Unstressable

A Practical Guide to Stress-Free Living

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and Alice Law
This book is dedicated to our loved ones lost to the stresses of the modern world.
It's our mission to help one million people to become unstressable every year.

The information in this book is not intended to replace the advice of the reader’s own physician or other medical professional. You should consult a medical professional in matters relating to health, especially if you have existing medical conditions, and before starting, stopping, or changing the dose of any medication you are taking. Individual readers are solely responsible for their own health-care decisions. The author and the publisher do not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in this book.
UNSTRESSABLE.COM

To help you maximize your learning from this book, we're happy to offer you a discount of fifteen dollars on the cost of the first month of subscription to our exclusive community at Unstressable.com. This discount will hopefully amount, more or less, to what you paid for this book (which varies depending on which country you bought the book in). As part of the Unstressable.com community, you will learn about the concepts of this book in video training form as we hold your hand through the practice and reflection exercises one by one. It also gives you access to our community of members, who are committed to living unstressable. There you can meet like-minded people, create a support network, and share your progress and challenges while you learn. As a member, you can also join our monthly live webinars where you can ask your questions directly to us and get inspired by the stories of other members.

Use the gift codeIAMUNSTRESSABLEas you register. You can cancel anytime if you so choose, though we would love for you to stay and be part of our family.

Take a minute to do this now before you read further.

MORE CONTENT ON SOCIAL MEDIA

While you’re at it, please take a moment to follow us and the official Unstressable accounts on social media. Where we will be posting regular tips and advice to keep you on track with your lifestyle change as you become unstressable. Follow Mo @mo_gawdat on Instagram or @MoGawdat on LinkedIn. Follow Alice @alicelaw._ on Instagram or @unstressable_alice on TikTok. Unstressable itself is @unstressable.oïcial on Instagram and www.linkedin.com/company/unstressable/ on LinkedIn. We look forward to seeing you there.
**Figure 1**

**WHAT IS STRESS?**

![Diagram showing the stress cycle and feedback cycle involving the hypothalamus, amygdala, prefrontal cortex, hippocampus, and adrenal gland.]

- The amygdala feels that something isn't right...
- The hypothalamus produces a hormone known as CRH...
- This triggers the pituitary gland to produce a hormone known as ACTH...
- ...which triggers the adrenal gland to produce the infamous hormone — cortisol
- The hippocampus (and hypothalamus) recognize the high levels of cortisol in the bloodstream...
- The prefrontal cortex verifies the threat which leads to more stress.
- The stress cycle continues.

**The Negative Feedback Cycle**

- Cortisol instructs the body to operate in stressed mode.
- Suspension of the stress response leads to less stress.
- Or More stress.

**Our Cognitive Stress Machinery**

**Our Endocrine Stress System (The HPA)**
Figure 2

THE SWIRL POOL

The Swirl Pool
(The Stress Whirlpool)

A Stress Trigger
(Leading to a stress response)

You Find What You Search For
(More reasons to feel stressed)

The Stress Reinforcement Loop
(A search for more reason to stress)

Hypervigilance
(An obsession with seeking all that could be wrong)

Insomnia, Anxiety, ... etc.
(Being stressed becomes a way of life)
The more surface area an object has to carry a force, the less stressed it is.
Figure 4

FEAR AND ALL ITS DERIVATIVES

Panic: The threat I fear seems imminent.
Anxiety: I doubt I have the ability to cope with the upcoming threat.
Fear: I expect a threat in my future.
Worry: I'm suspicious there might be a threat in my future.
Figure 5

YOUR THREE ACCOUNTABILITIES

Your Three Accountabilities

1. Choose to remove stress from your life or at least reduce its intensity

2. Don’t let even the tiniest of stress linger or keep reoccurring

3. Invest in developing the skills you need to better handle stress
Figure 6

A TONN OF STRESS

The Stress Quadrants Diagram

The Intensity of the stress

Macro

Micro

Your maximum tolerance

Trauma

Obession

Nuisance

Noise

The origin of the stress
Figure 7

NUISANCES—EXTERNAL MICRO STRESSORS

Lots of smaller forces can add up ...

... to be bigger than one large force.
Figure 8

WHERE IT HURTS

Symptoms of the Stress Quadrants

Trauma

Leaves us in shock, breaks our trust in life and others, depletes our energy, and takes away our passion for living.

Obession

Leads us to sleepless nights, feelings of emptiness, delusions and despair.

Nuisance

Irritates us, takes the joy out of our lives, and exhausts us by the end of the day.

Noise

Makes us feel worthless, irritated, regretful, and insecure.

Break Down

Burnout

Anxiety & Depression
Figure 9

WHEN TRAUMA COMES FULL CIRCLE

Post Traumatic Growth

Commitment

Acceptance

The new baseline makes us stronger

The baseline of modern life is ease

Until the harshness of life overwhelms us

Trauma
Figure 10

SPEAKING IN TONGUES

The Four Modalities of Stress (MEPS)

Mental

Emotional

Physical

Spiritual
Your Stress Score

Where is most of your stress coming from? Which language should you learn first?

It’s only once we are aware of where our stress is coming from that we can then do something about it. Taking this quiz is optional, though highly recommended.

It will help you identify the triggers and the manifestations, as well as the intensity of your stress profile, giving you your current overall stress score, while also showing you in which of the four elements you currently have the highest and lowest stress levels: mental, emotional, physical, or spiritual.

Simply scan the QR code below to find out your score. It only takes a few minutes.

Now that you know your score and in which element you currently hold the most stress, it’s time for you to be able to protect yourself against it, to shield yourself from the stress of both the world and the stress you create inside your head.

So let’s start there, in the place where it all begins, where both the magic and often the confusion happens: inside your mind.
Figure 12

STRESSFUL THOUGHTS

The Endless Cycle of Stressful Thoughts
Figure 13

THE CANVAS OF YOUR EMOTIONS

Figure 14

TAP IT

1. KC: karate chop
2. EB: eyebrow
3. SE: side of eye
4. UE: under eye
5. UN: under nose
6. CP: chin
7. CB: collarbone
8. UA: under arm
9. TH: top of head
Notes

This Is Not an Introduction


1: Welcome to the Machine


2: Trigger (Un)Happy

3: Carrying That TONN


4: It's in Your Head


5: Feel to Heal


6: Your Hips Don’t Lie


7: Soul-Renity