

# Stress Less

- Our Stress response is your body's innate way to help solve a problem that we are facing.
- Changing your beliefs about stress, can change your body's response to stress.
- Seeing Stress as your partner to motivate you and help you, instead of your enemy that will kill you, can save your life.
  - Changing your beliefs about stress begins with Tactical Awareness. Non-judgmental observation of yourself and your current state.

Become aware of three things:

1. Your physiology (body position)
2. Your mental focus
3. Your pattern of language

Changing your beliefs about stress creates resiliency and psychological flexibility.

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