



## Episode 130: How to Say F\*\*k It and Become Ridiculously Relaxed (Even about Stuff That REALLY Matters)

with John C. Parkin

What do you do when you're stressed? Most of us would attempt to solve it or think through it, but did you know this can actually make things worse?

Our mind creates most, if not all, of our stress. John C. Parkin joins Rachel to help you finally calm down and say, 'F\*\*k it!' (a surprisingly neuro-scientific way of accessing your right brain thining!). When you're able to calm yourself down, the more you'll see that some things just aren't as important as you think they are.

Don't become a slave to stress; start enjoying your life more. When you make time to relax, you'll find that not only will you be more productive, but you'll also change the way you talk and relate to others.

If you're struggling with stress and want to know how to calm down and let go of what you can't control, this workbook will challenge your current mindset and help you form better habits.

### Podcast links

Sign up for the [FREE Summer Holiday Working Survival Guide](#).

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Stroke of Insight by Jill Bolte Taylor: [Book](#) and [TED Talk](#)

[Episode 15: Eff It Living. An evidence-based way to beat stress and change your life. With John C. Parkin](#)

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## Guest links

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### Quote to remember:

***'Most of us know that stress is not good for us. Anybody in the health care professional [field] knows that physiologically, stress is a terrible thing. But we don't seem to have taken the leap into the deep embodied understanding that relaxation is astonishingly good for us.'***

## What You Will Learn

Why do people think stress is a badge of honour? You may not explicitly say this, but it might be what you are confirming when you think you can never take a break. People often see relaxation as a passive act — but it's not.

If you're in a demanding job or are ambitious, you may think it's better to hustle and work all the time. But can you really live like this forever?

Don't underestimate relaxation. It's a tool not only designed to make you happier, but it also makes you more productive! Relaxation empowers you to do more with a clearer mind. In fact, if you think you're too busy to take a break, the more you need to calm down and relax.

Before we can overcome our stress, we need to investigate whether we're giving ourselves permission and time to rest. Assess the frequency and even duration of your relaxation. Relaxation can take different forms, so you need to know what activities calm you down.

In addition, relaxation is also about how we respond to high-stress situations. Whenever we face these situations, we typically amplify the stress with our actions. By describing how you usually physically feel in these situations, you'll get a better understanding for when it happens next time.



Now that you understand how relaxation should be a priority in your life, you need to take action. Depending on your situation, you may need to add more time for relaxation, change how you respond during high-stress situations, or incorporate meditation into your daily routine.

Whichever you deem more important at moment, just start! You don't need to be perfect; you just need to start somewhere. Let's learn to finally prioritise relaxation in our lives and see how much better we can become through it.

## Activity: Understand, Prioritise and Practise Relaxation

### Understand Your Own Mindset

**Q1. After listening to the episode, what are your key takeaways or insights about relaxation and stress?**

**Q2. What do you now understand about using the phrase 'f\*\*k it' to help shift your mental state? Can you recall an experience where you used a similar phrase? How did it work out for you?**

### Learn to Prioritise Relaxation

**Q3. How much would you say you are able to relax on a daily basis? What are your regular practices and habits?**



**Q4. As John discussed in the episode, relaxation isn't just about a separate experience, like going out for a walk or hobbies. It is also about how you calm down during high-stress situations.**

**a) How often do you experience high stress? Can you describe what it physically feels like?**

**b) When this happens, how do you usually respond?**

## **Practise Relaxation**

**Q5. Based on your previous answers, how can you prioritise and practise relaxation daily?**

**a) Do you think you need to add in more relaxation time? What does this look like?**

**b) How can you respond better in high-stress situations? John gave a few examples in the episode, and you can consider breathing, changing your talking or walking speed, among others.**



**Q6. It's hard to know how to respond during a high-stress situation when we're not aware of it. If you want to learn how to become more sensitive to your feelings, John recommends consistent meditation.**

**How do you think you can incorporate meditation in your life? Write your commitment to new practices below.**

**CPD time claimed:**

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