

Prash – Who am I?

Wellbeing & Conscious Leadership Expert, Mindset Strategist, Speaker, Influencer
& Founder of Stress To Success.

Worked with some of the world's leading financial organizations, as well as a variety of big and small businesses/startups over the past two decades, traveling the world, working with highly successful people at many levels, from diverse cultures.

Providing bespoke coaching and training, running an established podcast show, interviewing authors and industry experts, delivering keynotes and running international retreats and workshops.

Through extensive training, deep self-work and practice in the field, Prash has been able to take the hard knocks and tragedies he experienced growing up and turn them into sources of strength.

Help clients to dig deeper, discover new insights, discover themselves in profound new ways, and bring about radical shifts in their performance and results in and out of the workplace.

Stress & Resilience - Definitions

*"Stress is not so much about the situation, but rather our **response** to the situation"*

- Our response is our physiological and psychological response to the situation
- Fright / Flight / Fight responses – Eg see a lion / exam / public talk
- **Resilience:** The capacity to recover quickly from difficulties; toughness
- **Resilience:** Processes, behaviours or habits in protecting yourself from the potential negative effects of stressors

Common Responses To Stress

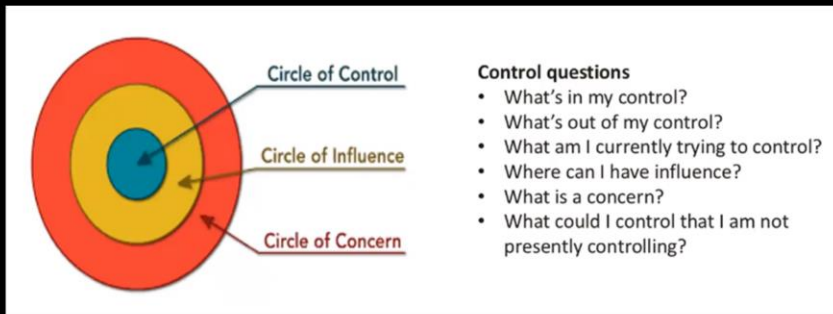


Understanding Your Stress Patterns

*"Stress is not so much about the situation, but rather our **response** to the situation"*

- What's causing you stress? *Is it a person / situation / task / past/future thought?*
- What are your symptoms? *Eg What emotions / behaviours / physical signs?*
- What are your strategies for recovery? *What's helped / What can help?*

Circles of Control & Influence



- What causes us stress is often what we can't control
- Don't focus on the things you can't control
- Start to focus on the things you CAN control

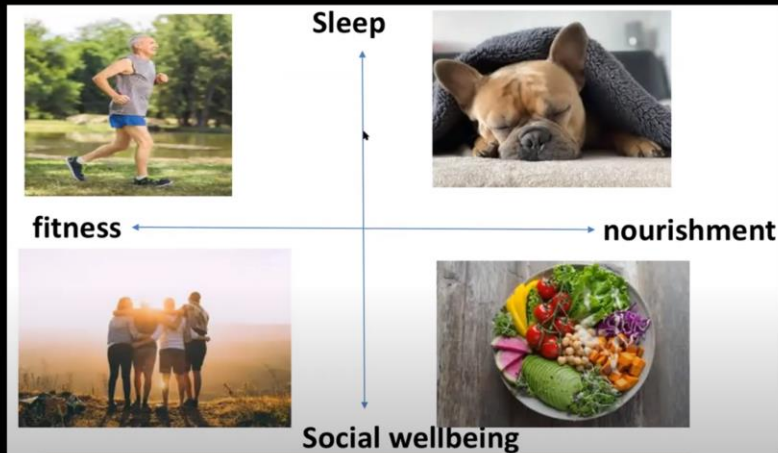
ACTION: Look at your "What's Causing You Stress" List – and circle the ones you CAN control/do something about

And then note the one that's **most important to control** – that **could leverage more resilience and reduce stress?**

Eg Better Time-Management? Better socialising/networking with the right kind of people? Fixing your lack of separation between school/work and non-school/non-work.

Focus on things within your circle of control (and possibly circle of influence) + renounce or delegate those things outside these circles. Thereby you conserve your "resilience batteries" by being less stressed, more often.

4 Pillars For Building Resilience



- **Sleep:**
 - Quality not just quantity (6-8 hours): Minimise device/TV use >1 hour before bed; dark, temperature regulated room + bedding + next day's top To Do's out of your head and on to paper/planner.
- **Nourishment:**
 - Regulate what you consume (food-wise): moderate calories according to physical demands; shoot for plant-based nutrient dense foods
 - Regulate what you consume – from social media / mainstream media / other people too! Be mindful of information overload and excess negativity, doom and gloom – opt for inspiring, informative podcasts etc.
- **Social Wellbeing:**
 - “You are the sum of the 5 people you most hang out with” – be choosy of your friend, colleague and family circle; balance adequate vs excessive association with the *right* kind of people vs the *wrong* kind of people. Also remember to adequately partake in these 3 roles in your life: the student, the mentor, the peer/friend.

