keep a list.

(write down tools that end up working ***best for you***)

#4 

Have more than 1!

(don't set yourself up to fail the ***more tools*** the better!)

You **must** do **Step 1** *before* Step 2

Step 1 ⟶ Step 2

Tool #1

read

grab one of your favorite books

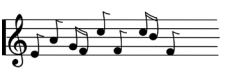
Real **or** **Kindle**

Either way….. you're reading!

Tool #2

Music

Listen to one of your favorites!

Song **or** **Artist**

Tool #3

Breathe

✓ Count your breathes

There are a couple ways to do this:

#1 **Track the # you do in 60 secs.**

or

#2 **Set a specific # to do 10, 12, 15, 20**

Belly Breathing is best!

This gets lots of oxygen in to our brain…

Oxygen is **kryptonite** to STRESS!

Another way to *BREATHE:*

✓ Square Breathing

1) ***Breathe in*** & count to 4 in your head (1,2,3,4)

2) ***Hold it*** & count to 4 in your head (1,2,3,4)

3) ***Breathe out*** & count to 4 in your head (1,2,3,4)

4) ***Hold it*** & count to 4 in your head (1,2,3,4)

5) ***Repeat!***

Here's what it looks like!

Hold 1,2,3,4

In
1,2,3,4

Out
1,2,3,4

Hold 1,2,3,4

Tool #4

Take A Time Out

Remove yourself from the situation.

Create space between

YOU & the situation or person

Go outside!

Go to another room

Tool #5

Mind Push Ups!

Here's how:

1. Find a quiet spot to lie down.

2. Set a timer for 60 secs. (***or more!)***

3. Put a book on your belly.

4. As you breathe in, make
   your belly & the book rise up!

5. Breathe out like your blowing candles.

6. Repeat breathes until timer goes off!

Tool #6

+ Self-Talk

Saying positive statements to yourself!

The 2 P's of Self-Talk!

1) Present

I AM…..
THIS IS….
I HAVE….

FUTURE

~~**I will….**~~
~~**I hope...**~~
~~**I'm going to…**~~

2) Positive

~~**Don't**~~ **touch = TOUCH!**

~~**Not…**~~
~~**Won't...**~~
~~**Can't…**~~

Our brain filters out the negative
& all we hear is what's after it: ***TOUCH!***

** See a list of self-talk ideas on page 102**

Tool #7

The Serenity Prayer

God,

Grant me the **serenity** to accept
the things *I cannot change.*

The **courage** to change the things I *can.*

And the **wisdom** to know *the difference.*

Carol's
'In the Moment Serenity Prayer'

Ask yourself the following **?**

"Can I do anything about IT

RIGHT NOW?"

If yes, ***DO it***! If NO – ***Let it go!***

Here's a few more

tools –

- Guided Imagery on YouTube
- Count to 10 **s l o w l y !**
- Watch a favorite show or movie
- Blow bubbles
- Lie down & look at the sky
- Picture a

sign in your mind
- Make a "Calm Jar" Google It!

Positive Self-Talk Ideas

I no longer give power to the PAST

Today I feel peace & calm.

I am free of negative feelings.

I am learning to love myself.

Today, I choose a positive attitude.

I am terrific just the way I am!

I have all the time I need.

I am living a healthy life today

Today, I forgive all others and myself.

I am getting better one step at a time!

I am having a great day!

I am a good friend to have!

Can you think of other ways for you to:

The level from **RISING!**

Remember -

This step is one that is calming…

(Requires NO activity or muscles!)

Now we'll take a look at what to

do ***AFTER*** you have done

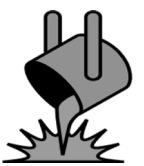
Step 1

On the following pages are

more **"tools"…**

Each one of these is

good to use for

Step 2 - 

RELEASE what's there!

Again, here are those 's to success!

#1 **Try out each one.**

(***even if*** you don't think
It will work for you!)

#2 **Do 60 Seconds.**

(if you can go longer – ***do it!***
30 secs. ***is better than*** none!

#3 **Keep a list.**

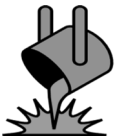
(write down tools that end
up working ***best for you***)

#4 **Have more than 1!**

(don't set yourself up to fail
the ***more tools*** the better!)

Remember: you **must** do Step 1 ***before*** **Step 2**

Step 1 ⟶ Step 2



Tool #1

Talk

Grab one of your favorite friends

In-person

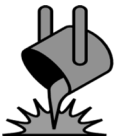
Zoom

Phone

Either way….. You're ***talking!***

IMPORTANT:

Talk about your *feeling*s, ***not*** the situation!



Tool #2

Do A Dump & Destroy

This is one of my secret weapons!

Here's what you need:

- ✓ A piece of paper
- ✓ Something to write with

1) Start writing

2) *DO NOT* READ IT

3) *Destroy IT!*

It WON'T work with a computer*

It requires you to use paper!

