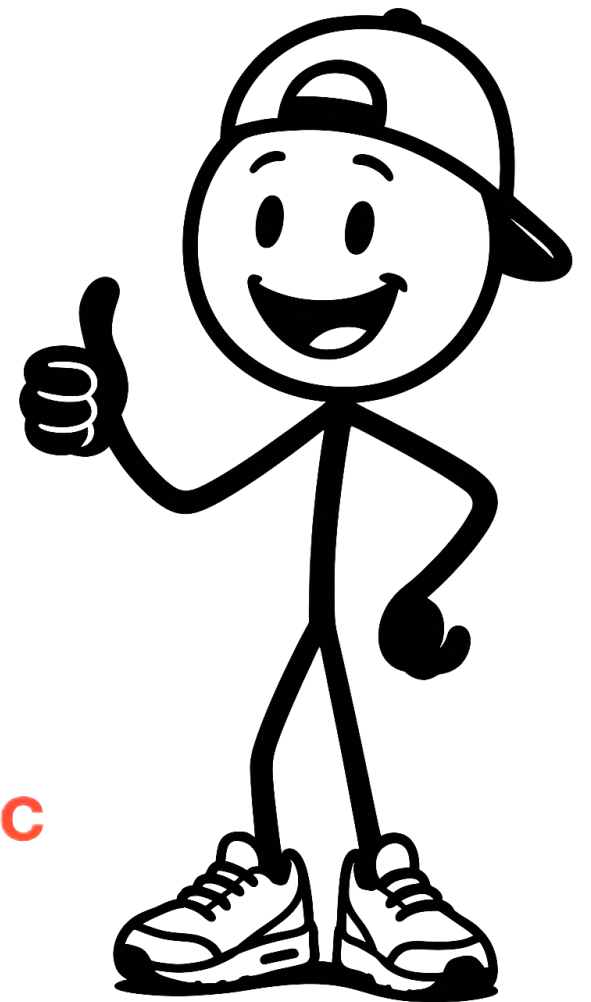


Harmonizing Stress

Chris Grifa
December 18th 8:30 a.m. W179
The Midwest Band and Orchestra Clinic



4-Steps to Recoding Stress

Step 1: Awareness

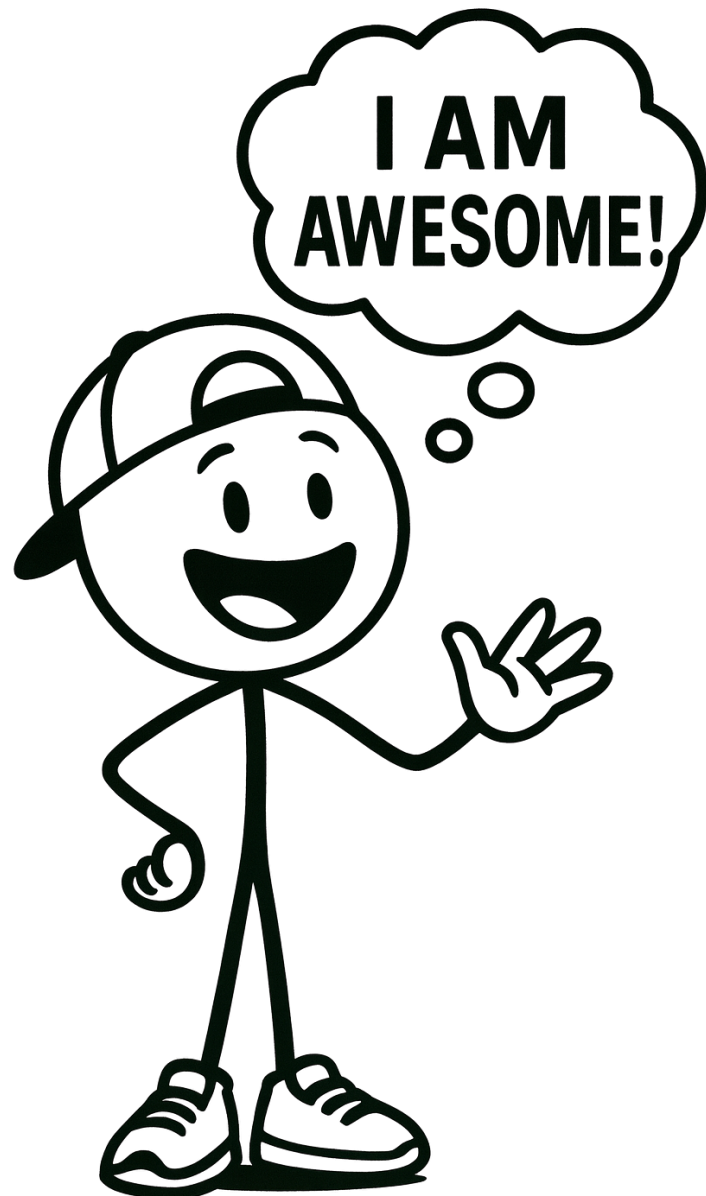
Step 2: Smile

**Step 3: “Thank You, I’m Choosing
Something Different”**

Step 4: Recode to Positive

Recoding Stress

Recoding Stress is about becoming aware and identifying aspects of our