

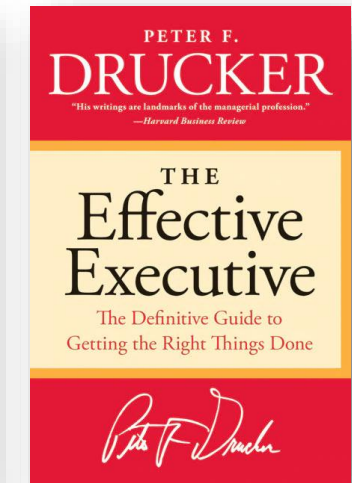
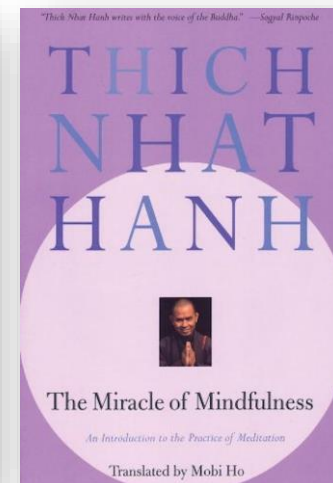
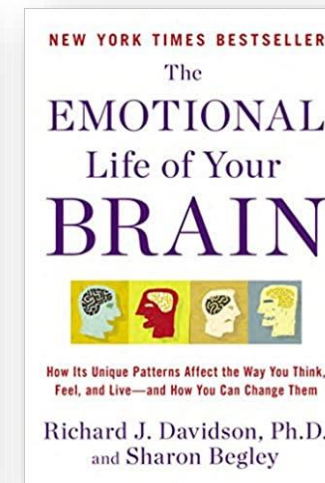
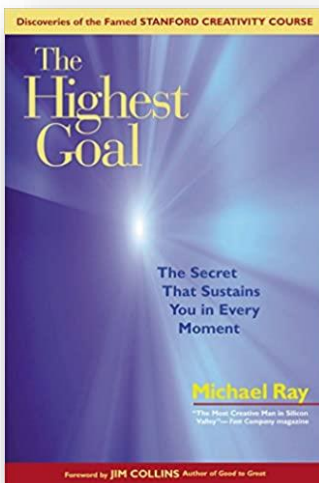
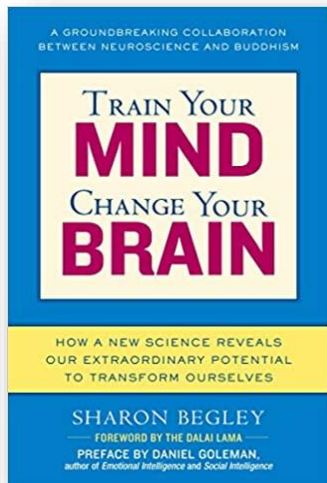
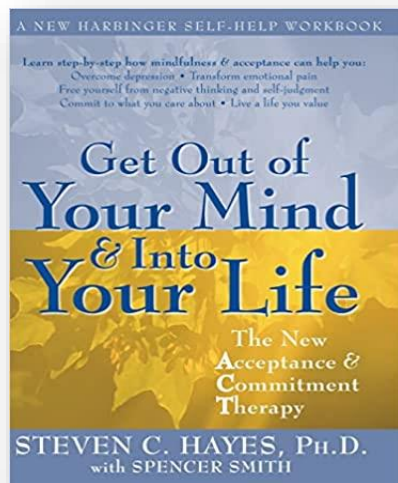
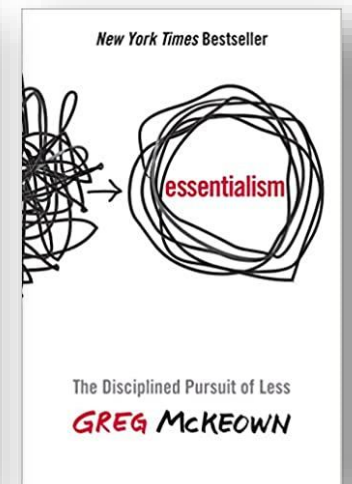
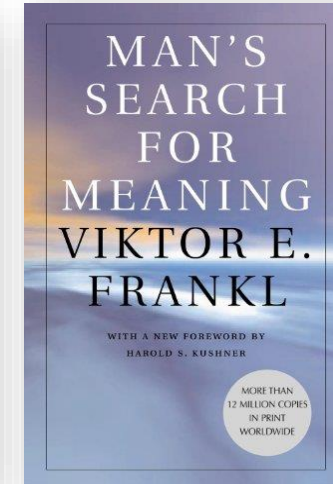
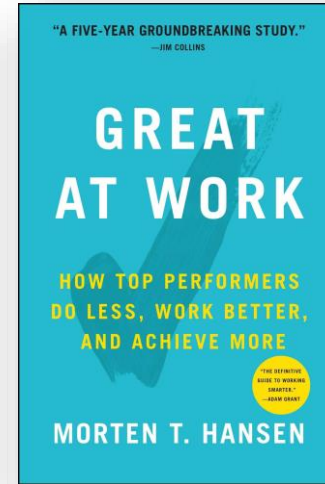
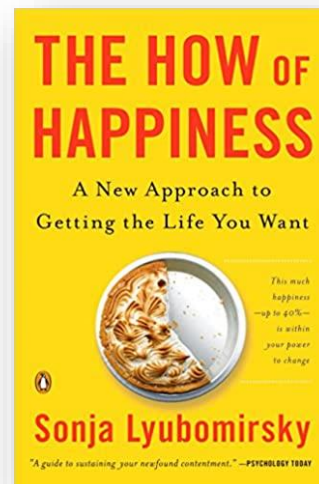
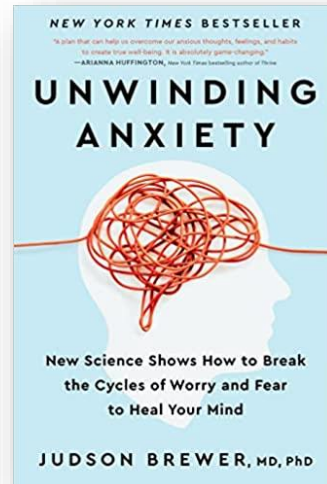
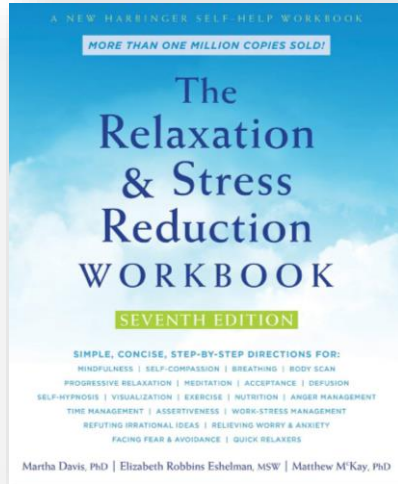


