



Your Stress Superpowers 21-Day Challenge

with Coach Joel Sanders

At our 1.26 inaugural event, Strength & Conditioning Coach [Joel Sanders](#) revealed the stress superpowers we can tap to go from fight-or-flight to mighty-might.

Breathing

See LeBron take a breath before he shoots that free throw? He gets it. Breathing can be used strategically to make us more focused or relaxed.

Try: [Firefighter Box Breathing](#)

For an awake breath practice, try 20 deep breaths followed by one, 12-second hold, then three long breaths. Repeat once more.

Or try this [how-to app](#) that does all the thinking for you.

Aim for 3x a week.

Cold

Cold is known for its anti-inflammatory benefits, but in this exercise it's used to introduce stress. The more you're exposed, the better you become at shaking it off. Turn your shower to cold before you wrap it up (doesn't need to be ice cold—just uncomfortable).

This [waterproof timer](#) helps.

Daily

Week 1 - 30 seconds | Week 2 - 45 seconds | Week 3 - 60 seconds

Movement

Movement is medicine. Note we didn't say workout, we said movement. Wherever you are—just move.

Try the [daily 10](#). Walking and pick-up games work too.

Daily x 5 minute minimum