lives that may be causing stress and recoding these stressors into something positive.



Self-Talk

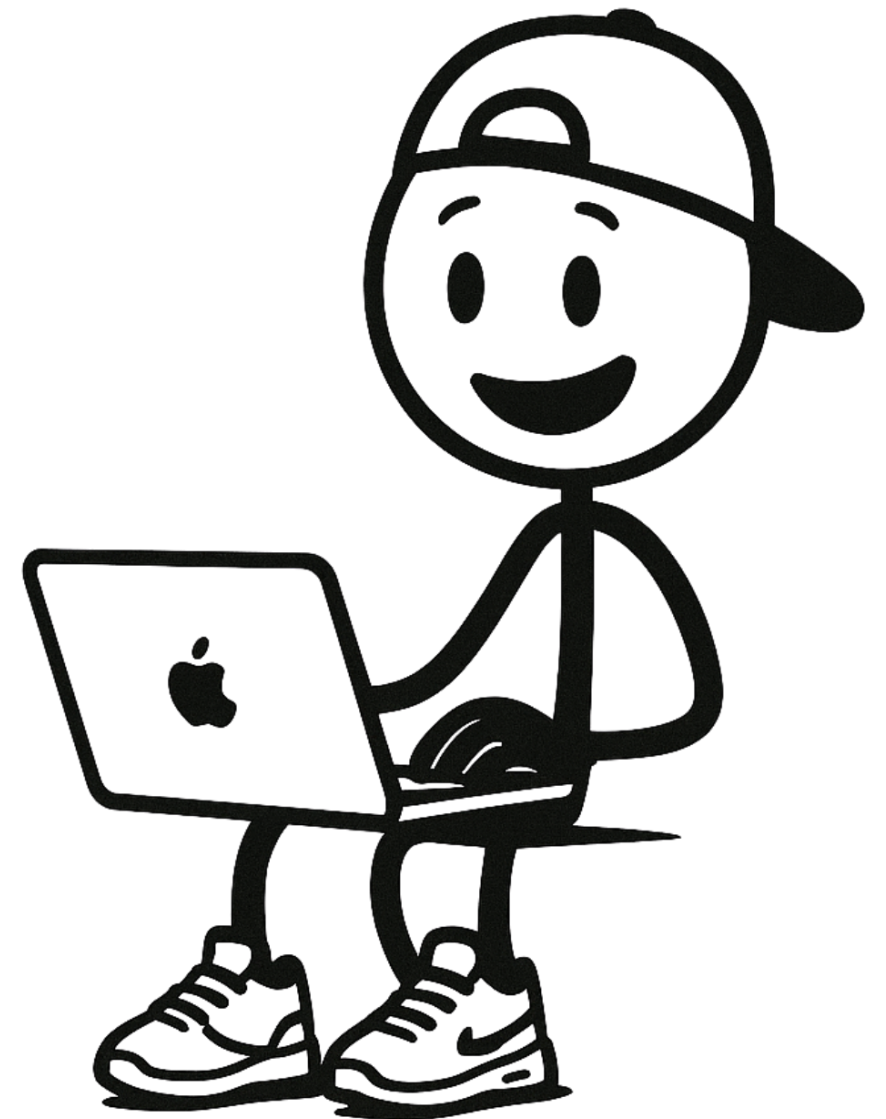
- Are you aware of any phrases you say to yourself or to others that could be considered negative self-talk? Be aware of "I am" statements. Write yours below.
- Re-code your negative self-talk statement from above as a positive self-talk statement. How does that feel different?

