

*Don't worry...*

*Stress Busting Tips*

*be happy!*

**NEW OCEANS**



*Stress Busting Tips*

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## **NEW OCEANS**

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# Introduction

**How much stress do you have in your life?**

**How much stress do you want?**

Sounds like a funny question, doesn't it? "None!", you might answer. But we need a certain amount of what New Oceans calls empowering stress, as opposed to the limiting kind.

Empowering stress is that adrenaline rush just before a big meeting, or event, or performance etc.

And if you didn't realise that, then this 'Magic 7 Tips To Make Stress Work For You' will also tell you a whole lot more - not only facts about stress, but also how to de-stress from the limiting kind, and use the empowering stress to maximum advantage.

"And always look on the bright side of life....." We call our New Oceans stress programme 'The Brighter Side':-

<i>B</i>	<i>BREATHING</i>
<i>R</i>	<i>RELAXING</i>
<i>I</i>	<i>IMAGINEERING</i>
<i>G</i>	<i>GOAL SETTING</i>
<i>H</i>	<i>HARMONY &amp; BALANCE</i>
<i>T</i>	<i>THINKING DIFFERENTLY</i>
<i>E</i>	<i>EMOTIONAL FREEDOM</i>
<i>R</i>	<i>REFRAMING</i>
<i>S</i>	<i>SLEEP</i>
<i>I</i>	<i>IVF TREATMENT</i>
<i>D</i>	<i>DIET</i>
<i>E</i>	<i>EXERCISE</i>

Now, in this book, you can learn how these elements are essential for you to put stress under YOUR control!

So let our 'MAGIC 7 TIPS TO MAKE STRESS WORK FOR YOU' be your guide to fast stress management, and re-discover the Brighter Side of life!

**Believe it** or not stress is a good thing for us to have. It helps to drive us towards our goals and helps us to get out of trouble, but sometimes we might just have to much to be able to enjoy life fully.

**Stress is** also the cause of many physical and mental illnesses. In today's society, stress is almost a part of life what with working long hours, living life in the fast lane and sometimes a poor diet this can all lead to a stressful life.

**In some** cases stress can stop us from doing many things because it just feels to uncomfortable.

**Sometimes** stress is triggered by something happening and for no reason, you start to panic and feel uncomfortable. Hypnosis can really help with stress and relaxation, it can also help to boost your self confidence, so that you can manage you stress and live a health stress free life.



Using this book you will be amazed just how quickly you will see the benefits!

## assess your stress-level

Check the Stress-O-Meter to Find Out.

Check each statement that applies to you.



yes no

I have difficulty relaxing.

I feel tired and lifeless most of the time.

I have frequent severe headaches.

I have trouble sleeping at night.

I eat and snack excessively.

I generally feel anxious and unsettled.

I feel stuck in a daily grind.

I have trouble concentrating.

I have tightness in my neck and shoulders.

I have stomach or digestive problems.

## ***NOW FOR YOUR SCORES***

If you answered "Yes" to

**0 questions.** Green Light. **"You're A-Okay!"** You're doing a pretty good job of staying stress free.

**1 questions.** Green Light. **"You're A-Okay!"** You're doing a pretty good job of staying stress free.

**2 questions.** Green Light. **"Not Bad!"** Stress doesn't have you in a mess. Keep doing what you're doing, and eliminate pressure when it builds up.

**3 questions.** Approaching Yellow Light **"You deserve a break today!"** Stress doesn't have you overloaded, but you might want to take a break from your routine and schedule time to rest and relax.

**4 questions.** Yellow Light. **"Slow Down!"** Stress may be creeping up on you. Schedule time to do something just for you!

**5 questions.** Yellow Light. **"Proceed with Caution!"** Stress is knocking at your door. Think of one thing you can do today to reduce the pressure you feel. Make it your goal to rest, relax and have fun.

**6 questions.** Yellow Light. **"Red Light Ahead!"** Take time to evaluate your priorities, and ask for help to discover areas where you are overcommitted. Let go of part of your stress by saying "No!" more often.