Reducing Stress & Anxiety TOOLS

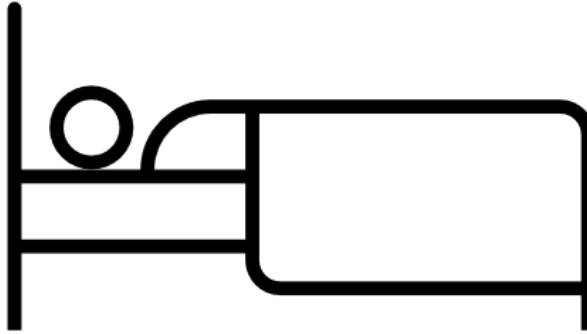
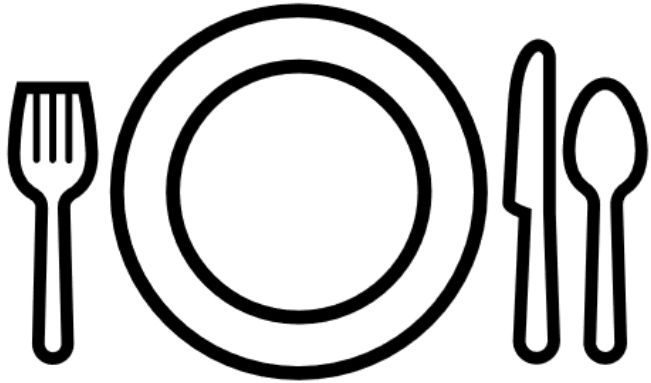
Carter Cast