Recoding Worry

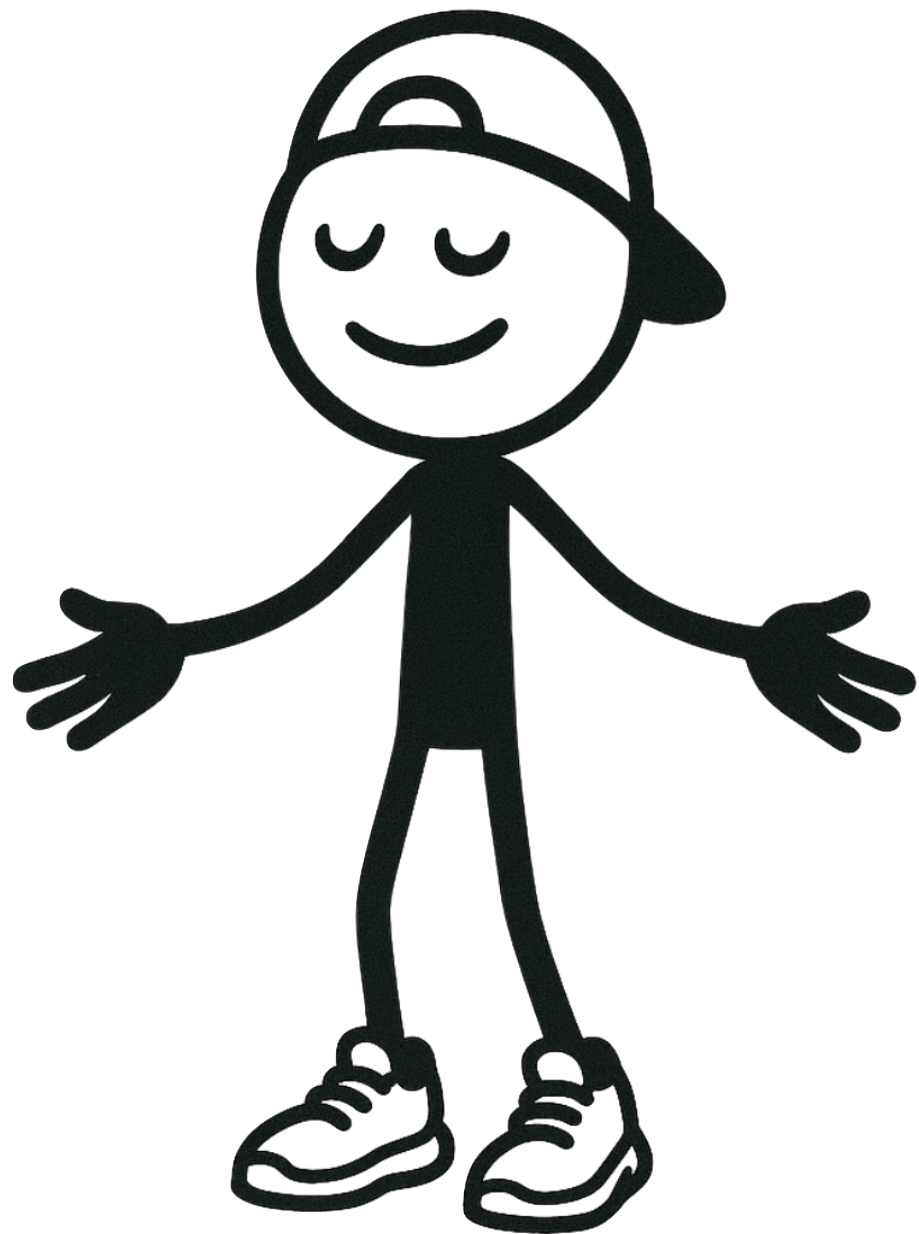
- What do you worry most about? Be aware of “I hope” statements.
- How can you “recode” your most common worry?

Notes:

**“I am so
excited for my
students to be
amazing”**



“All unhealthy or
undesired energetic
attachments with
others are cleared
away”



Energy Transference and Releasing Energy

Activity Reflection: Which releasing energy example did you connect with the most? Did you notice a difference in how you felt?

- When during your day would you have the opportunity to “release energy”?