**7 questions.** Yellow Light. **"Don't Ignore the Signs!"** Ask a trusted friend to help you identify one thing you can do today to make your life more positive.

**8 questions.** Red Light. **"Stop!"** The red light of stress is in front of you. Concentrate on recharging your emotional and spiritual batteries. Be proactive about setting boundaries!

**9 questions.** Bridge Out Ahead. **"Don't Delay!"** Your emotional and spiritual tank is dangerously low! Seek wise counsel to help you structure positive change. Be encouraged. Don't be afraid to ask for help.

**10 questions.** Bridge Out Ahead. **"Don't Delay!"** Your emotional and spiritual tank is dangerously low! Seek wise counsel to help you structure positive change. Be encouraged. Don't be afraid to ask for help.

# Stress Symptoms & Effects

Do you suffer from any of following symptoms:

<i><b>Physiological Response</b></i>	<i><b>Cognitive Response</b></i>	<i><b>Emotional Response</b></i>
Heart Palpitations	Can't Do It	Fear
Rapid, Pounding Heartbeat	What If I Make A Fool Of Myself?	Keyed Up / On Edge
Tightness Of Chest	People Are Looking	Panic
Butterflies In Stomach	I Could Faint	Excessive Worry
Hyperventilation	It's A Heart Attack	Uneasy
Weakness All Over	Get Me Out Of Here	Feelings Of Doom / Gloom
Tremors	No One Will Help	Trapped-No Way Out
Dizziness	I Can't Go Alone	Isolated-Lonely
Dry Mouth	I Can't Breathe	Loss Of Control
Sweaty All Over	I'm Going To Die	Embarrassed
Confusion	I'm Going Crazy	Criticized
Speeded Up Thoughts	I'm Trapped	Rejected
Muscle Tension / Aches	I'm Not Going Out	Angry
Fatigue	What If Someone Is Hurt, Sick, Fired, Etc.	Depressed

## ***Effects of stress: Short Term***

Short term stress is useful and gives you the impetus to act and respond to life's problems. When the stress system is on, many chemical changes occur in the body to prepare you to deal with exciting and challenging events. This is a good thing. Learn to recognise them each time they happen. Learning to cope with stress begins with self-awareness.

When the action is over, your short term stress symptoms settle down to normal again and no harm will have been done.

In the short term the body adapts to normal stress and you remain balanced and healthy. If you notice any of these symptoms continuing when the stressful situation is over, you could actually be damaging your health.

- Furrowed brows
- Edginess
- Clenched or grinding teeth
- Wide eyes
- Tense muscles
- Pale face
- Cold, sweaty hands
- Flared nostrils
- Faster heartbeat
- More sensitive to touch
- Biting nails
- Clenched hands
- Less sensitive to pain
- Need to pass water
- Cold sweaty feet

### ***Effects of stress: Long Term***

Do you ever have difficulty sleeping at night? Or find it hard to concentrate during the day? Do you feel you are too busy to get anything done or to enjoy life? If so these may be signs that you are suffering from ongoing, 'long term' stress.

Why can't you sleep? It may be because you are living life at such a fast pace and are unable to switch off and slow down as you should towards bedtime. Your mind continues to work when you should be sleeping, and worrying about sleep stops you from sleeping.

This type of long-term, prolonged stress is harmful to your body and can soon lead to a variety of other physical disorders. Not to mention a variety of familiar emotional problems:

#### **physical disorders:**

- Appetite loss
- Skin conditions
- Headache
- Backaches
- Ulcers and indigestion
- Stomach problems
- Neck and shoulder tension
- Neck ache and leg ache
- Chest tension
- Constipation or diarrhoea
- Heart problems
- High blood pressure

#### **emotional problems**

- Being on edge
- Withdrawal
- Feeling guilty
- Aggression
- Depression
- Marital problems
- Worry
- Blame
- Fear
- Boredom
- Insomnia
- Sexual problems
- Hyperactivity
- Excessive drinking
- Drug abuse
- Eating disorders

# Effects & Costs

## ***EFFECTS OF STRESS IN THE WORKPLACE***

increase in absenteeism

- a reduction in performance
- apathy from staff
- complaints from clients
- and for some, serious mental and physical ill-health.



