



CREATIVES CHECKLIST ✓

10 WAYS TO *LOVE* YOUR CREATIVE ADRENALIN AND AVOID MENTAL & EMOTIONAL BURNOUT

Learn to Love Your Adrenalin, Practice 'Intentional' Self-Care And Enjoy Success On Your Terms

#1 LOOK FOR CONFIDENCE HOTSPOTS - situations where you know you have the right skills for the job. You feel energized by your adrenalin and carry out tasks to the best of your ability.

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#2 IMPROVE YOUR OBSERVATION – notice the situations & activities you perform effortlessly and with gusto. Notice you recover and learn from setbacks more quickly in these situations. Adrenalin is acting as a friend and cheerleader. Your stress energy is being channelled positively.

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#3 TRACK NORMAL ANXIETY PATTERNS - Challenges and concerns (*real event or imagined*) trigger the stress response. Real or imagined danger leads to a racing heart, queasy stomach, sweating and other bodily symptoms. Pause before taking any action. You may need to calm the flow of adrenalin to avoid overwhelm.

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#4 ASSESS 'REAL' or 'FALSE' DANGER SIGNALS. Both trigger anxiety symptoms. But please establish whether you are being chased by a tiger OR being chased by a deadline! One will kill you – the other will not! Your stress energy is being channelled negatively. Adrenalin is turning into the enemy.

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#5 BUILD A STRONG RESILIENCE LOOP – Face the challenge (*big or small*). Take action by yourself or with support. Review the results of every challenge cycle.

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#6 CHANGE PERSPECTIVE (your POV point of view) - The process of taking action provides NEW data and information. It's a golden opportunity to change your mind, thoughts, behaviour and perspective. The new revised data feeds back into the cycle and strengthens resilience.

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#7 REST & RECHARGE – do not ignore this vital part of the process. MYTH: powering through the day **DOES NOT** build resilience or strength - AND what doesn't kill you doesn't always make you stronger. Endurance is important but remember rest recover and recharging help you avoid physical and emotional burnout.

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#8 LEARN TO SELF CALM - Triggering the physiological stress state too often eventually affects health and the immune system. Learn to calm the body whenever necessary by adopting powerful breathing, visualisation and mindfulness techniques.

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#9 PERSONAL GROWTH – Facing challenges and adversity are a good thing! Any difficult situation (*big or small*), followed by action leads to personal growth. Remember you were once a child, and children face unfamiliar situations daily. Positive Stress can be compared to physical exercise where we tear muscles 'deliberately' so they can knit back much stronger. Mind & Emotional Resilience strengthening happens in a similar way (called post-traumatic growth).

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#10 PRACTICE DOING DIFFICULT THINGS - Eat that frog! Deliberately expose yourself to uncomfortable activities and situations. Remind yourself that you won't die. It's simply uncomfortable, it's called anxiety, and it's normal. Build your emotional and mental resilience!

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How many of the above boxes are you ticking?

Ultimate adrenalin mastery involves ticking all the boxes. Book a free introductory Creative Success Coaching session and find out the strategies needed to achieve this.

BOOK A SESSION HERE AT : <https://tidycal.com/joylangley/30-minute-meeting-with-joy>

Joy Langley is a specialist stress management coach & therapist. She works with creative professionals who thrive on adrenalin and want to avoid emotional and mental burnout, whilst practicing 'intentional' self-care.

"...Like the star player in a basketball team we have to perform at our best - all of the time. But every star player needs a good coach. Someone to point out the flaws, problem areas and provide solutions for improved performance that we can't see..." (Joy Langley)

Find out how to have creative success on your terms.

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