



# Wellness Lesson 1 Manual

## STATE MANAGEMENT

State management is a technique used to manage your thoughts and emotions better.

It starts with understanding how you feel now, what has made you feel that way and then using specific strategies to change it so you can feel better and think more clearly.

State management is used to help you reach your goals and manage your stress.

### Key Concepts

- Why is State Management important?
- What is State Management?
- How do we better Manage our State?
- What if we don't Manage our State?



## Lesson 1 Task

1. Watch the **Lesson 1 Video** and complete the **Reflection Tasks** in this manual.
2. Choose an **Accountability Partner**. This will be your buddy during the programme and help to keep you on track with your progress.

My Accountability Partner is: \_\_\_\_\_



## State Management

### Reflect

**Why is state management important?**

List your reasons:

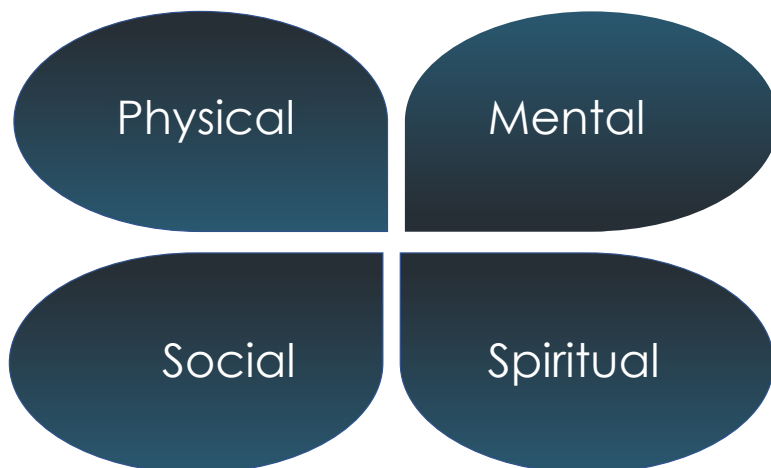
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**What is state management important?**

"Although many people mistakenly think that emotions happen *to* them, emotions are actually the product of your mental-emotional-physiological state, which is determined by how you position your body (your physiology) and what you choose to focus on."

~ Tony Robbins

*STATE MANAGEMENT IS PART OF WELL-BEING*





State Management

Reflect

Rate your current physical, mental, social, and spiritual states.

Why did you give these score?



Body



1

2

3

4

5

6

7

8

9

10



Mind



1

2

3

4

5

6

7

8

9

10



Relationships



1

2

3

4

5

6

7

8

9

10



Purpose



1

2

3

4

5

6

7

8

9

10

Reasons for these scores:

Body:

Mind:

Relationships:

Purpose:



## State Management

### Reflect

**How do you manage your state?**

List what you currently do:

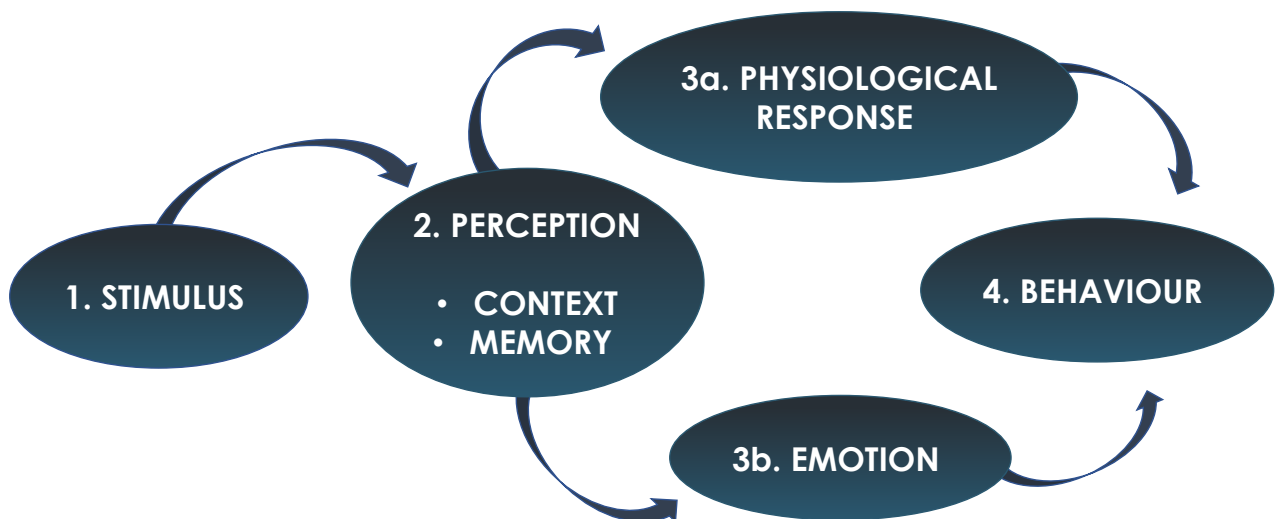
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

State Management is about **Consciously shifting Perspective.**

"When you change the way you look at things, the things you look at change."

~ Max Planck

### BECOMING CONSCIOUS...





## State Management

How can you manage your state?

Learn how  
to control  
your **focus**  
& **physiology**

Be empowered  
to **manage**  
your state

Feel the  
**emotions you**  
**want, when you**  
**want.**

Since your emotions impact your actions, controlling your emotional state empowers you to promote the behaviors you want to improve your life.

**For more happiness...**

**1. REFLECT ON THOUGHTS AND EMOTIONS**

**WHY ARE YOU THINKING OR FEELING THIS WAY?**

**2. REDIRECT THOUGHTS AND EMOTIONS**

**HOW WOULD YOU LIKE TO THINK OR FEEL INSTEAD?**

**WHAT CAN YOU CONTROL?**

**WHAT ACTION CAN YOU TAKE?**

Which zone are you in?

### FEAR ZONE

- ☐ Find Excuses
- ☐ Worried about what others say
- ☐ No Self-Confidence

### LEARNING ZONE

- ☐ Build Skills
- ☐ Deal with Challenges and Mistakes
- ☐ Feel more Confident

### GROWTH ZONE

- ☐ Live Dreams
- ☐ Set New Goals
- ☐ Master Skills



## State Management

### THOMPSON'S APPROACH FOR STRESS MANAGEMENT

#### ARSENAL

Incremental change is the key

- **AWARENESS** – start to increase your awareness of how stress shows up in your body – how do you feel when you are relaxed vs stress and what stresses you out – start to reconnect with your body
- **REST** – make sure your body has enough healing time when you notice stress in it – take time out – go and do something else – rest and make sure to get 7-8hrs sleep
- **SUPPORT** – ensure you have a network around you that you can share your stress with
- **EXERCISE** – exercise helps the body build resistance to stress
- **NUTRITION** – eating healthy food and taking care of gut health helps your body manage stress better
- **ATTITUDE** – you always have choice in how you see things – do you see problems or challenges to solve
- **LEARNING** – to keep an agile mind which supports stress management we need to be perpetually learning something new – take on a new hobby, experience or online course

- James Clear, Jordan Peterson

### Reflect

Which item from ARSENAL is your weak point?

What are you going to do to change that this year?

Are there any other actions you will take to improve your overall state?



State Management

Reflect

Rate your yourself out of 10 for each.

Why did you give these score?

