

BE STRESSWIZE GUIDE INTRO – FREE QUESTIONNAIRE > FEEDBACK

A Unique Insight In To Understanding Stress

Adults, Parents, Teachers, Coaches, Instructors – Children Aged 10 – 16 Years

When working with children and youth I'm fascinated to see the lack of self awareness, understanding stress, emotional awareness and heart-mind intelligence. Whether I'm in a classroom, the gym environment teaching my BoxWize Skills System or on my travels meeting parents and children, I always love to share my perspective, ask questions and plant seeds. In this FREE Be StressWize Guide – Questionnaire and Feedback process, I share the questions and feedback process I go through, a simple and effective guide and unique insight in to understanding stress. You can add your own perspective, then share, inspiring and empowering our children and youth for the future.

Questions & Feedback

So What Is Stress? The first question I ask when working with children or youth is, 'so what is stress?'. I always getting that rabbit in the head lights look, silence, then I get a reply like 'when you get frustrated'. Ok, 'that's a reaction I say, we do have a choice to react or respond'. 'Life isn't easy, and learning to recognize reaction from response is key'. Then I say, '**stress is learning to deal with and process through your thoughts, feelings and emotions**, when experiencing the demands, pressures, challenges, problems, issues and the many different dynamics of stress'.

So then I ask, 'can stress be positive?' The reply straight away is, Nooooo!! Then I reply, stress can be positive, a mental task or physical challenge, successfully overcoming an issue, the only negative stress, is stuff we are unaware of, we haven't dealt or processed'. Negative stress can hold us back in life, when we become self aware and willing to go through the process, then we grow.

Ok, then I ask 'so what happens we we don't have a positive release for stress?', 'errrr

errrr, I don't know' is the usual reply. 'So I say, 'when you don't have a positive release stress, it can build up inside, leading to you experiencing many negative reactive to stress, developing negative patterns of behaviour'. 'Without a positive release for stress, you can become emotionally withdrawn or emotionally act out'.

I move on to ask, 'who here gets angry?'. Again a long pause, children looking uncomfortable or too shy to admit it. **I then ask, 'is anger a good source of energy'?**. Then again a long pause. 'Absolutely' I say, 'learning to control your aggression is key, you can learn to control, release and channel your aggression positively'. **Then I ask, 'do the best athletes have positive aggression'?**. Another long pause. 'Yes great martial artists, athletes and sports people are use their positive aggression physically, they are strong, skillful and in control'.

What's the difference between punching and releasing I ask? Again a long pause, errrrrrrr. I say, 'punching is when you feel like hitting something or somebody, bullying can be anger miss management, passing on the way you feel'. Releasing is when you have a positive outlet for anger and aggression, transforming your aggression to passion, improving your emotional awareness and heart-mind intelligence. Releasing is what I teach through my BoxWize Skills System, back in 1997, I just changed the language to change perspective.

Then I ask 'how many brains do we have', another pause, then I hear '1'. Then I reply, 'we have 3 brains, the head, your heart and your gut instinct, and they all synergistically work together'.

'So what's your most important brain' I ask?, pause again, I say **'your heart is your most important brain**, it's where you can learn to process through your deeper thoughts, feelings and emotions, moving through your energy in motion, using your emotional awareness and heart-mind intelligence, not just going through life but growing through life'. Struggling to process through your thoughts, feelings and emotions, many of us can get reactive and stuck in our heads'.

With a positive release for stress, learning to move, exercise and push through a work, training for life or in preparation for a game or competition, you can learn to activate your senses, switch on, tune in, feeling, sensing, moving your energy, moving through the motions, energy in motion, turning negative energy in to a positive outcome, releasing your stress and boosting your positive energy and focus.

Learning To Recognize Reaction From Response: The reality is children and youth can get caught up in too much stress, fear and emotional confusion, struggling to internalize, to feel and sense, managing their thoughts, feelings and emotions, going through the process to learn, develop and grow. Once we learn to recognize reaction from response, that our struggles are our strengths and adversity can bring opportunity to grow, stress becomes a powerful energy that can be harnessed, and we can learn to release our true potential within.

The Be StressWize Guide Intro, Free Questionnaire and Feedback process creates a positive framework for then going through The StressWize Guide Online Program.

Access The StressWize Guide Online Program