**Clinical Professor of Strategy
Kellogg School of Management
January 20, 2023**

Book recommendations



Sleep, Eat, Exercise Tools



Tips to sleep better



- Try to stick to a sleep schedule.
- Increase your daytime bright light exposure.
- Pay attention to what you eat and drink.
- Create the right environment.
- Limit daytime napping.
- Exercise regularly.
- Consider a melatonin supplement.
- Get a comfortable bed and pillow.
- Take a bath or shower before bed.
- Try to resolve your worries before bedtime.

Fitbit Charge 4 Fitness and Sleep Tracker – Best Overall



Key Features

- Heart rate tracker
- Syncs with smartphones over Bluetooth
- Skin temperature tracker through Fitbit app
- 7-days battery backup time

Wellue O2Ring Wearable Sleep Tracker

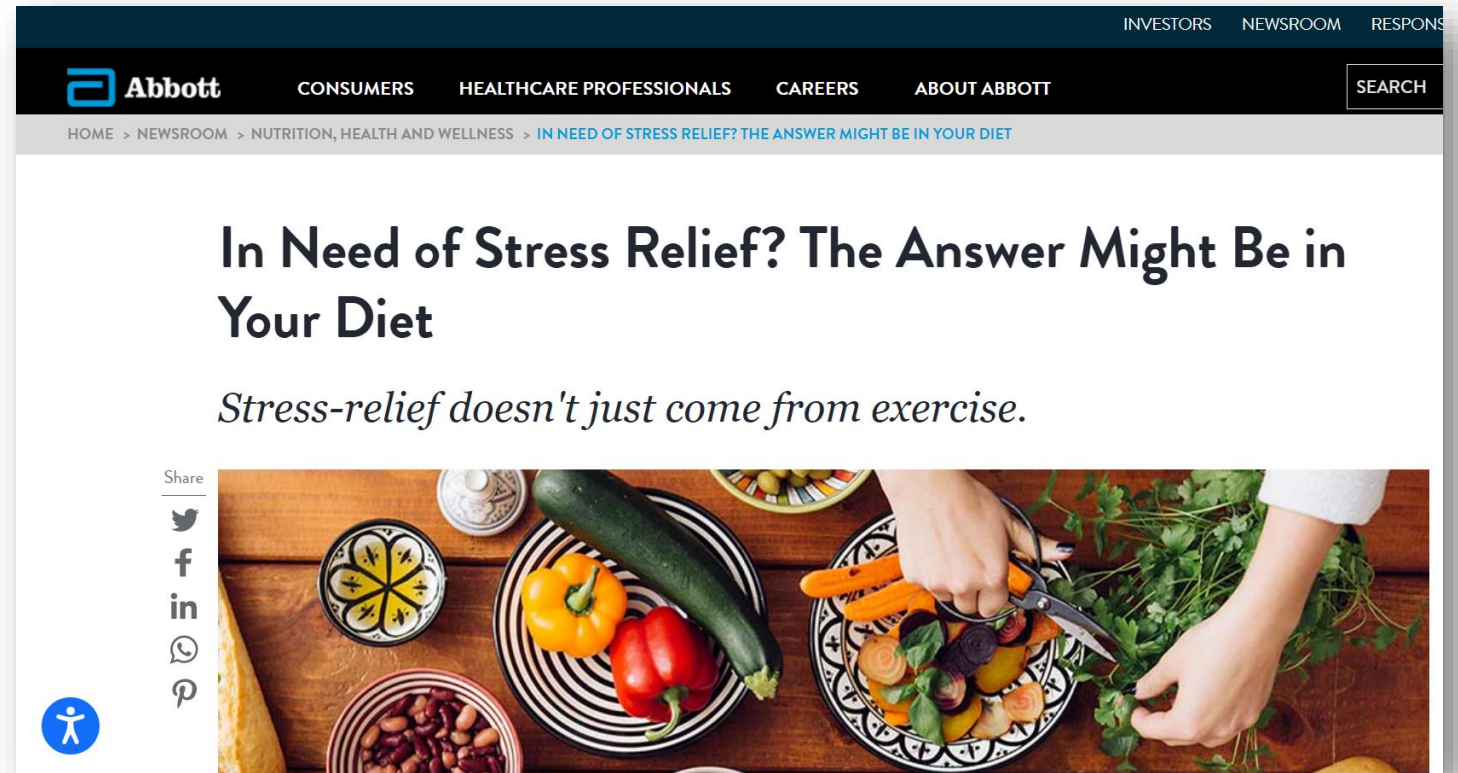


Key Features

- Automatically syncs data over Bluetooth
- Comfortable silicone design
- Monitors oxygen levels, heart rate, and sleep patterns

