



6 Fujoli Ways to SHIFT OUT OF STRESS

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Stress by itself isn't bad. It's when we stress too much, and for too long, that it hurts our health. A good way to approach stress is to hold ourselves with self-compassion rather than beating ourselves up for being stressed. Here are some new ways for shifting out of stress. Try them with a sense of curiosity, and as playfully as possible.

1) Become a Connoisseur of Stress

Get good at noticing when you're stressed and what triggers stress in you. When you notice it, pause, take a breath and try to react differently. Every time you **pause** and **choose** a different reaction to how you normally react, you **build brain plasticity** and grow your ability to deal with stress in a more positive way. Brain plasticity is the ability of your brain to change.

2) Movement and Mantra

As soon as you notice that you're stressed, move your body. Open your arms, open your chest, take a deep breath and say **"I'm safe and all is well"**. Take another breath and say **"I wouldn't be surprised if (something really positive ...) happened today"**.

3) Sensory Scan

Feeling overwhelmed? Do a sensory scan to get out of your head and into your body.

- **Look** around you, let your eyes wander. Name two things you see. (i.e. photo, lamp)
- **Listen** to the sounds around you. Name two sounds you hear. (i.e. heater, water)
- **Touch** two things and name them (i.e. desk, pen).
- **Smell** something and name it (i.e. hand lotion).
- **Taste** something. What's the taste in your mouth? (i.e. coffee, yum).

4) Play More

Take a stand for your playful self and re-connect to the more goofy and lighter parts of you. Commit, right now, to add more color and play to your life. Make it a priority. **What are 3 things that you are fun for you and make you feel playful?**

1:..... 2:..... 3:.....

Do more of these! And help others re-connect to their goofy and playful sides. Ask them **"Hey, what's fun for you these days?"** and **"How did you like to play as a kid?"**

5) Laugh More

When was the last time you laughed uncontrollably? Pay attention to when you laugh. Laughter is healthy and healing. Collect moments of laughter. Notice when people laugh and tell them **"I love your laugh"**. Ask people **"When was the last time you had a really good laugh?"** Try it and see their reaction.

6) Collect Moments of Awe

One of the most life-affirming things you can do is to set out to collect moments of awe because they open our hearts and connect us to the state of joy and light that always exist inside of us; even when we're stressed, we just forget. Moments of awe are all around us, we just need to notice. The more we notice, the more joyful we become. Here are some ideas of where to look:

- Nature: Look over the horizon. Study a flower in detail. Collect sunrises and sunsets.
- Listen to beautiful music. Watch a great performance. Observe someone who is masterful at something and watch their skill in action.
- Observe kids or pets playing or simply being.
- Enjoy an awesome meal.

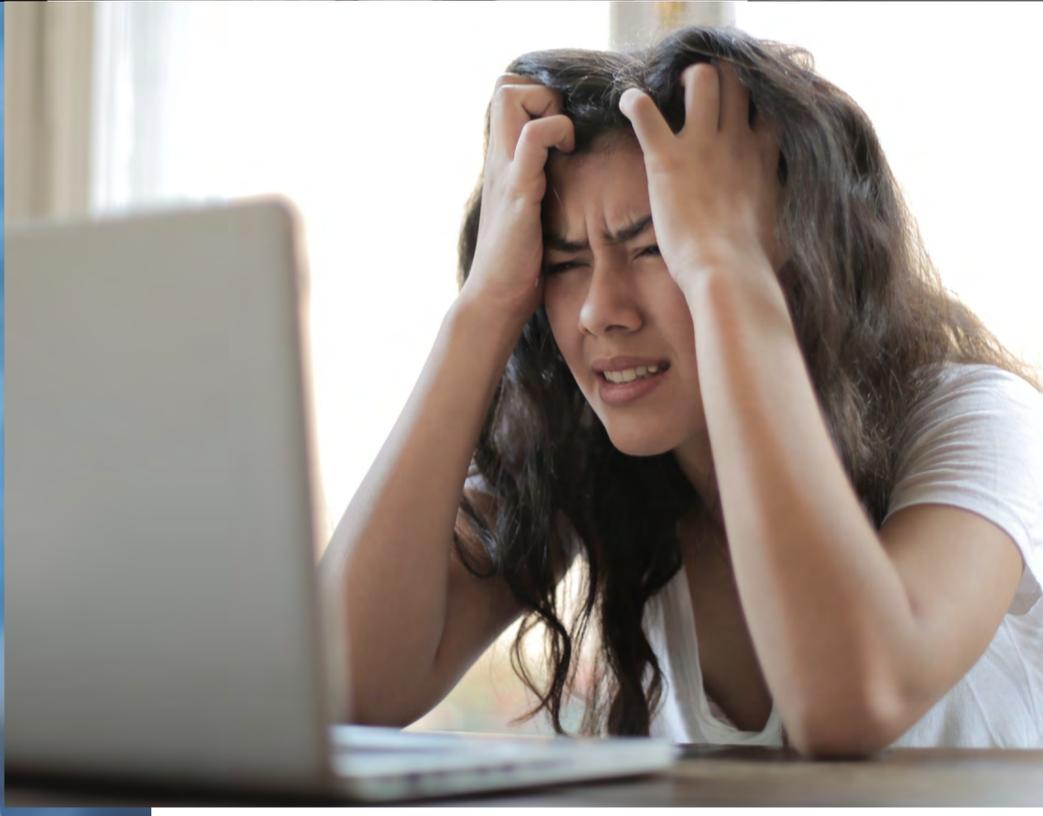
Fill your tank with moments of awe so when you're stressed, you can pause, close eyes, and think back to one of your moments of awe.

