

The Upside of Stress

by Kelly McGonigal

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Reframe your stress response**

McGonigal: when stressed, say 'I am stressed' rather than 'I can't handle this.' The physiological difference is measurable. The body responds to the narrative.

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⁰² **Follow the connection urge**

McGonigal: when stressed, reach out to someone. Don't wait until you feel better. The connection is what makes you better.

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⁰³ **Build a 'stress resilience network'**

McGonigal: identify 5 people you can call when stressed. Are there at least 2 you actually call? If not, build the relationship now.

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⁰⁴ **Practice 'stress optimization' thinking**

McGonigal: instead of 'I need to reduce my stress,' ask: 'How can this stress make me stronger?' The reframe changes what stress hormones do in your body.

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⁰⁵ **Use social touch intentionally**

McGonigal: a hug of at least 20 seconds releases oxytocin. The data suggests: get more hugs. This is medical advice.

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⁰⁶ **Take the stress reappraisal challenge**

McGonigal: for 30 days, when stressed, choose to view it as your body preparing you to meet the challenge. Track the difference.