This is different from “Journaling”….

with Dumping –

The goal = Just get it out!

Reading IT = ***reloads** it!*

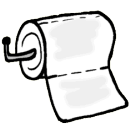
It also works *really well* when**…

1) You can’t **fall asleep** because your *mind racing*

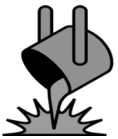
2) You **wake up** at night & your mind is racing!

****IMPORTANT:**

You must go write in ***another*** room for it to



TIP: Use a sharpie & toilet paper, flush when done. No one will ever read that!



Tool #3

Empty Chair Method

When you don't have anyone
or you can't get a hold of someone

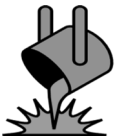
Use this tool!

You start talking to the

"Empty Chair"

As if the person was there!

It is a great way to VENT without
getting in trouble for what you say!

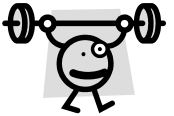


Tool #4

Get ACTIVE!

There are many ways to do this!

Walk

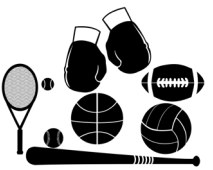


Any Kind of Exercise

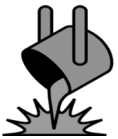
Climb the Stairs

Bike

Push Ups



Sports



Tool #5

Music

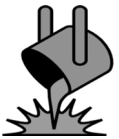
For this tool to work, you MUST:

you **DO more** than just listen!

Dance = Any time you are **moving** to music!

= Doesn't mean you ***can*** or **KNOW** the words!

Perform = Play a real **instrument** or **AIR** guitar / drums



Tool #6

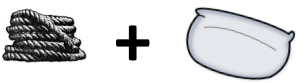
Punch n Dump!

There are **2** ways to do this:

1) Use a real punching bag.

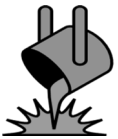
Don't have one?

You can make one using a pillow!



2) Air Boxing!

You must ***be sure*** to do this in a place where it is SAFE.



Tool #7

Let It Out!

When stress builds up…

Sometimes a good cry or a good laugh

is needed to ***let it out!***

Cry

It's perfectly okay to

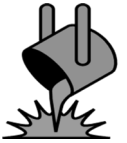
let the tears flow.

(Even for guys)

Laugh

Watch a funny show

Try Laughter Yoga

Here's a few more  ***tools –***

- Tear up an old phone book or a bunch of paper

- Wash the car

- Do some coloring!

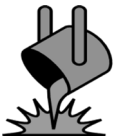
- Rake leaves

- Do some jumping jacks!

- Scream in a car or another safe place

- Constructive Destruction – break something on PURPOSE!

Can you think of other ways for you to:



RELEASE what's there!

Remember -

This step is one that is active…

(DOES require activity or muscles!)

Join Us For…

Carol will be hosting this virtual discussion session every Thursday at 4:00 pm EST where you can get answers to your questions and talk all things stress!

An EMAIL will be sent out every Tuesday with the LINK to the discussion and the opportunity to ask any questions you have.

Sign Up Now!

StressTalk.live

Wrap Up!

Congratulations!

You now have the “tools” &
the training to be a professional

Stress Monster Tamer!

What We Covered

Right at the start,

I introduced the Danger Zones:

The "Why Me" Detour

&

"What If" Alley

And,

I offered a couple tools to

help keep you from getting LOST...

TOOL #1

NOW Stone

TOOL #2 *'Feel your feet!'*

We then looked at how

stress has impacted **you**.

What is your **Stressometer** score? _____

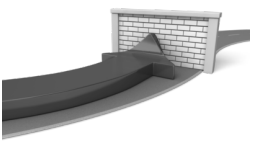
***DON'T** have it?*

- ✓ Go *right now* to page 39
- ✓ *Do the quiz!*
- ✓ Come back & put the score

This is the ONLY way to keep

"Stress Blindness"

from stopping your progress!



Also,

We DON'T always get to control

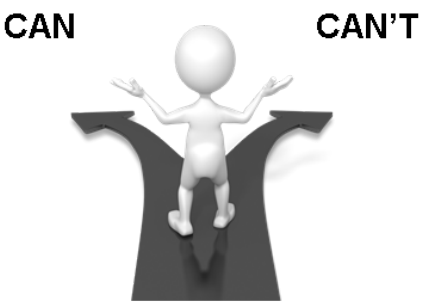
what shows up in our lives…

What we ***DO*** get to control:

How we **choose** to **respond**

&

What we **choose** to **think!**



Our Success

We then looked at **Step #1**:

Stop Using the WRONG Tools

We all have these old, "Quick Fixes"

that've been around most our lives!