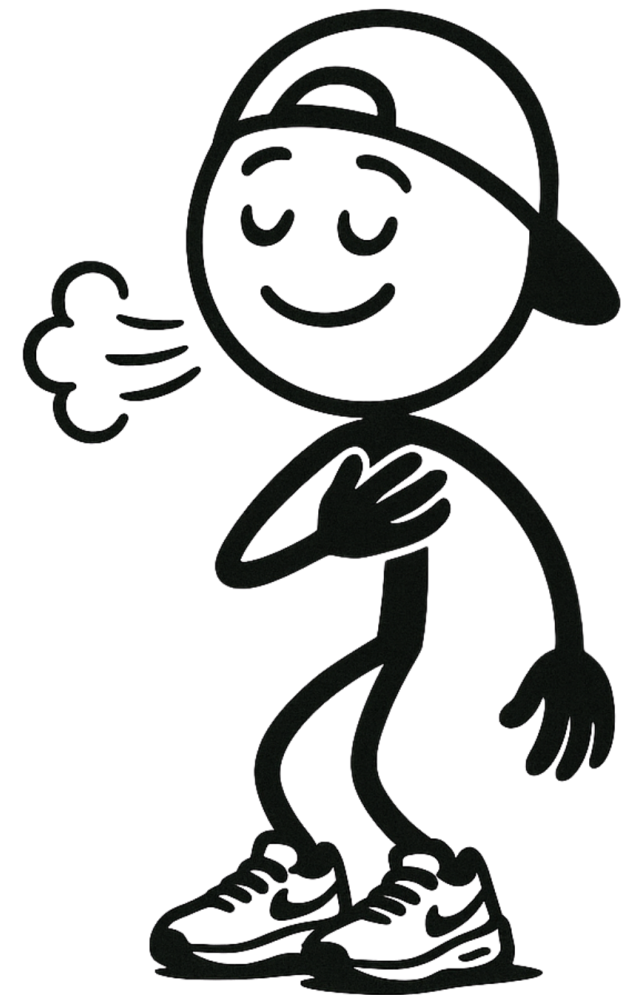
Notes:

Breath Awareness

Activity Reflection: What did you feel in your body when you took a hyperventilation breath? Have you felt that “feeling” before? If so, when?

Activity Reflection: How did your body feel when you took our “breathing for life” breath? How can you incorporate this breathing into your day?

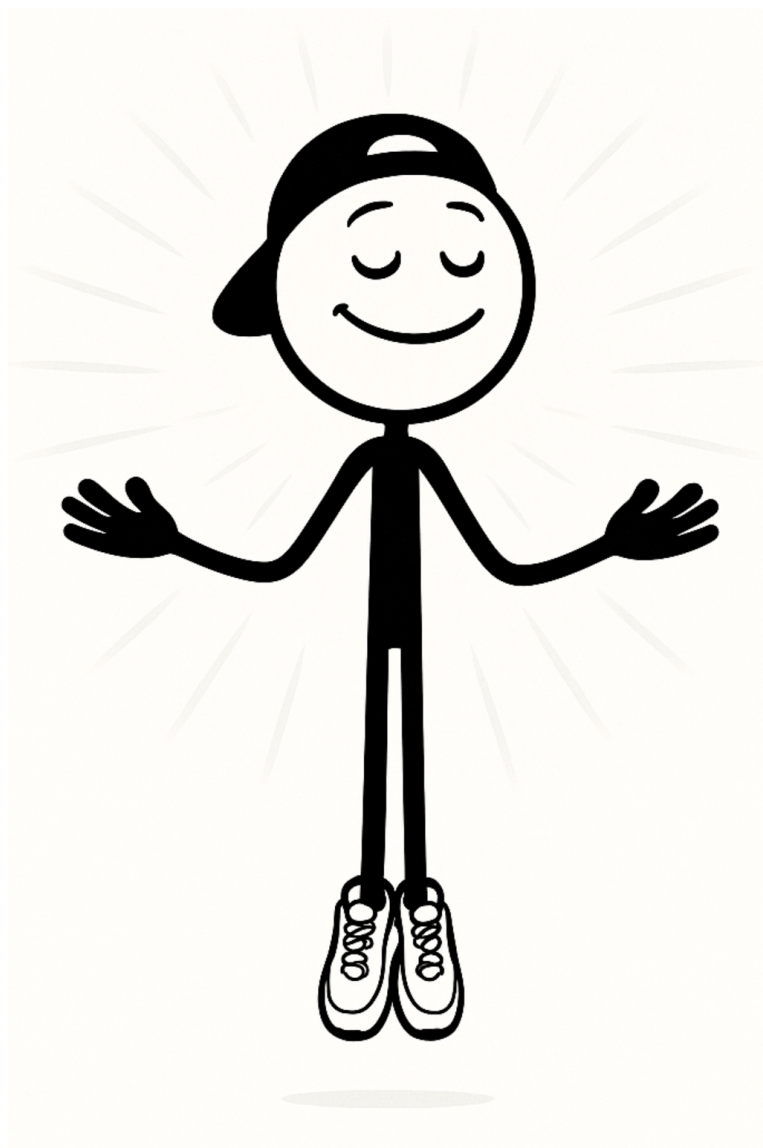
“When we are teaching or talking a lot, we take quick breaths through our mouths activating our hyperventilation response.”