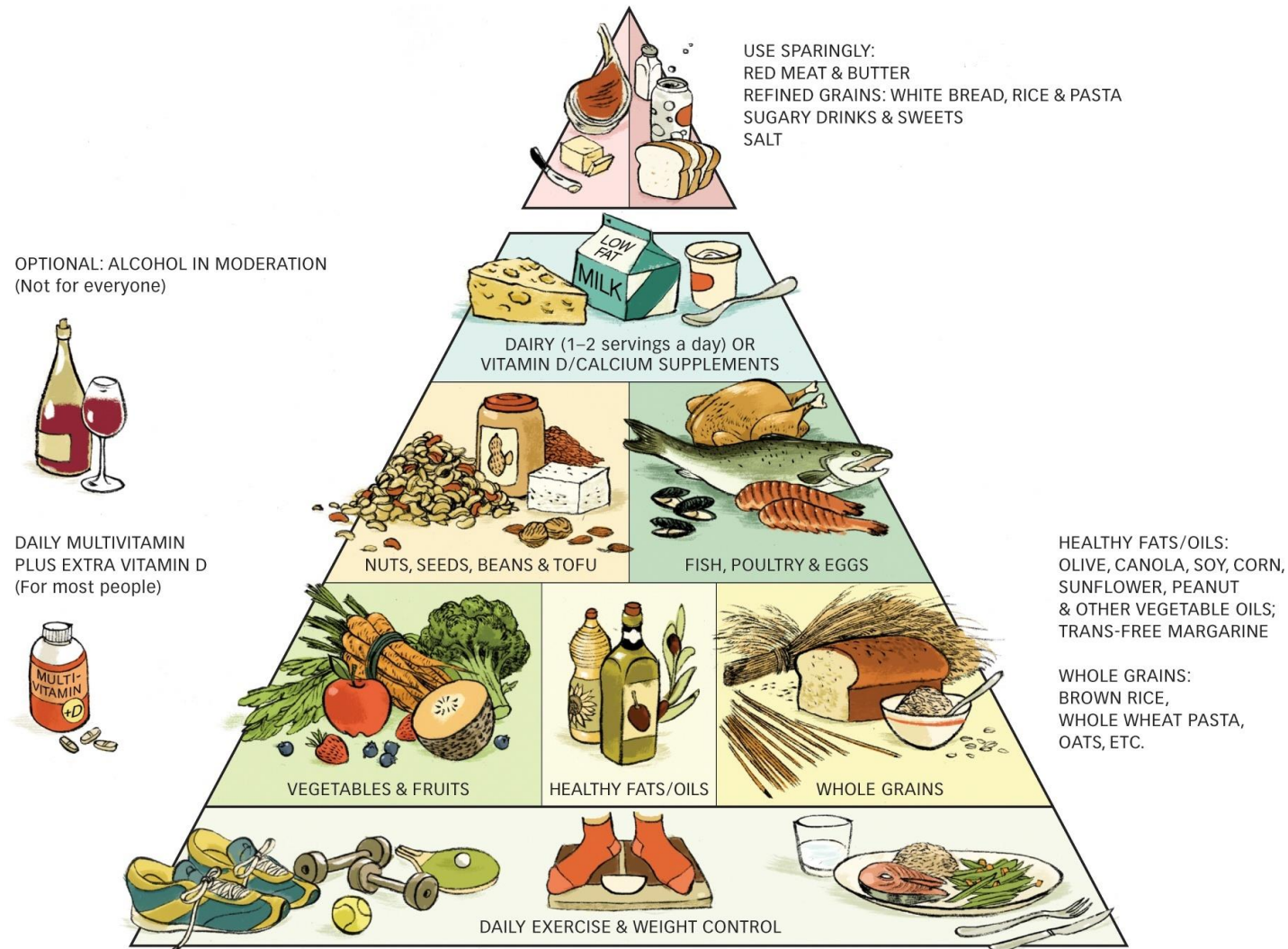
Two Sleep Tracking Favorites

Diet can also play
a role in stress
reduction




THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



A Few Tech Solutions to Aid Healthy Eating

KAISER PERMANENTE®

WELLNESSFOOD AND NUTRITION

21 Shares

9 nutrition and diet apps for 2020

The smartphone in your pocket is a miracle of modern science. Its processing power is millions of times greater than that of the machines NASA used for the Moon landings, and it connects you to a worldwide network of over 3 billion people. Today's best diet apps leverage the power of your smartphone to help you take control of your nutrition and health through better eating. We tested 10 of the most popular weight loss app choices for Android and iPhone (iOS). Here's a breakdown of those choices, and a look at their pros and cons. While a few of the diet apps in this list are calorie counters and food diaries with added bells and whistles, we've made sure to include innovative and unique options as well.