## ***COSTS OF STRESS***

- 80% of all modern diseases have their origins in stress.
- In the UK, 40 million working days per year are lost directly from stress-related illness.
- Costs in absenteeism to British industry is estimated at £1.5 billion pounds per year.

Studies have linked stress to

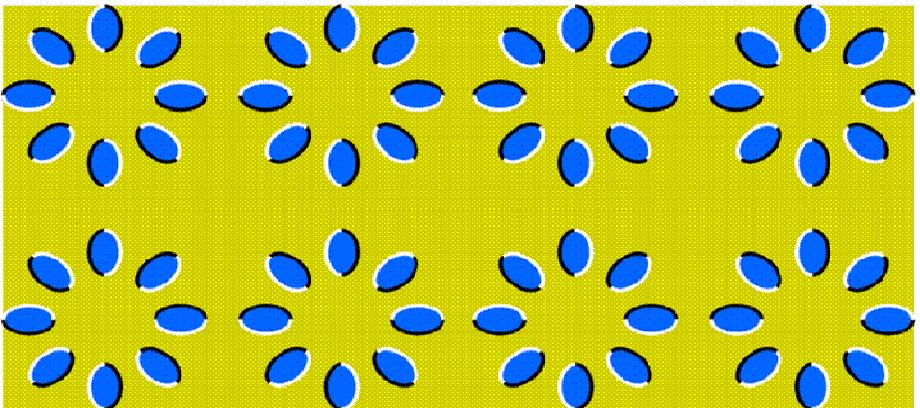
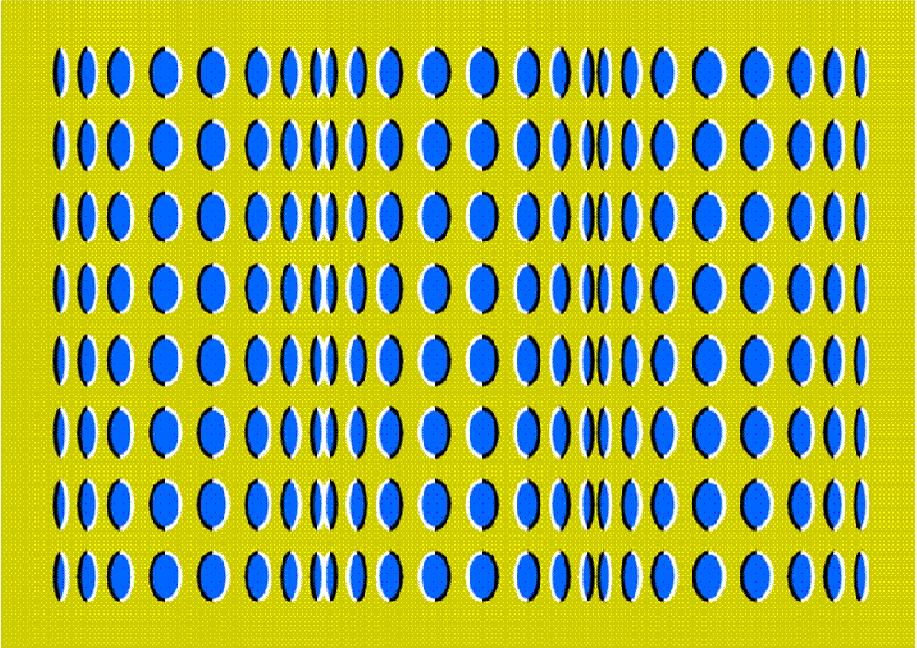
- cancer
- high blood pressure,
- blood clots
- heart attacks
- back pain
- migraines
- digestive disorders
- weakening of the immune system
- muscle deterioration



## Can you handle stress?

The 2 pictures that follow are used to test the level of stress a person can handle. The slower the pictures move, the better your ability of handling stress.

