

# Roadmap to Your Next Act! Module 2: Body

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Reduce stress in your life.

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With Maria Pesin



BODY





We all know that stress wreaks havoc on our bodies, minds, emotions, and life in general. Now is the time to be kind to ourselves.






# Eliminating Stressors

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By taking care of your mindset and physical health, you can eliminate a lot.



Studies show that reducing stress leads to a more fulfilling life.



## Get rid of toxic people.

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It's sad, but true. Some people needlessly add stress to your life. If you can't totally disengage, try limiting your time with them.



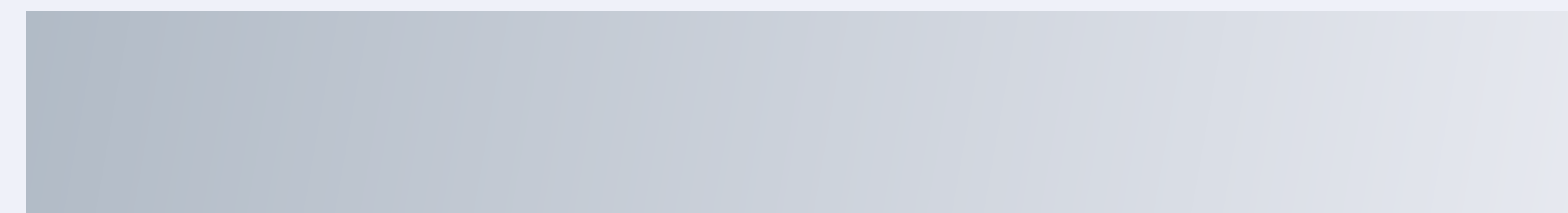


## Set boundaries.

*You are in control of your life.*

*Don't tolerate things that are outside the limits of what is acceptable to you.*

*There is absolutely nothing wrong with just saying "no".*





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This is a big issue for many women,  
but once you learn this you will be amazed  
at how much your life improves.  
At first it may feel uncomfortable, but  
rest assured that the benefits far outweigh  
overcoming this initial resistance.



Learn to say no.





## Try meditation.

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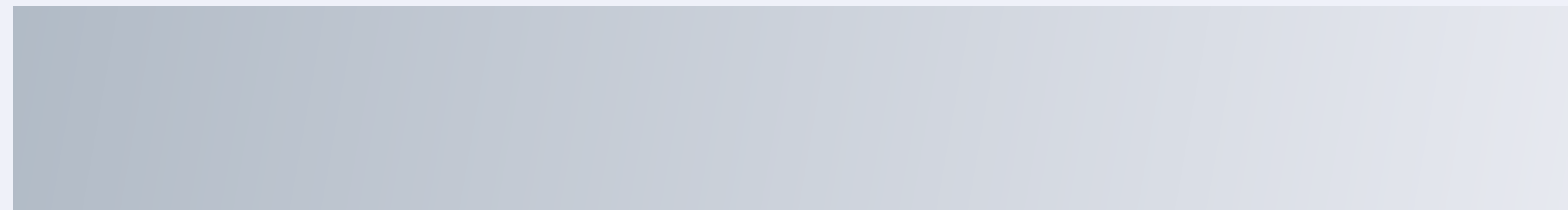
This is a great method for clearing your mind and relaxing. A few minutes of actual calm will go a long way towards reducing the total stress in your life.





## Give yourself enough time.

*Proper time management can relieve a lot of stress. For me, a big stressor is when I am running late, which happens often. Having the luxury of time makes getting dressed and out the door a comfortable experience as opposed to the burning feeling in your stomach you get when running late.*





## Create a soothing and comfortable home.

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Clutter, dirt, and broken things around your house are a big stress. Put this on the list of things to do to improve your life.



You might not realize how much the space around you affects the quality of your life.



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