RESOURCES:

- Conceptual vs Embodied Awareness: [Alan Fogel, PhD](#), Professor Emeritus, University of Utah
- Science of Play: Dr. Stuart Brown, MD, author of the book "Play" and Dr. Dan Siegel, Neuropsychiatrist, UCLA School of Medicine, "[The Healthy Mind Platter](#)".
- Science of Laughter: [Dr. Ananda Balayogi Bhavanani](#)
- [Science of Awe: UC Berkley](#)

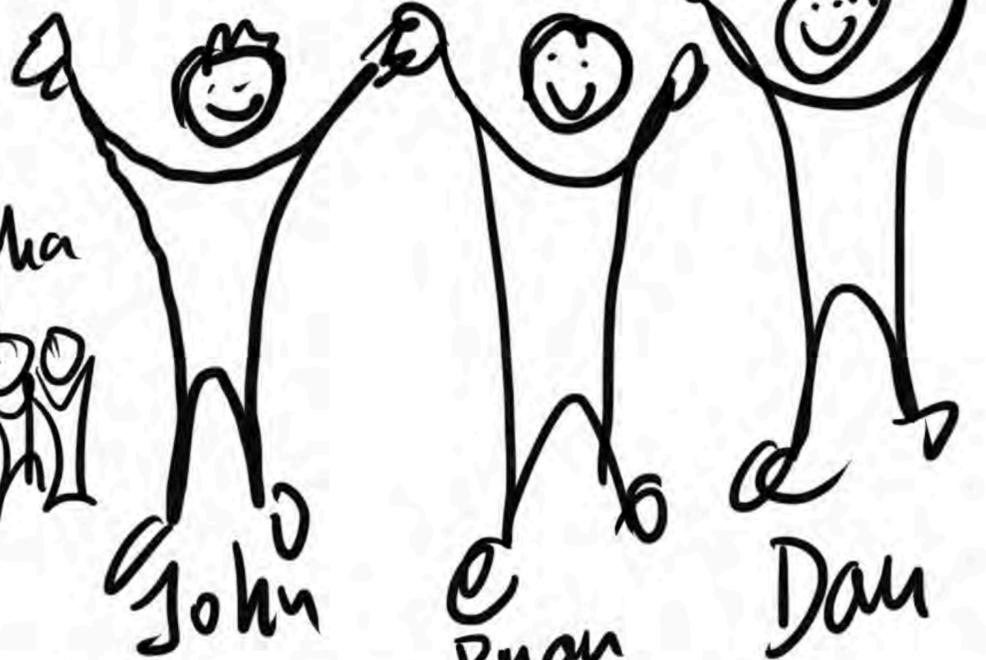


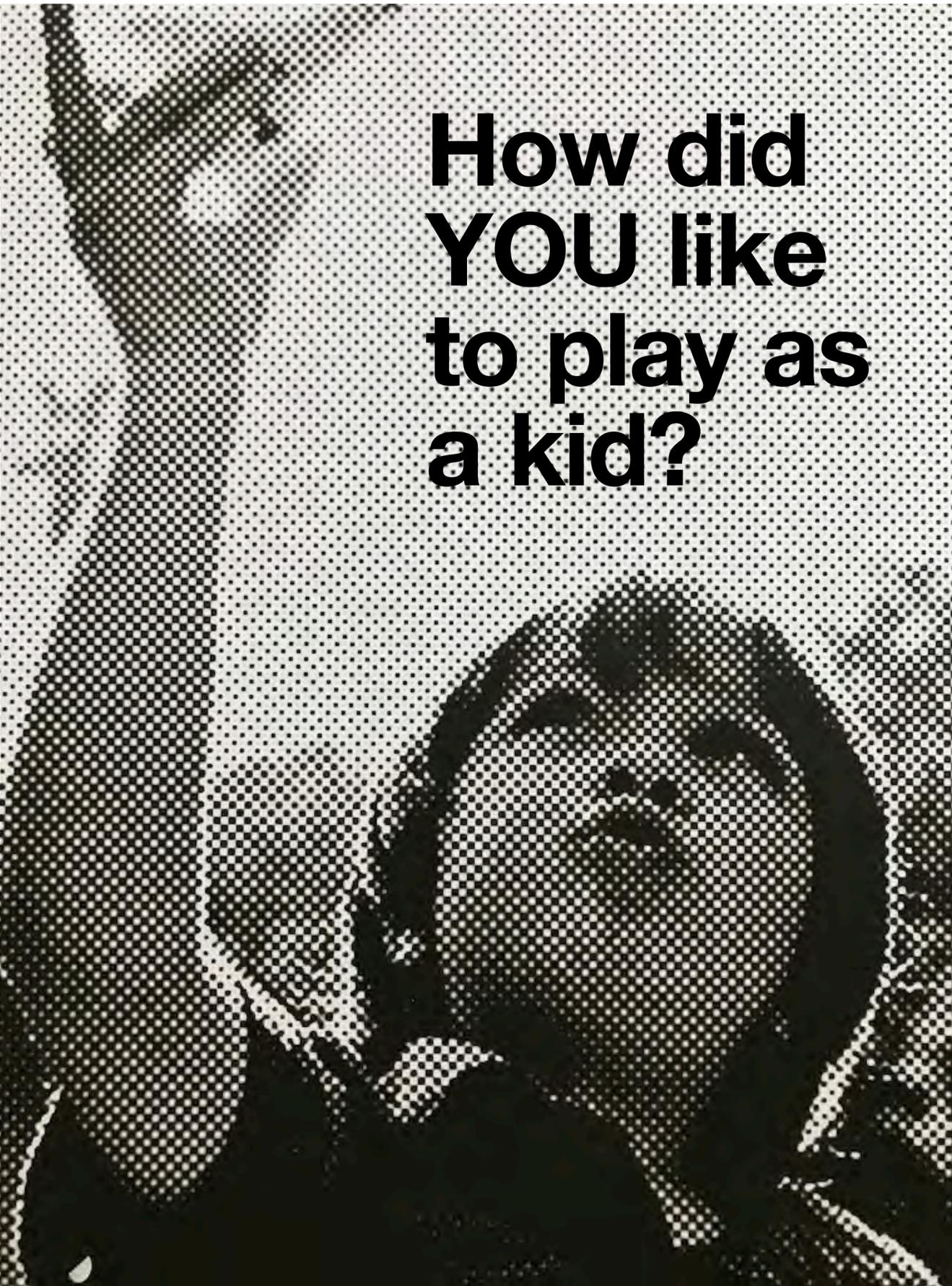
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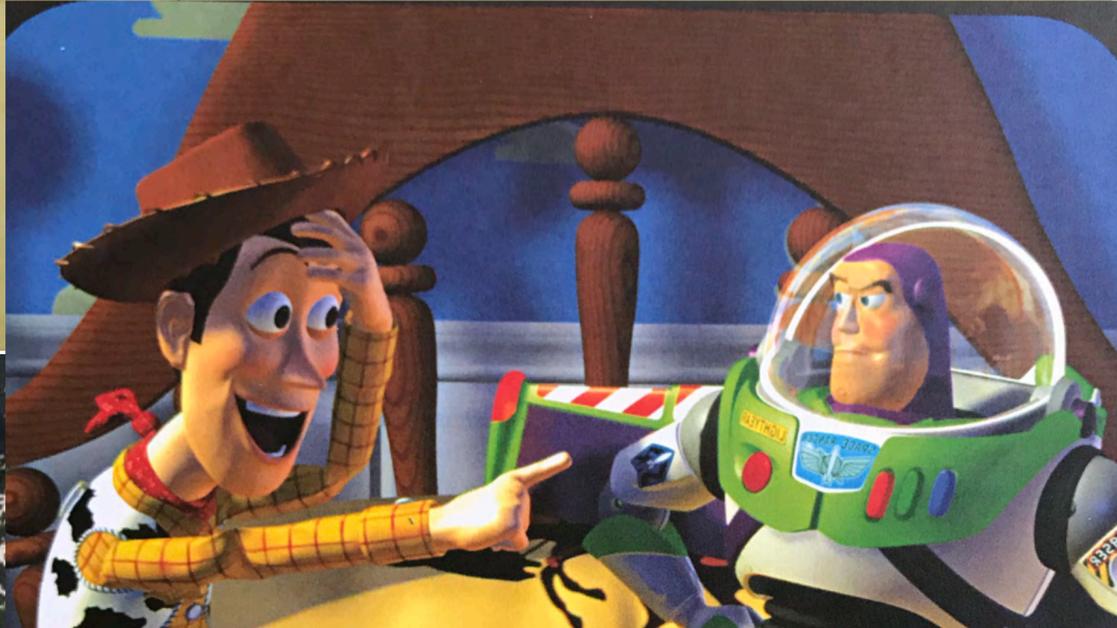
MY FANCLUB

