

# In Bloom Project

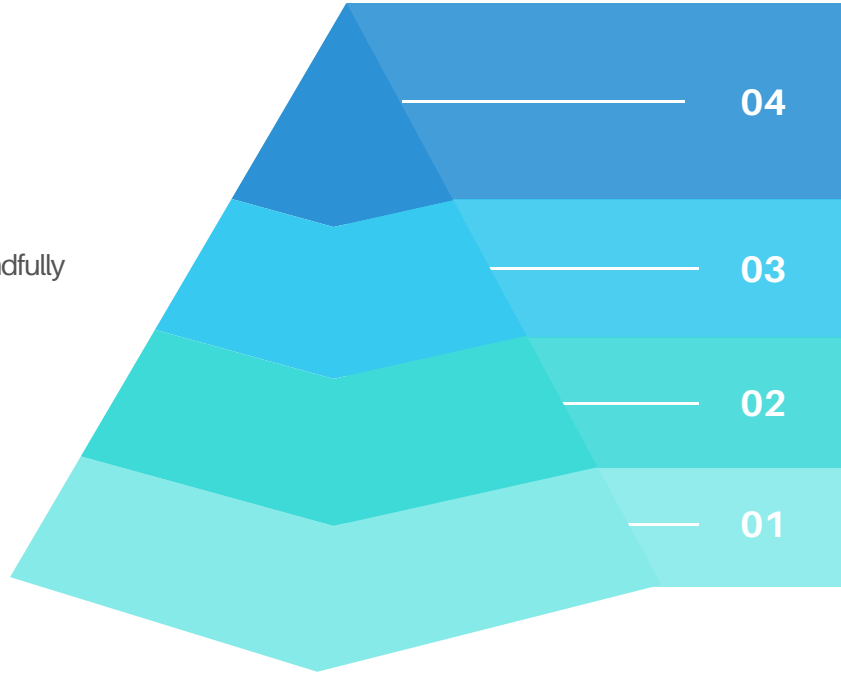
We help companies capitalise on their #1 asset, their people.  
We do this by improving the wellbeing of individuals, teams, and leaders.



IN GOOD  
HEALTH

## Stress Optimisation Model

- 4 TURNING OFF**  
An environment that allows you to switch off, recharge and do what you love
- 3 LIFESTYLE HABITS**  
Work deeply, take care of your health and disconnect mindfully
- 2 ELIMINATE & DECLUTTER**  
Do less, but better
- 1 STRESS MINDSET**  
Stay mindful of the transition from acute vs. chronic



### 1 Stress Mindset

1. **Stress is necessary for growth.**
2. Even very high levels of stress can be very healthy for you, granted you can marry them with ample time for rest and recover.
3. **Pain + Reflection = Growth**
4. Acute vs Chronic Stress is useful as a model, the stress timeline may be more tangible.
5. **This simple exercise** can have a great impact.

### 2 Eliminate & Declutter

- Stress often comes from a feeling of overwhelm.
- In the words of Oliver Burkeman, *"Productivity is a trap. Becoming more efficient just makes you more rushed, and trying to clear the decks simply makes them fill up again faster."*
- Go through a regular assessment of things you chose not to do.
- That way you can do less, but better.

### 3 Lifestyle Habits

- Even the best tools and frameworks to manage your stress will fail in the wrong environment.
- Your lifestyle habits are not going to be perfect, but need to be healthy.
- Use our [Top 10](#) to evaluate where there might be gaps in yours.

### 4 Turning Off

- Just like muscle growth from working out happens during rest, your body needs to rest to process experiences and learn from them.
- Turning off means having systems in place in so has not to work in the evenings & weekends.
- Take the long breaks, but also the short breaks.



#### Want more resources like this one?

Join the waitlist for our beta platform.  
(It will be \$2/month, we'll email you once it's ready)

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