

# **Turn Your Stress Into Success – With Vicki Higgins**

This article provides an enlightening interview on viewing stress as a precursor to all sorts of diseases and harnessing it as a powerful tool towards success, extensively covering the effects of stress on health, career, finances, and relationships.

It's crucial as it offers a new perspective on stress, alongside expert guidance to navigate stress positively, transforming it to success.

Performing these exercises will allow readers to understand, manage, and harness their stress into productive energy, ultimately influencing their overall health, career prospects, financial prosperity, and interpersonal relationships.

## **Quote to remember from the Interview**

"Stress pushes us to tap into higher energy centers, to emerge from the usual and embrace the extraordinary."

## **What You'll Learn From the Activity**

Through these questions and activities, readers will learn to recognize the manifestations of stress, comprehend its impact, and create practical strategies to convert it into productive outcomes, thus comprehending the interview in greater depth.

**Activity**

Reflect on a recent situation that caused significant stress. Define the stress and its source.

List the four stages of stress as mentioned in the article.

At what stage of stress do you mostly find yourself at?

How does understanding these stages of stress help you better manage it?

Name a situation where stress positively influenced your overall outcome.

Identify how daily stress affects specific aspects of your life: health, career, finances, relationships. List down specific instances.

Write about your daily gratitude practice. If you don't have one, design one now aligned with your lifestyle.

As per the interview, how is stress an indicator of a problem or potential solution?

Illustrate a past scenario where stress served as an indicator to an impending problem or solution in your life.

Agree or Disagree: "Our brains are wired more towards survival mode than happiness."

Reflect on a stressful event in your life - how did it push you into a situation to solve or strategize?

How can you use your understanding of the effects of stress to improve these areas: health, career, finances, relationships?

True or False: Stress can be harnessed for success.

How can stress be turned into a game-changer in your success pathway?

What does the quote “Stress pushes us to tap into higher energy centers, to emerge from the usual and embrace the extraordinary” mean to you personally?

How can you incorporate higher energy centers into your life to manage stress?

Describe an event in your life where stress pushed you to tap into a higher energy center.

What strategies can you apply to maximize the advantages of stress in your daily life?

How can you apply the concept of 'homeostasis' to your journey of managing stress?

Write a committed action plan of how you can use learnings from this article to transform your stress into a pathway towards success.

Please refer to three of the resources mentioned in the interview. Would you find them helpful? Why or why not?

From the resources given, choose the one you think would be most beneficial to your situation and explain why.

Which part of the interview did you find most applicable to your life and why?

What is one concept or idea from this interview you'd like to learn more about?

How has your perspective of stress changed after reading this interview?

In which area of your life are you most likely to apply the principles discussed in the interview?

What is your biggest takeaway from this interview?

Write a short note to your future self about the importance of stress management and transformation.

Are there any questions about stress management that you still have unanswered?

How can you incorporate the lessons from this interview into your daily lifestyle?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question about incorporating lessons into their daily lifestyle.