Go. Go. Go. We ♥ You.

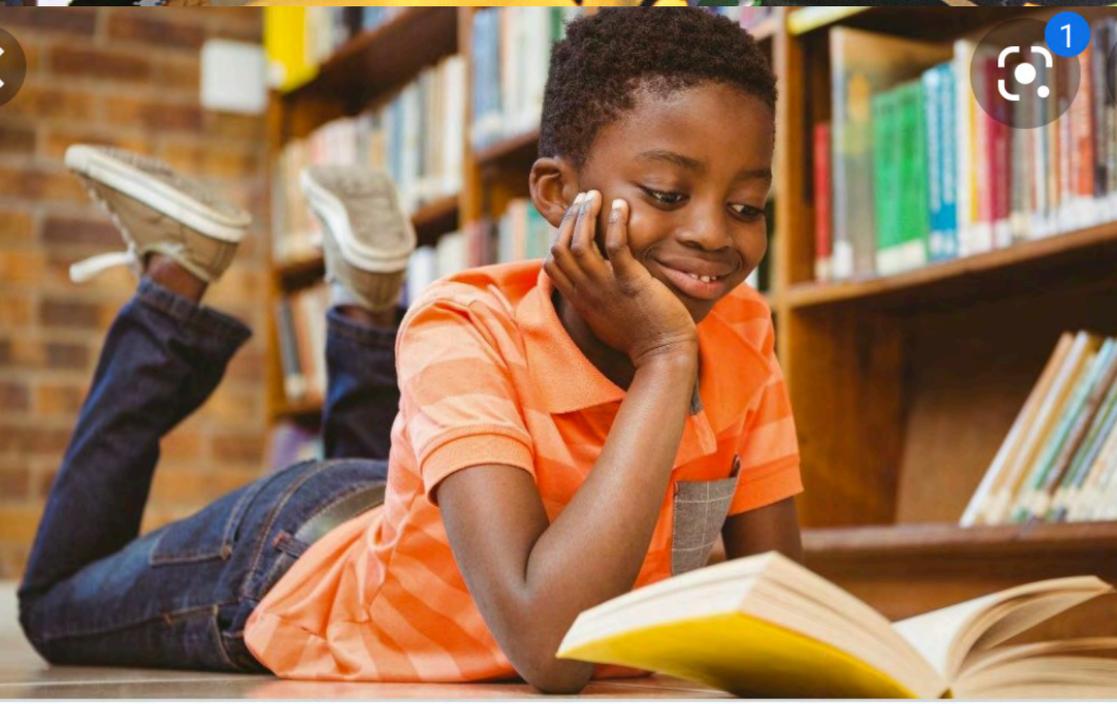




**How did
YOU like
to play as
a kid?**



Play



David T. Waller, Toy Atlas—Rainbow, 2010; detail of installation view.
Opposite: To allow collectors the freedom to design their displays,
Hot Wheels Elite vehicles, like this 1:18 scale Petrarri FXX Evolutionize, offer working