... Look at it again and check your level of stress...



## **How to stay stressed?**

**NEVER EXERCISE** - Exercise wastes a lot of time that could be spent worrying.

**EAT ANYTHING YOU WANT** - Hey, if cigarette smoke can't cleanse your system, a balanced diet isn't likely to.

**GAIN WEIGHT** - Work hard at staying at least 25 pounds over your recommended weight.

**TAKE PLENTY OF STIMULANTS** - The old standards of caffeine, nicotine, sugar, and cola will continue to do the job just fine.

**AVOID "WOO-WOO" PRACTICES LIKE NLP** - Ignore the evidence suggesting that meditation, yoga, deep breathing, and/or mental imaging help to reduce stress. The Protestant work ethic is good for everyone, Protestant or not.

**GET RID OF YOUR SOCIAL SUPPORT SYSTEM** - Let the few friends who are willing to tolerate you know that concern yourself with friendships only if you have time, and you never have time. If a few people persist in trying to be your friend, avoid them.

**PERSONALIZE ALL CRITICISM** - Anyone who criticizes any aspect of your work, family, dog, house, or car is mounting a personal attack. Don't take time to listen, be offended, then return the attack!

**THROW OUT YOUR SENSE OF HUMOUR** - Staying stressed is no laughing matter, and it shouldn't be treated as one.

**MALES AND FEMALES ALIKE - BE MACHO** - Never ever ask for help, and if you want it done right, do it yourself!

**BECOME A WORKAHOLIC** - Put work before everything else, and be sure to take work home evenings and weekends. Keep reminding yourself that vacations are for sissies.

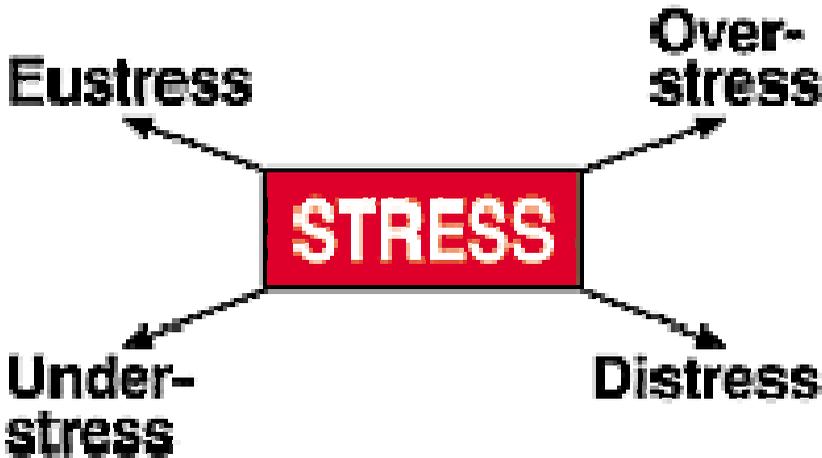
**DISCARD GOOD TIME MANAGEMENT SKILLS** - Schedule in more activities every day than you can possibly get done and then worry about it all whenever you get a chance.

**PROCRASTINATE** - Putting things off to the last second always produces a marvellous amount of stress.

**WORRY ABOUT THINGS YOU CAN'T CONTROL** - Worry about the stock market, earthquakes, global warming, you know, all the big issues.

**BECOME NOT ONLY A PERFECTIONIST BUT SET IMPOSSIBLY HIGH STANDARDS...** and either beat yourself up, or feel guilty, depressed, discouraged, and/or inadequate when you don't meet them.

## Stressed Enough?



This may seem a ridiculous topic considering that Stress Tips exists to reduce your stress. I'm sure you are aware that there is "good stress", EUSTRESS, and "bad stress", DISTRESS.

The physiological responses to distress and eustress are basically the same but the brain processes the experiences differently. Eustress occurs when you voluntarily agree to ride a roller-coaster or ski down a challenging slope or become adventurous.