InLightness

The concept of “InLightness” comes from the word “Enlightened,” which to some may seem unattainable.

“InLightness” means to work towards living in lightness or simply, to be lighter.



Unresolved Issues

- Are there any of these lesser known stressors that connected with you? Are there other stressors that could be affecting you as well?
- Could these stressors be affecting your life in ways we have not mentioned?
- What does “enlightenment” mean to you? How about “Inlightness?” Do you believe feeling lighter is achievable for you?

Mantras

- What do you currently believe to be true about mantras?

Activity Reflection: How did you feel after reciting our mantras?

- Did you connect with one of our Mantra examples?
If so, which one?

“Every Day in
Every Way, I’m
Getting Better
and Better”

Emile Coué



“Start with 1-
minute a day
and bring
your awareness
to your breath.”



Meditation

- What do you currently believe to be true about meditation?

Activity Reflection: How did you feel after our 1-minute meditation?

- How active was your mind during the meditation?

Quieting Your Mind

Activity Reflection: Did you connect with one of our “Quieting the Mind” examples? If so, which one?

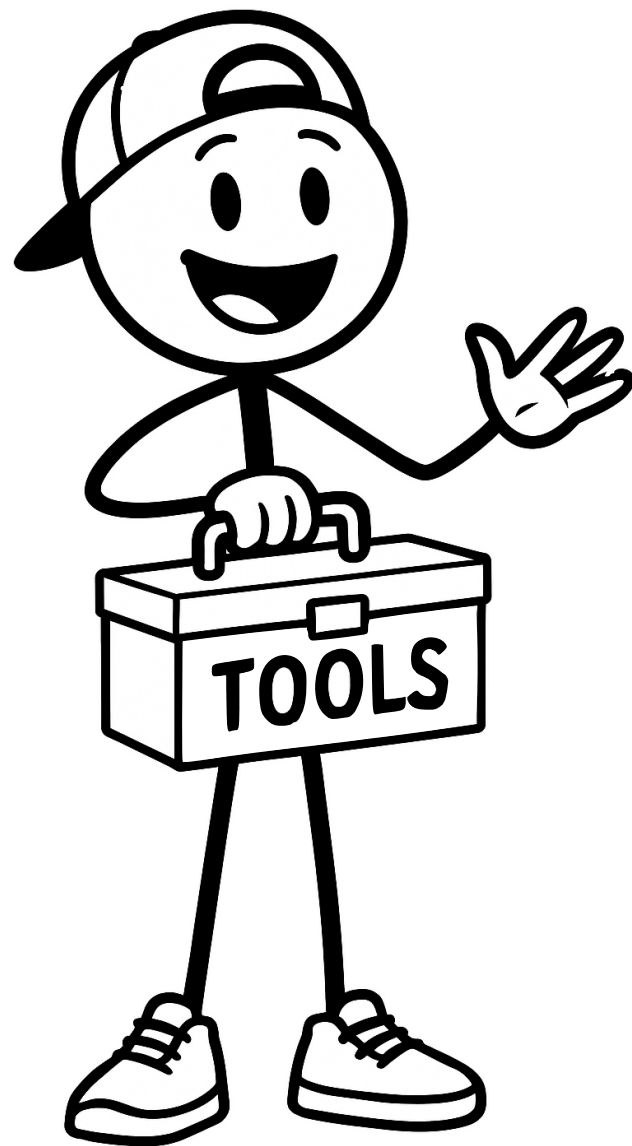
Notes:

“Sit Quietly, bring your attention behind your eyes, shut them, then imagine a dial that affects your analyzer.”



Your Journey

The purpose of this session is to bring lightness into your life and to inspire you to begin or continue your personal growth journey. This is 100% about YOU!



Creating Your Tool Box

- Out of the activities we have explored, which would like to possibly look into further?
- Use the resources section included below and write down some personal growth activities you may be interested in adding to your toolbox.

Notes:

Time Creation

- Where could you create “time” to integrate a personal growth activity into your schedule?