Remember that the true measure of an app's worth is if it helps you to make healthy changes. If an app doesn't motivate you to improve your diet, it's not much more than a time-waster.

Nutrition & diet apps for Android & iPhone

The star ratings listed in this article are based on user reviews, and not our own opinions. Note that we've rounded the ratings to the nearest half-star.

1. Calorie Counter & Food Diary

Android: free (full functionality unlocked with subscription) | Rating: 4 stars

everlywellShopLearnFor Businesses


Register Kit ? Login

Try Our Most Extensive Food Sensitivity Test

Food Sensitivity Comprehensive Test

★★★★★ 645

Test a broader set of foods that may be causing you discomfort with our most comprehensive food sensitivity offering. This test includes a wide range of foods and is ideal for people who eat a variety of cuisines.



IgG Reactivity to 204 Foods

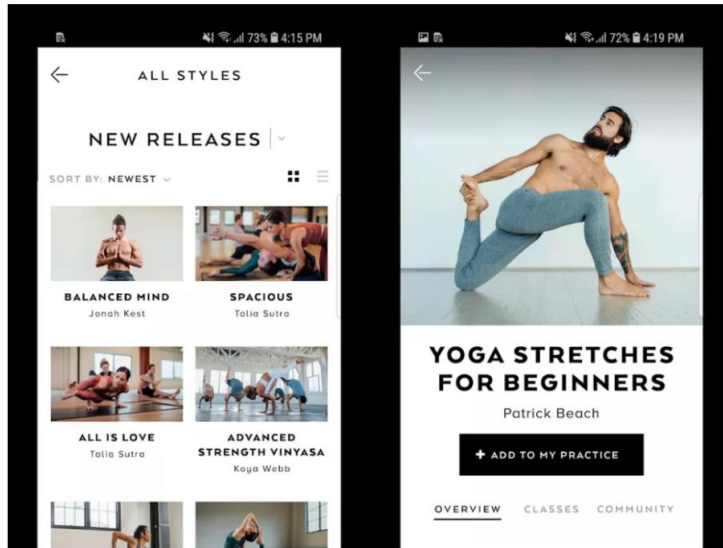
Finger prick sample collection

Exercise

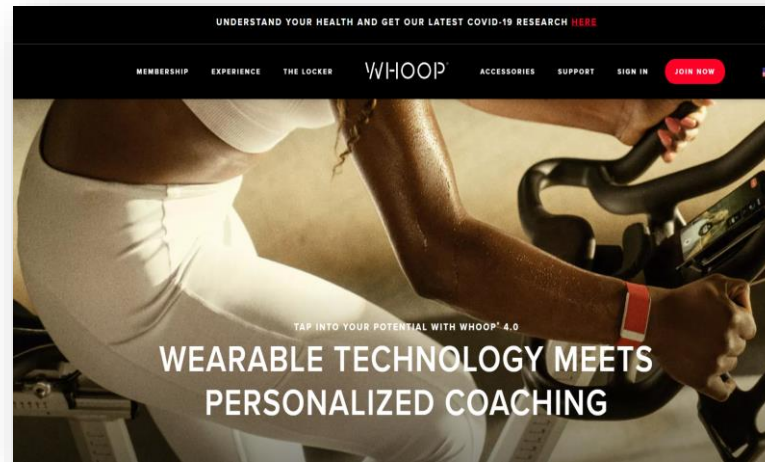


“Among those who exercise, the number of poor mental health days* dropped by more than 40 percent.”

