

## Stress-Response System Checklist



### How to Change Your Brain's Stress Response Over Time

- ☐ Change your daily narrative of what happens and why.
- ☐ Exercise for at least fifteen minutes in two-minute intense bursts, with one-minute rests, repeated five times.
- ☐ Manage your daily self-talk to stop DATS.
- ☐ Get seven hours of sleep every night.
- ☐ Make less of life's trivia relevant to you.
- ☐ Talk about your day or journal it quickly to debrief.
- ☐ Do more of what helps you feel in control of your life.