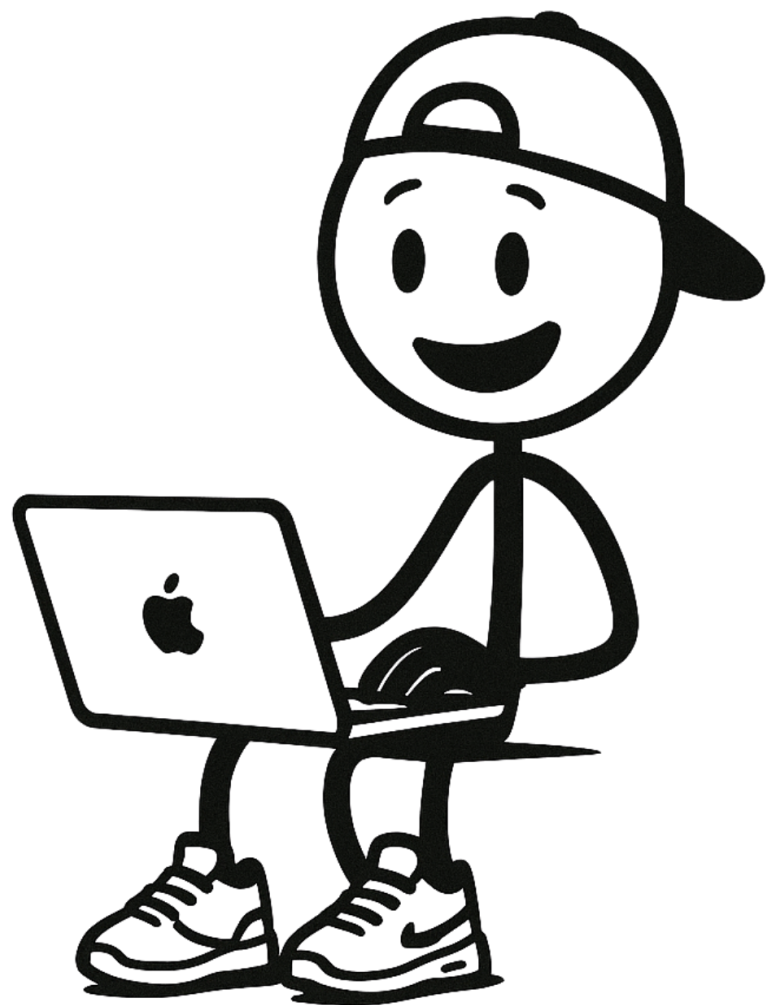
Notes:

“When we work on ourselves, we are able to create more time as we are working from a more balanced, focused, and aware space.”

Vishen Lakhiani



**“How can you
integrate your
personal growth
work into your
most stressful
place?”**



Recoding YOUR Space

- List two areas of your life that tend to bring you the most stress. These can be locations, situations, people, relationships or anything else that can be personal to you. Name one way that you could try to bring “lightness” to each of those areas.

1. _____

2. _____

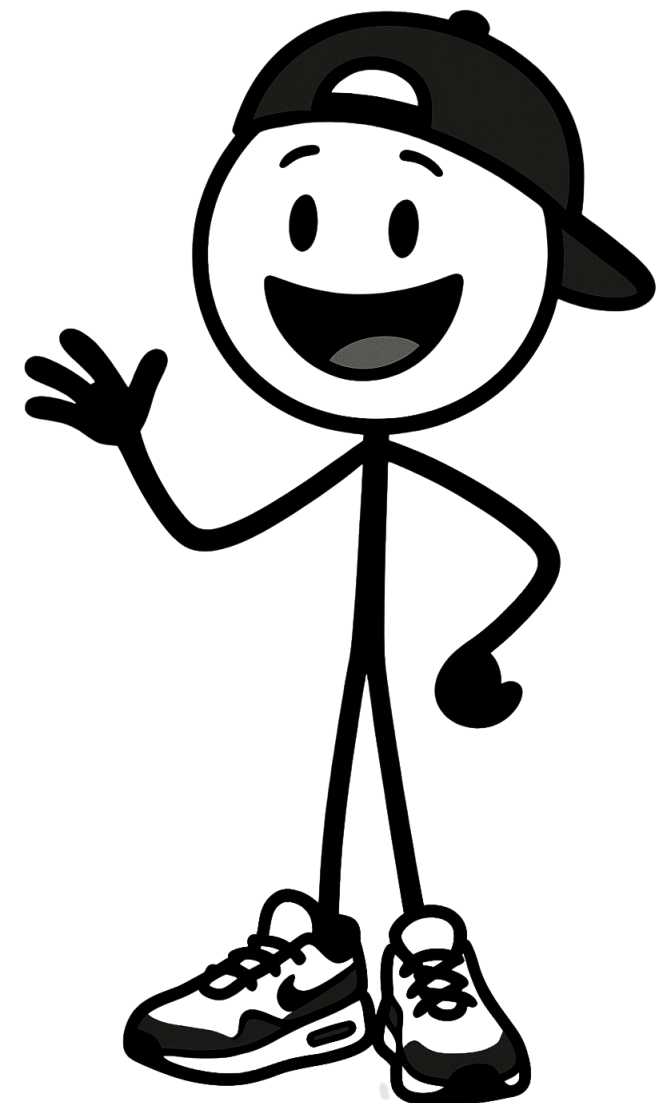
Life Coaching

- Mentorship is extremely important and beneficial. Do you currently have a mentor? If not, name somebody that you would be interested in talking to. Can you make it an “action” to connect with this individual?