Are they ***helping*** or hurting you?

If you DON'T stop what's hurting you,

It will be Impossible

to use the other steps!

Write down the **Wrong Tool** you use the most:

Moving on to **Step #2**:

Become a Stress Detective

Stress is "Our **response** to *a change or situation."*

We CAN'T stop it completely…

only **recognize it**

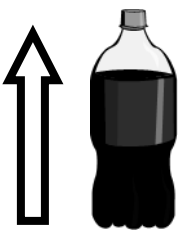
&

do something about it!

Just like the pressure

BUILT UP

in the bottle…



STRESS builds up *inside people*

And once the *STRESS gets built up*

It stays there…

It won't go away on its own.

The **STRESS** doesn't go anywhere

UNTIL

we *do something to*

Let

It

Out

Using my ***Secret System.***

That brings us to **Step #3**:

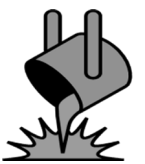
Start Using the RIGHT Tools!

There are **2** steps to the

DO*60* System™

Step 1 -

the level from **RISING!**

Step 2 - 

RELEASE so the level drops!

The system ONLY works when…

- **Each step** is done ***in order.***

Step 1 ⟶ Step 2

- **Each step** is done ***60 Secs.***

SPECIAL NOTE:

If the situation **prevents** you doing

60 seconds for *each step*…

DO whatever you can –

Just be sure to ***DO***

Step 1

⇩

Step 2

Bonus Tool

I created this tool for my patients &

discovered I **needed** it more!

If you start ***feeling overwhelmed,***

I want you to use this:

The Serenity Prayer Stress Tool!

#1 Make a list of ALL the things that are stressing you out.

#2 Using the worksheet on the next page, place the things from your list in the appropriate section.

#3 Fold the paper on the line and **RIP IT IN HALF**. Get rid of what you CAN'T do anything about!

I have also created a couple

mini posters!

This way you can rip / cut them
out of the book

And put them up on your fridge, computer,
or wherever you'll see them!

This will help reinforce the
new tools you're trying to
get good at using!

The Serenity Prayer Stress Tool!

Grant me the **serenity** to accept the things I cannot change:

_____

_____

_____

_____

- - - - - - - - - - - - - - - - -

The **courage** to change the things I can:

_____

_____

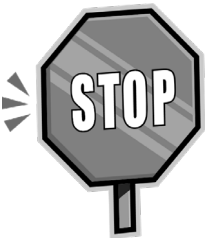
_____

_____

And the **wisdom** to know the difference!

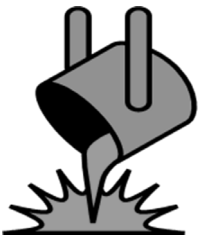
Intentionally blank

DO*60* System™-

Step 1 - 

NO
Muscles

the level from **RISING!**

Step 2 - 

NEEDS
Muscles

RELEASE so the level drops!

- **Each step** must be done ***in order…***

Step 1 ⟶ Step 2

- **Each step** must be done ***60 Secs...***

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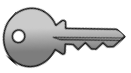
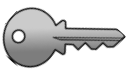
The 's to success!



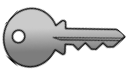
#1 Try out each one.

(***even if*** you don't think
it will work for you!)



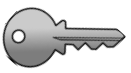
#2 Do 60 Seconds.

(if you can go longer – ***do it!***
30 secs. ***is better than*** none!



#3 Keep a list.

(write down tools that end
up working ***best for you***)



#4 Have more than 1!

(don't set yourself up to fail
the ***more tools*** the better!)

Intentionally blank

The Stressometer

I find when I try to go to sleep, my mind just keeps racing about things.

1 2 3 4 5 6 7
Not at all All the time

I find my appetite changes, I'm either eating more or eating less.

1 2 3 4 5 6 7
Not at all All the time

I find myself getting really angry over the littlest things.

1 2 3 4 5 6 7
Not at all All the time

I find I am having increased health issues. (ie. migraines, pain, & digestive)

1 2 3 4 5 6 7
Not at all All the time

I find my relationship is being impacted by what goes on at work / home.

1 2 3 4 5 6 7
Not at all All the time

Total: _____

**Use key – page 14

Intentionally blank

Want to Speed Up Your Progress?

StressMastery
Learn To Take Control Of Stress

Join Carol for this

FREE

Fast Start Training!

(Sells For $297.00)

You know the **DO*60*™ System** –

Now it's time to learn the 5 keys to

being an unstoppable Stress Master!

Sign Up Now!

StressYOUniversity.com/Fast-Start

Join Us For…

Carol will be hosting this virtual discussion session every Thursday at 4:00 pm EST where you can get answers to your questions and talk all things stress!

An EMAIL will be sent out every Tuesday with the LINK to the discussion and the opportunity to ask any questions you have.

