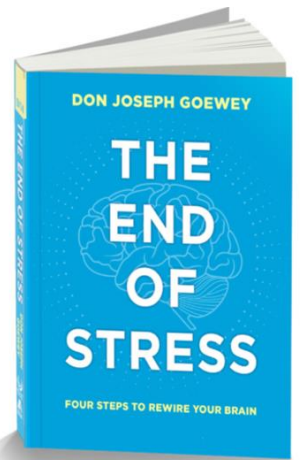


Clear Button



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Getting You Through The 90-Second Window

Built into your brain is a 90-second window that gives you the chance to extinguish stress provoking thoughts and judgments that could and set off a knee jerk stress reaction. Miss the 90-seconds and you're likely to regret your reaction.

The Clear Button gets you through the window in time. Here's how:

- Imagine there is a button at the center of your palm that, when pressed, sends a signal to your brain to stop fearful, worried, judgmental or pessimistic thinking.
- Press the button and keep pressing it.
- Next, take a breath and count "1" and think **red**.
- Take a second breath and count "2" and think **blue**.
- Take a third breath and count "3" and think **green**.

Now take a final breath and as you exhale, let your mind go completely blank for a moment. Simply be right here, right now, and relax..

When you're the storm in you has passed, quietly re-engage with the situation and consciously choose to be at peace, regardless of circumstances or outcomes, confident in the clarity your calm now affords you.

<http://theendofstressbook.com>