Centr

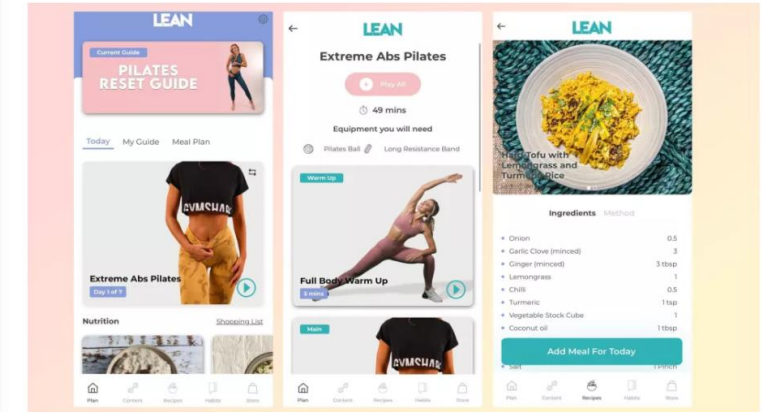


Whoop



Sweat

Download Sweat: [Android](#), [iOS](#)



Some Highly Rated Fitness Solutions

Values



Values Assessment

List of 230 Personal Core Values

Acceptance	Courage	Genius	Optimism	Smart
Accomplishment	Courtesy	Giving	Order	Solitude
Accountability	Creation	Goodness	Organization	Spirit
Accuracy	Creativity	Grace	Originality	Spirituality
Achievement	Credibility	Gratitude	Passion	Spontaneous
Adaptability	Curiosity	Greatness	Patience	Stability
Alertness	Decisive	Growth	Peace	Status
Altruism	Decisiveness	Happiness	Performance	Stewardship
Ambition	Dedication	Hard work	Persistence	Strength
Amusement	Dependability	Harmony	Playfulness	Structure
Assertiveness	Determination	Health	Poise	Success
Attentive	Development	Honesty	Potential	Support
Awareness	Devotion	Honor	Power	Surprise
Balance	Dignity	Hope	Present	Sustainability
Beauty	Discipline	Humility	Productivity	Talent
Boldness	Discovery	Imagination	Professionalism	Teamwork
Bravery	Drive	Improvement	Prosperity	Temperance
Brilliance	Effectiveness	Independence	Purpose	Thankful
Calm	Efficiency	Individuality	Quality	Thorough
Candor	Empathy	Innovation	Realistic	Thoughtful
Capable	Empower	Inquisitive	Reason	Timeliness
Careful	Endurance	Insightful	Recognition	Tolerance
Certainty	Energy	Inspiring	Recreation	Toughness
Challenge	Enjoyment	Integrity	Reflective	Traditional
Charity	Enthusiasm	Intelligence	Respect	Tranquility
Cleanliness	Equality	Intensity	Responsibility	Transparency
Clear	Ethical	Intuitive	Restraint	Trust
Clever	Excellence	Irreverent	Results-oriented	Trustworthy
Comfort	Experience	Joy	Reverence	Truth
Commitment	Exploration	Justice	Rigor	Understanding
Common sense	Expressive	Kindness	Risk	Uniqueness
Communication	Fairness	Knowledge	Satisfaction	Unity
Community	Family	Lawful	Security	Valor
Compassion	Famous	Leadership	Self-reliance	Victory
Competence	Fearless	Learning	Selfless	Vigor
Concentration	Feelings	Liberty	Sensitivity	Vision
Confidence	Ferocious	Logic	Serenity	Vitality
Connection	Fidelity	Love	Service	Wealth
Consciousness	Focus	Loyalty	Sharing	Welcoming
Consistency	Foresight	Mastery	Significance	Winning
Contentment	Fortitude	Maturity	Silence	Wisdom
Contribution	Freedom	Meaning	Simplicity	Wonder
Control	Friendship	Moderation	Sincerity	
Conviction	Fun	Motivation	Skill	
Cooperation	Generosity	Openness	Skillfulness	

Exercise:

Take the 5-10 words that represent your **values** and turn them into sentences.