➤ **Fitness:**

- Physical fitness – 10K steps at least 5 times a week (start with 5K x 4 a week– keep an activity tracker on your watch or phone); more if you can – sometimes less is more (HIIT – High Intensity Interval Training).
- Remember cognitive fitness – brain puzzles, IQ raising apps, etc. for mental sharpness.

**Remember to consult your medical advisor with regards to all of the above, as needed.*

Key Points For Better Resilience

*"Stress is not so much about the situation, but rather our **response** to the situation"*

1. Do you keep your eyes on the big picture even in challenging situations?
2. Do you know your priorities and take action to achieve them?
3. Do you have skills to help you relax and manage stress?
4. Do you keep a positive, thrive-mindset during difficult situations?
5. Do you have a "thrive tribe" – that network of people who back you up in some way, when needed?

1. Do you keep your eyes on the big picture even in challenging situations?

When you face roadblocks, remind yourself of the big-picture and realize that the current challenge isn't the end of the road. Keep your eye on the ball and the goal at the same time.

2. Do you know your priorities and take action to achieve them?

When things don't go as planned and you feel unsure of what to do and who you are - a strong personal foundation for life - based on our MVPV – our mission, vision, purpose and values – become our bedrock and our compass.

So getting your MVPV clear and assimilated into your DNA will help you handle adversities.

3. Do you have skills to help you relax and manage stress?

Whether you're superman or superwoman, if you're over-saturated with stress when challenges appear – you will face some degree of shutdown.

Having the [skills to stabilise our mind and body](#) on-demand is crucial to be able to bounce back from difficulties. Breathing techniques, empowered envisioning, yoga, more sleep - and even prayer - can all be wonderful ways to manage stress.

4. Do you keep a positive, thrive-mindset during difficult situations?

Maintaining a positive attitude and staying equipoised during difficult situations is the foundation of resilience and grit – and the hallmark of conscious leadership.

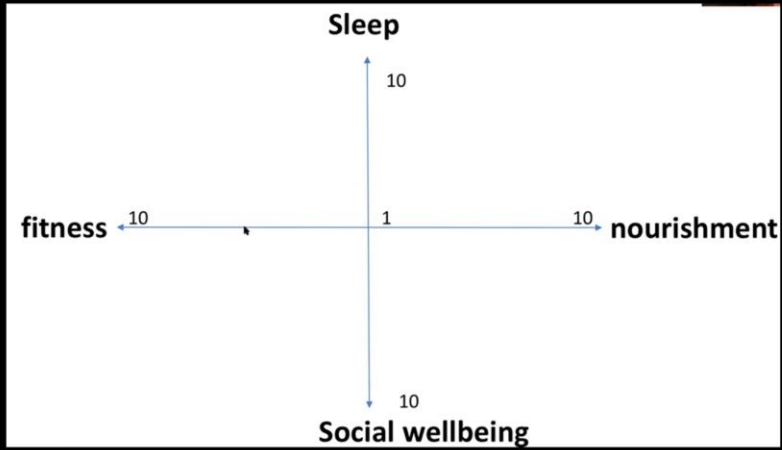
Part of having this ability is being aware that – like an unwanted party gate-crasher - challenges will arrive unannounced, and that we have a choice in how we respond to them. Keep reminding yourself that “challenges are opportunities to grow and learn” and my favourite – “a setback is a setup for come-back”!

5. Do you have a “thrive tribe” – that network of people who back you up in some way, when needed?

These are not times for Rambos and “lone wolves” - Support groups, mastermind groups or of course family – we can’t do everything on our own.

Practical, emotional, financial support and understanding are just some of the reasons why building your “thrive tribe” is so important for facing challenges.

4 Pillars For Building Resilience – Your Turn



4 Pillars For Building Resilience – Your Turn (cont'd)

- What's your lowest score and why?
- What is your highest score and why?
- What can you do to raise your score, based on:
 - - Your circles of influence
 - - Your network: classmates / friends / teachers / colleagues / family
 - - Your freedom to choose 1 x Physical, 1 x Mental, 1 x Behavioural activity
 - - One habit / thought pattern / behaviour / person(s) you're going to give-up

WHAT NEXT?

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Email: info@mantraconsulting.co.uk

We currently have two crisis-specific online coaching offerings:

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- ✓ Remote Workforce Wellbeing, Resilience & Mental Health Coaching Support

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