Do you have enough ADVENTURE in your life? Eustress occurs when you do something different, break a routine, make a new friend, travel to a new place or generate some excitement for yourself.

I encourage you to set aside some time for adventure this week and to make it a theme for life..

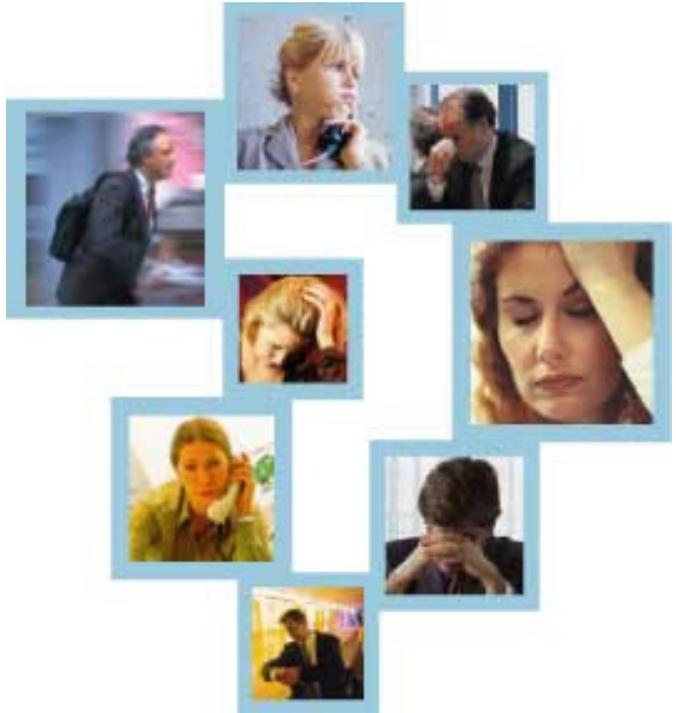
# Stress Management

**Stress is an inevitable by-product of today's way of life.**

**Not all stress is harmful though, in fact a little stress is probably an important motivating drive for many of us.**

**Stress can be harnessed as a positive force to help us achieve our full potential.**

**Only when it becomes excessive, does stress give rise to sickness and affect performance.**



**The goal is not to avoid stress, but to learn to recognize the symptoms and learn to control it when it reaches unacceptable levels.**

Stress is the adverse reaction people have to excessive pressure or other types of demand placed on them.

It is not a disease in itself – it is a state!

# What is Stress?

Stress is a normal component of our everyday lives. Excessive stress, or distress, is the effect of prolonged excessive physical or emotional pressure on the human body. Factors that may cause excessive stress, such as physical agents and organizational characteristics, are called stressors.

Organizational factors which can lead to anxiety and frustration are also stressors and may include:

- work overload or underload
- role uncertainty and role conflict
- responsibility for others
- isolation
- job dissatisfaction
- job insecurity

The health effects of excessive occupational stress may be more severe where the causes are likely to be persistent and continual and when the person may not have control over them.

The body reacts to excessive stress in different ways. The general pattern of physical reactions is known as the generalized stress response. Heart disease and high blood pressure and other health effects have been associated with excessive stress.

Excessive stress may be controlled by eliminating the source of the distress or by helping people to cope. Where possible and practicable, the former approach is preferable.