E.G. 'Family'

I value my family and I will
_____.

*I value my family and I will
be home for dinner at least
five nights/week.*

CBT (Cognitive Behavioral Therapy)



CBT Worksheet

Blank

THOUGHT DISPUTATION EXERCISE

(A CBT model adapted from ActivInsight)

EXERCISE 

1. Write a concise sentence describing something that you experience as stressful. It's helpful to use the words "should" or "shouldn't." (Example: My spouse should more understanding when I get home from a hard day at work.)

2. How strongly do you feel this belief is true? (1-10 scale, 10 = strongest).

3. How do you feel when you believe this? (e.g. afraid, angry, abandoned, annoyed, anxious, confused, depressed, desperate, embarrassed, frustrated, helpless, impatient, hurt, nervous, jealous, etc.)

4. How do you act when you feel this way? (e.g. argue, blame, belittle, complain, cry, drink, eat, fight, escape, give up, gossip, interrupt, lose sleep, obsess, overwork, preach, pretend, shut down, smoke, yell, etc.)

5. Write the negation of your statement from step one. Try adding 'In reality' at the beginning of your new statement and 'at this time' at the beginning or end. (Example: In reality, at this time, my spouse shouldn't be more understanding when I come home from work.)

6. Write below all the proof you can find that supports the new negation statement. You may want to write more than one negation statement. (Example: In reality, at this time, my spouse shouldn't be more understanding when I come home from work, given that I am often cross and stressed out and I quickly retreat to my office.)

7. How do you feel if/when you see the truth behind your negation statement(s)? (e.g.: calm, clear, compassionate, curious, enlightened, enthusiastic, excited, free, grateful, honest, humble, peaceful, happy, optimistic, supportive, tolerant, truthful, understanding, etc.)


8. What actions might come from this? (e.g. acceptance, apologize, communicate, delegate, exercise, explore, focus, follow through, forgive, give thanks, listen, make amends, network, open up, participate, prioritize, reach out, share, support, etc.)

9. Now read your original statement from step one again. How strongly do you feel this belief to be true now? (1-10 scale, 10 = strongest).

Bentonville Example

THOUGHT DISPUTATION EXERCISE

(A CBT model adapted from ActivInsight)

EXERCISE 

1. Write a concise sentence describing something that you experience as stressful. It's helpful to use the words "should" or "shouldn't." (Example: My spouse should more understanding when I get home from a hard day at work.)

The Bentonville leaders should have been more open to and supportive of my Walmart.com strategic direction.

2. How strongly do you feel this belief is true? (1-10 scale, 10 = strongest).

8

3. How do you feel when you believe this? (e.g. afraid, angry, abandoned, annoyed, anxious, confused, depressed, desperate, embarrassed, frustrated, helpless, impatient, hurt, nervous, jealous, etc.)

Angry, frustrated, exasperated, anxious, even helpless

4. How do you act when you feel this way? (e.g. argue, blame, belittle, complain, cry, drink, eat, fight, escape, give up, gossip, interrupt, lose sleep, obsess, overwork, preach, pretend, shut down, smoke, yell, etc.)

I tried to be persuasive, but when it didn't work I retreated and licked my wounds. Then I complained to people close to me about their lack of vision. I lost sleep over it too - 'If I can't get their support, why am I here...?'

5. Write the negation of your statement from step one. Try adding 'In reality' at the beginning of your new statement and 'at this time' at the beginning or end. (Example: In reality, at this time, my spouse shouldn't be more understanding when I come home from work.)

In reality, at this time, the Bentonville leaders shouldn't be more open to and supportive of my Walmart.com strategic direction.

6. Write below all the proof you can find that supports the new negation statement. You may want to write more than one negation statement. (Example: In reality, at this time, my spouse shouldn't be more understanding when I come home from work, given that I am often cross and stressed out and I quickly retreat to my office.)

