



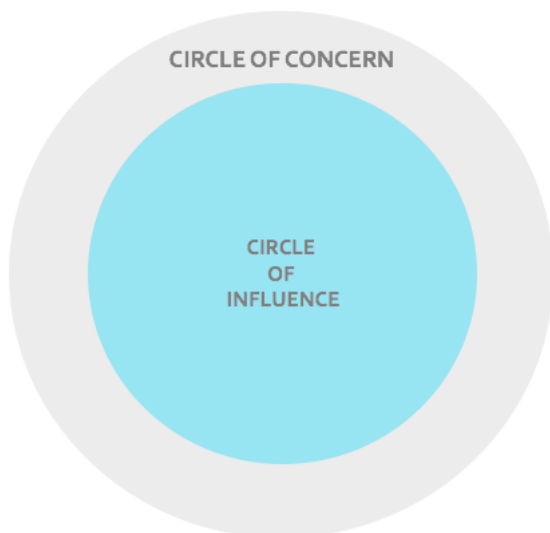
Together, beyond diagnosis, every day.



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WEATHERING THE STORM: STRATEGIES FOR REDUCING STRESS

Andrea Suarez V, CPC, CDWS, ELI-MP



Where are you focusing your attention, time, and energy?

The 7 Habits of Highly Effective People by Stephen R. Covey.

The Circle of Concern, represents all the things in our lives, that affect us, but that we have no control over. Some examples are things like the weather, the past, the actions of others, predicting the future...

The Circle of Influence, represents all the things in our lives, that we can impact and have control over. For example, things like our attitude, body language, choices, things we say, how I treat and support my caregivers, eating, resting and other self-care actions...

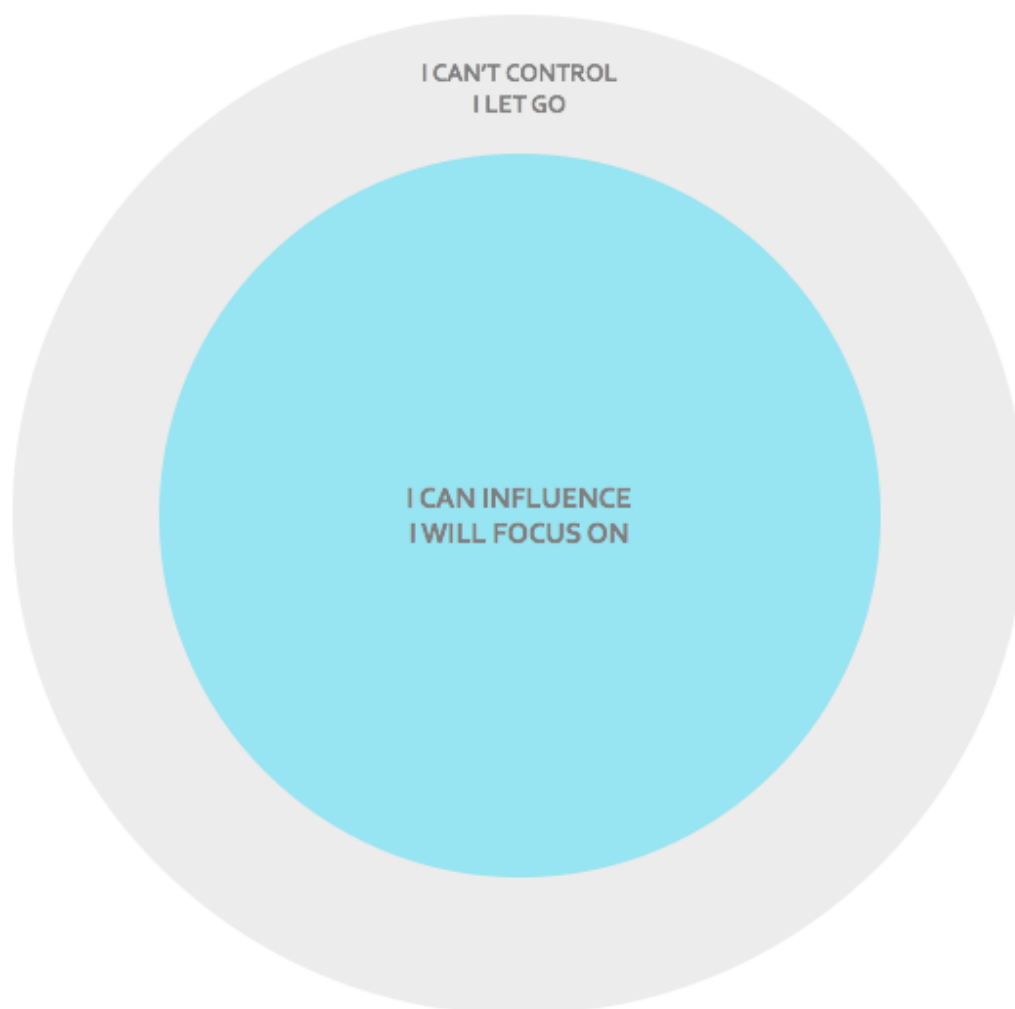
This concept is easy to remember and is a great tool to direct our energy and actions in meaningful ways on things you do have control over.

When you act on your Circle of Influence you are able to reduce stress levels and increase happiness, because you can initiate and influence change.

Let's apply this knowledge!

Pause and Pounder

- Take a deep breath and, notice how your body feels.
- Create a list with your problems, concerns, worries.
- Go over your list.
- Acknowledge what you can't control. Write it them down in the diagram below.
- Acknowledge what you can directly control or influence. Write it them down in the diagram below.



- Where are you currently spending the majority of your focus & time? In the circle of concern or influence?
- What can you do today to begin shifting your focus?

ACCESS YOUR FREE WEBINAR & GET A CHANCE TO WIN AN ELI ASSESSMENT

On October 12th, I will be leading a 45-min free Webinar where you can learn:

- How to identify your stress triggers and,
- How stress triggers show up

[REGISTER NOW](#)

Join me and enter to win one *Energy Leadership™ Index (ELI Assessment) package that includes:

A Personalized Energy Leadership Report Including:

- Your energetic Profile
- Your energetic stress Reaction
- Your personal average resonating level of energy (ARL)
- A 90 minutes Debriefing session to explain your results, what they mean.
- Action steps to help you implement what you've learned from the assessment in your professional and personal life.

The ELI assessment is normally \$500.00

[REGISTER NOW](#)

*The ELI Assessment is an attitudinal assessment tool that captures how you currently perceive and approach work and life. It's not about your strengths, weaknesses or personality traits. It uncovers how you show up to the world—under normal circumstances and when you're under stress.