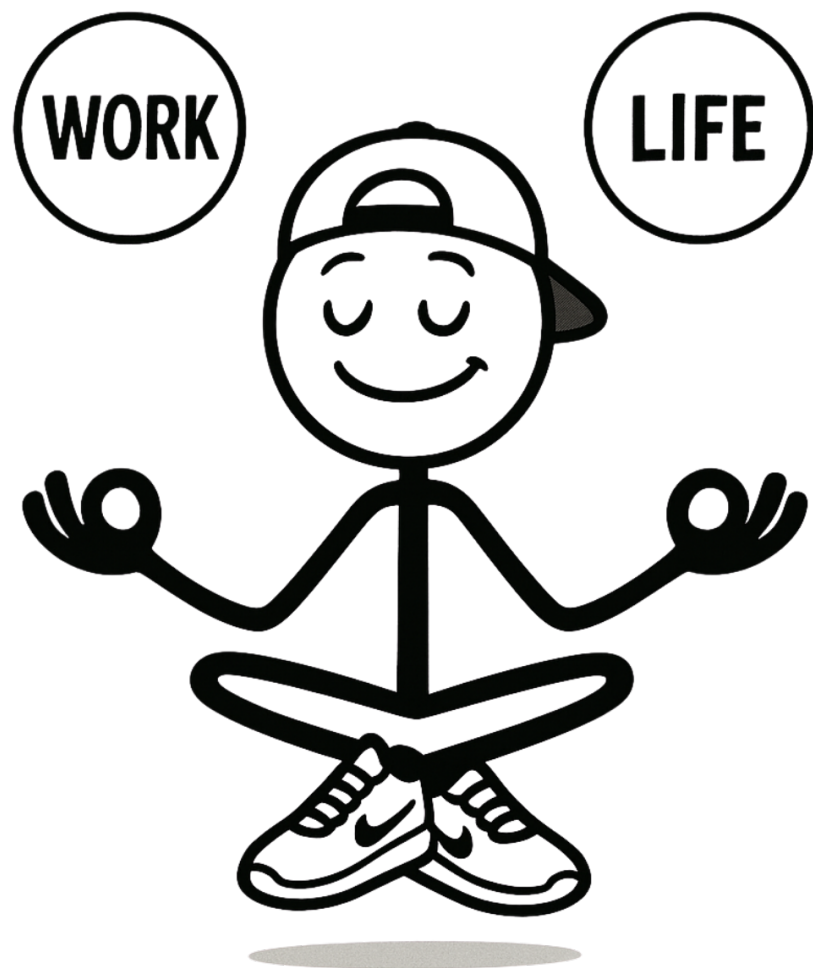
- Rate yourself from 1 (low) to 10 (high) on your current comfort level talking to a life coach about your current life goals.

Your rating: _____

“A life coach is a trained individual who can help support you on any of your growth goals.”



“Work and life are going to intersect. Trying to think otherwise is impossible and can cause more stress.”



Work-Life Harmony

- How do you view your current work-life balance?
- What is one small adjustment that you could make that could bring your work-life balance into harmony?
- Rate the following from 1 (lowest) and 10 (highest) on your current level of fulfillment.