In reality, at this time, the Bentonville leaders shouldn't be more open and supportive of my Walmart.com strategic direction because I didn't pre-sell the Walmart.com vision enough and may have caught them a bit off-guard.

In reality, at this time, the Bentonville leaders shouldn't be more open and supportive of my Walmart.com strategic direction because the timing of my presentation was unfortunate - Walmart's earnings were announced the next day and they seemed distracted.

In reality, at this time, the Bentonville leaders shouldn't be more open and supportive of my Walmart.com strategic direction because the Supercenter stores model of growth was still viable (the ROIC is over 25%).

In reality, at this time, the Bentonville leaders shouldn't be more open and supportive of my Walmart.com strategic direction because my audience was all store-centric operators - they weren't immersed in the disruptive power of the Internet as I was...

7. How do you feel if/when you see the truth behind your negation statement(s)? (e.g.: calm, clear, compassionate, curious, enlightened, enthusiastic, excited, free, grateful, honest, humble, peaceful, happy, optimistic, supportive, tolerant, truthful, understanding, etc.)

Calmer, more tolerant and less frustrated and exasperated

8. What actions might come from this? (e.g. acceptance, apologize, communicate, delegate, exercise, explore, focus, follow through, forgive, give thanks, listen, make amends, network, open up, participate, prioritize, reach out, share, support, etc.)

Finding opportunities to educate the Bentonville leaders on the possibilities of the Internet and our role in it. Also looking for other ways to seed the Walmart.com vision - 1:1 and also more 'improptu' discussions in a more casual environment in Bentonville...maybe over dinner.

9. Now read your original statement from step one again. How strongly do you feel this belief to be true now?

(1-10 scale, 10 = strongest).

5

1. Is it really true? (What I'm currently thinking about the event.)
2. Is there another way of examining and interpreting it?
3. Are there any mitigating circumstances that I may not be considering?
4. What experiences point to the contrary of my interpretation?
5. If I were better rested, would I be thinking this?
6. When I've felt this way before, what thoughts made me feel better?
7. Are there things that contradict the way I'm thinking about the event?
8. Are there any positives coming from this situation am I not considering?
9. What's the worst thing that could happen if my thoughts about the event are indeed true?
10. Am I blaming myself for something out of my control?
11. Am I sure of this (bad) thought or is it just one of many possibilities?
12. If I told my thoughts to a close friend, what would they say?

12 CBT Inquiry Statements

Meditation



Four **Big Benefits** of **Meditating**

- 1) Helps reduce stress and anxiety.
- 2) Increases ability to concentrate.
- 3) Can reduce blood pressure.
- 4) Helps rewire our brain.





A Meditation Primer

Here's an article too:

<https://www.nytimes.com/guides/well/how-to-meditate>

Richie Davidson's TED
talk on the benefits
of meditation



Meditation Tools

The 7 Best Meditation Apps of 2022

Best Overall: [Calm](#)

Best Budget: [Insight Timer](#)

Best for Sleep: [Headspace: Meditation & Sleep](#)

Best for Beginners: [Ten Percent Happier Meditation](#)

Best Guided: [Buddhify](#)

Best For Focus: [Unplug](#)

Best Selection: [Simple Habit](#)



MUSE 2: The Brain Sensing Headband - Meditation Tracker Multi Sensor Headset Device - Responsive Sound Feedback for Brain Wave, Heart, Body & Breath Activity, Black/Grey

If meditating seems hard you might try:

- **Walking meditation**: Go outside and walk slowly along the lake. Clear your mind. Note your legs and your breath as you walk. Soak in the sounds & smells without evaluating anything.
- **Noontime break**: Find a time, mid-day, to unplug for a short period of time. I put on headphones (play ambient music), turn off my lights, lock the door, sit with good posture and focus on my breath, nothing else, for 15 minutes.
- **Brief body scan**: You feel stressed. Your muscles are TIGHT. So conduct a body scan. Start with your facial muscles and move all the way down to your toes. Gently prod yourself: 'Relax my trapezius muscles – let my shoulders fall.'
- **Mindset check-ins**: Are you ruminating, going through that doom loop over an event? Examine your thoughts: "Am I interpreting this situation properly? Are there other explanations I should consider?"