



# Coping with Stress

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## Lesson One

### **The Stress is not in the situation. Stress is inside me.**

#### **THE ORANGE JUICE ANALOGY.**

When I get squeezed, am under stress, what oozes out?

When you get stressed,

- Remember the analogy of the Orange.
- Be aware of what is emerging from inside you.
- Gently acknowledge, without judgment and with a sense of curiosity, “This is what is really inside me. Isn’t that interesting.”
- If you don’t like it. Choose to Change.

1. Recognize: The stress in inside me.
2. Recognize our inner stress is heralding a wound / imbalance, begging to be healed.
3. Our mantra/affirmation becomes: Don’t change the situation. Change me. Change Me. Change Me...
4. Body Scan and/or Relaxation:
  - Become familiar with the sensation of calm in the physical body.
  - Next, learn to recognize the beginnings of stress as it, oh so subtly, sends its arrival signs through your **physical body** and interferes with that feeling of calm.
  - Where does stress show up in your body? How does it show up?
5. When I feel signs of stress intruding, I will:
  1. Breathe slowly and deeply.
  2. Be silent.
  3. Engage each of my senses.
  4. Be present in my body.
  5. Observe the sensations in my body.

6. Find a visual image of “Riding it Out.” Something you can hold on to and use to remember, this won’t last forever. Examples:
  - Strapping into the boat and setting it up to ride out a storm
  - Surfing the rapids into smooth waters
  - Pedaling a bike through the tornado to the open quiet easy stretch of highway.
7. Choose a song, or music, that brings perspective and/or helps you transcend into calm. Make sure it’s on your playlist. Listen when stress starts to appear.
8. Practice becoming aware of the real source of your stress by asking this question:
  1. **WHAT am I afraid of?**
    - Something bad happening?
    - Being inconvenienced?
    - Getting hurt? Screwed? Taken advantage of?
    - Disapproval? Judgment?
    - Dying? Being alone? Being abandoned?
    - Doing something wrong?
    - Being imperfect? Being unworthy?
    - Being embarrassed?
    - ... ?

**Video:**

Orange Juice

**Meditation:**

Body Scan

Evening Relaxation

You have the right to your actions but not the results of those actions.  
~ Bhagavad Gita



# Coping With Stress

## Lesson Two

### What is my Agenda?

Learning to identify our AGENDA in stressful moments, or situations, is key to shifting out of stress. By releasing our agenda, we are able to see and accept things just as they are.

Questions to ask are:

1. What am I afraid of?
2. **WHAT is my agenda?**
  - Can I release it and make becoming “orange juice” my deeper agenda?
  - **WHY** am I really sad, angry, depressed, irritated... ?
    - I didn't get my way?
    - I am inconvenienced?
    - I am hurt?
    - Do I feel judged / misunderstood / alone?
    - Do I feel unworthy?
    - Do I feel embarrassed?
    - Do I feel I haven't been heard, listened to, appreciated?

### Learn to: Adjust, Adapt, and Acclimatize

#### Video:

What's Your Agenda

#### Meditation:

Body Scan

Relaxation

Releasing Your Agenda

There's your plan and there's God's plan and your plan doesn't matter.

*Not a God fan, try this:*

There's your plan and there's Life's plan and your plan doesn't matter.



# Coping With Stress

## Lesson Three

### Releasing Our Resistance

1. Resistance produces stress inside me.
2. The antidote is: Acceptance.
  - Acceptance of life, people, situations — just as they are.
3. PRACTICE NOTICING RESISTANCE IN YOUR BODY.
4. Then ask yourself,
  - What am I resisting?
  - What am I afraid of?
  - What is my agenda?
  - What are my expectations?
  - Why am I sad, angry, depressed, grieving?
5. **Can I release my resistance and make “becoming orange juice” my goal?**
6. **WHAT is the deeper fear, or wound, that is wanting my attention?**

#### Video:

Resistance

#### Meditation:

Body Scan

Evening Relaxation

It is What it is.

What we resists — persists.

Let your mind wander in simplicity.  
Blend your spirit with the vastness  
Follow along with things the way they  
are. Make no room for personal views.  
Then, the world will be governed.  
~ Chuang Tzu