Relationships _____ **Family** _____ **Health** _____

Intellectual Life _____ **Emotional Life** _____

Spiritual Life _____ **Finances** _____ **Career** _____

Session Reflection

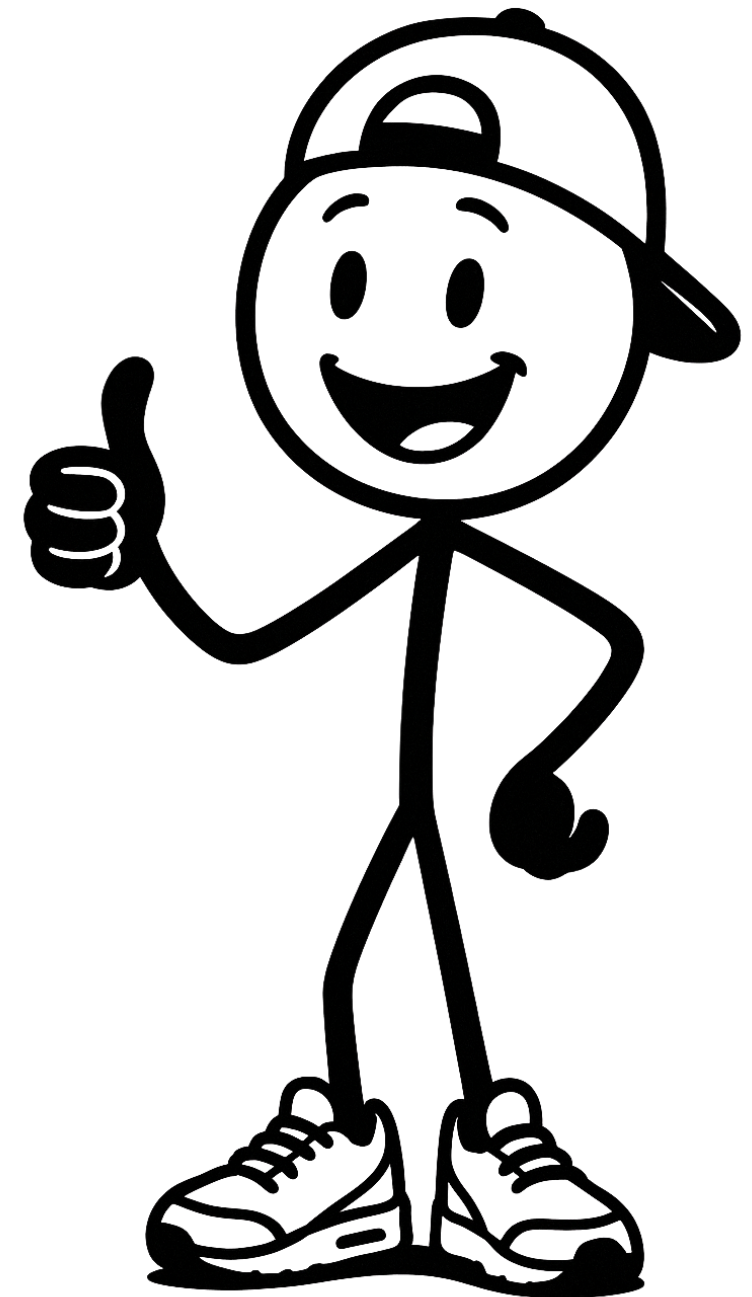
Awareness: Write down one aspect of stress that you want to be more aware of in your life?

Acceptance: Write one statement sentence on an area of your life or stress that you can work on bringing acceptance to.

Action: Write one small achievable action that you can do today to start or continue your personal growth journey.

What is your biggest takeaway from this session?

Harmonizing Stress



Resources

Books:

[Anchored: How to Befriend Your Nervous System Using Polyvagal Theory - Deb Dana](#)

[Code of the Extraordinary Mind - Vishen Lakhiani](#)

[I am enough - Marissa Peer](#)

[mBraining: Using Your Multiple Brains to do Cool Stuff - Grant Soosalu and Marvin Oka](#)

[Self-Help: This is Your Chance to Change Your Life - Gabrielle Bernstein](#)

[Self-Mastery through Conscience Autocorrection - Emile Coué](#)

[Start with your Why - Simon Sinek](#)

[The Big Leap - Gay Hendricks](#)

Meditation:

[Six-Phase Meditation by Vishen Lakhiani](#)

Resources

Recommend Mindvalley Courses: www.mindvalley.com

5-Days To a Powerful memory by Jim Qwik: A course on improving your memory.

10x Fitness by Ronan Diego de Oliveira: A quick and effective workout program.

Breathwork for Life by Niraj Naik: A course focused on Breath work.

Duality by Jefferey Allen: A course focused on Energy Work.

Lifebook by Jon and Missy Butcher: A premium course to help reach your life goals.

Magnetic Charisma by Vanessa Van Edwards: A course on being charismatic.

Modern Qi Gong by Lee Holden: A course focused on a variation of Tai Chi.

Super Brain by Jim Qwik: A course focused on improving your brain.

Super Reading by Jim Qwik: A course focused on learning to speed read.

The Art of Manifesting by Regan Hillyer: A course focused on manifestation.

The Silva Ultramind System by Vishen Lakhiani: An interesting course on the mind.

Harmonizing Stress

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