Sign Up Now!

StressTalk.live

Carol's Other Resources

A Nationally Syndicated Wellness Series:

The WELL YOU Show

Mondays @ 6pm, Sundays @ 8am

Watch at: www.PrincetonTV.org

Catch past episodes at

www.TheWellYouShow.com

Want More Tools?!

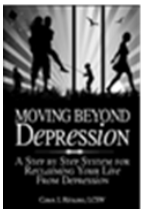
Carol has written more "tool" books!

If you need help:

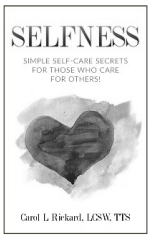
- ✓ Losing weight
- ✓ Dealing with anger
- ✓ Managing health issues

Take a look at the next few pages…

Chronic illness doesn't exclude you from having wellness. Get a blueprint to follow for taking back control of your health!



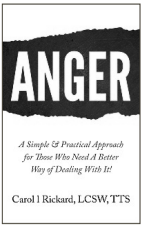
Are you sick & tired of feeling sick & tired? This is a step by step system for reclaiming your life from depression.



Self-care is often forgotten in this busy world. Carol offers simple and practical strategies to fit in to your busy life!

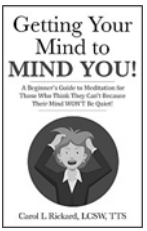
No – this is not promoting smoking! Instead, it provides the knowledge & the 'tools' to finally "Kick Cigarettes Butts"!

Available: amazon.com/author/carolrickard

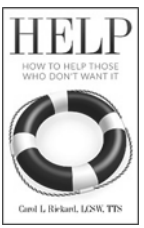


ANGER - one of the most powerful emotions there is. Learn how to manage it instead of it managing you!

Losing weight doesn't have to be complicated! Learn the *7 Laws of Lasting Weight Loss* a car can teach us. Guaranteed to work!

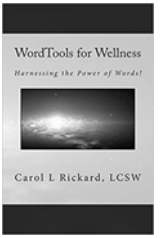


Your mind *is not* supposed to be quiet! Learn how mediation really works & change your life forever!



Do you find yourself struggling with what to say or how to help someone you care about? Learn how to say it & what to

Available: amazon.com/author/carolrickard



WordTools

What are words tools?
They are acronyms with purpose & meaning!

They are officially called *Artinyms*™, which is Sanskrit for "describe".

On the back of each wordtool is a question for you to answer should you choose to!

We have **4 different versions:**

Wellness Vol. 1 & 2, ***Self-Esteem*** Vol. 1 & 2
Business Vol. 1 & 2, ***Athletes*** Vol. 1

Examples:

The
Only
Day
Afforded
You!

A
Deliberate
Adjustment
Providing
Transformation

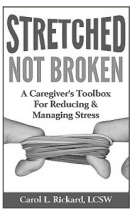
Daringly
Recognize
Experiences
As
Mine

NEW RELEASE!!!!
Kid these days have to deal with so much stress. This makes sure they have the tools to succeed!!

We have three different versions of adult stress books because life circumstances can be different for each.

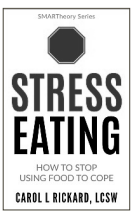
Choose the one that ***best fits*** your situation!

Caregiver



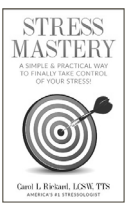
Research has shown caregivers are the MOST vulnerable. Learn quick, simple, practical tools for reducing and managing it.

Stress Eater



Do you find yourself eating when under stress? Get the tools & knowledge needed to break away from any old habits.

General

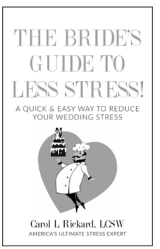


STRESS… It's all around us and NOT getting any less! Get the system Carol has taught to 1,000's & finally take control!

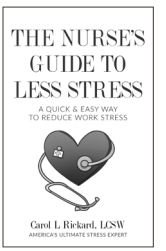
This series of books introduces Carol's proprietary ***DO* 60 System™** that you learned about in this book! Each version has added chapters geared towards that **specific audience.**

General Audience - This is the book that started the series! You'll learn the system that lets you finally take control of stress!

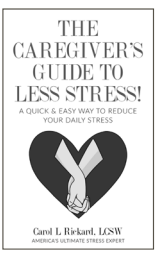
Brides



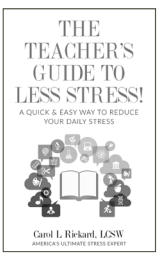
Nurses



Caregivers



Teachers



Available: amazon.com/author/carolrickard

To Contact Carol:

Please feel free to reach out if you have questions or comments!

Email:

Carol@StressYOUniversity.com

Phone:

888 LifeTools

(543-3866)

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CarolRickard.Tools/StressTalk

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