

# EXECUTIVE STRENGTH STRESS MANAGEMENT

*Tame Your  
Fears and Take  
on the World*

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## Where to Start

Hi

Thanks for being part of Executive Strength Stress Management: Tame Your Fears and Take on the World.

It helps to know where to start.

I recommend reading through the Introduction. You will get a good overview of Stress and why it's so good to learn to deal with it.

Then work through each Module in order. Each Module builds on concepts that are covered in previous Modules so override the temptation to skip ahead – even if you think you know the material already. There may be some material you are already familiar with but there will also be a lot that you haven't heard before.

Please **DO** the exercises. Record your thoughts and experiences as you're going along. The more effort you put in – the more you will get out of it. Recording your thoughts and experiences enhances your learning and builds your Stress Management IQ.

Each Module has a transcript (PDF) for you to download, keep, highlight and jot notes on, as well as an MP3 of the course material with some additional information. You be the judge of how you learn best.

Please download the Workbook and **DO** all the exercises in it. You can decide which exercises work best for you *after* you've experimented with them all.

You will find some added bonuses in Module 3 and Module 5. These MP3's are for you to use regularly to help you live stress-free but also to build your confidence and your ability to succeed. The recordings have bilateral clicks that help get your mind into a relaxed and receptive state. You will *only* hear the clicks properly if you listen with stereo headphones. The Progressive Muscle Relaxation recording is good to listen to if you're feeling stressed but can also be used before bed or in bed. The Stress-Free Future Visualisation can be used daily either first thing in the morning or just as you're going to bed.

Most of all when experimenting with these Stress Management strategies, try to have FUN. Humour and fun are excellent Stress Management strategies. If you can find a way to make the exercises more enjoyable you will be more likely to keep doing them and make them a habit.

If you have suggestions or you have experimented and found a way to improve some of the strategies, please let me know so that I can share your brilliance with other ESSM fans.

xx Dr Michelle