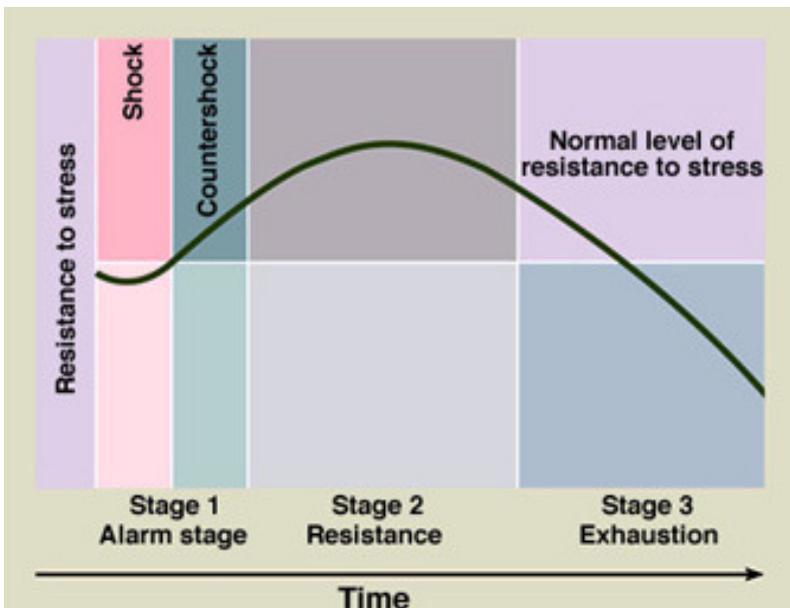
Stress is now an everyday fact of life, affecting and influencing people whether they are high-pressure executives, isolated housewives or even school children. The medical profession views stress as a major causative factor in coronary heart disease, cancer, ulcers and other digestive disorders, as well as diabetes and a host of other illnesses. If we can adapt our lifestyle to minimise the effects of stress, this makes a huge impact on our attitudes and happiness.

Stress is by no means just a modern occurrence, although the rapid pace of life and increased global travel has encouraged a proliferation of sufferers. Stress occurs when the body is required to perform beyond its normal range of capabilities. The body's reaction, known as the 'fight or flight' response, is to produce a surge of hormones including adrenaline and cortisol. These hormones prompt a number of 'alert responses' through heightened muscle tension, increased heart rate and metabolism, pupil dilation and raised blood pressure.

This is designed to help us confront the situation with enhanced strength and awareness (fight) or to run away more effectively (flight).

The physical response to stress, in small doses, is good for us and helps us to function more effectively under pressure for short periods of time. However, in the long term it can be extremely damaging; for example - stress inhibits the secretion of protective fluids which normally neutralise stomach acid, ulcers are the resulting lesions. When stress goes beyond optimum levels, it drains our psychological energy, impairs performance and can leave us feeling useless and undervalued, with reduced purpose and unattainable objectives.

Hans Selye was the first to identify the General Adaptation Syndrome (GAS) model governing our reaction to stress. He recognised three phases within this response:



First the body is alerted (alarm reaction), during which physiological responses are momentarily reduced whilst the body summons strength. Next, autonomic activity is triggered (resistance) and physiological responses are heightened for a duration dependent on the stamina of the individual. Under usual circumstances the body would then revert to its original equilibrium. However, if this stage continues, there is a sharp decline in resistance until eventually collapse occurs (exhaustion). At this point physiological resistance may cease to exist at all.

## Five Stress Busters

Some quick stress busters to get you started...

**VISUAL BREATHING**...Changing the way you breathe can change the way you feel. When we are stressed we tend to breathe shallower and from the chest, rather than from the stomach. Ideally you want to move more towards breathing with the stomach rather than the upper chest, as this allows 30% more oxygen into your lungs and relaxes your physiology. Practise breathing with your stomach muscles expanding and contracting so that the hand on your stomach moves far more than the hand on your chest.

**RELAXING INNER PLACE** ..... Close your eyes and imagine your favourite place where you feel most relaxed, calm and peaceful. Next imagine any smells around you. Now you are ready to soak up the feelings that you feel in that special inner place. Imagine the feelings you get when you go back to that place, and imagine really being there and enjoying that peace. For those few moments you can just BE in the moment. When you're ready, you can open your eyes and go about your day knowing you can go back to your inner-place anytime you like.

**SHRUG YOUR SHOULDERS** ..This releases tension held in your neck and back. Slowly and deliberately raise your shoulders as close to your ears as you can while breathing in deeply; then slowly push them back and down in a rolling motion, breathing out. Repeat five times.

**BODILY AWARENESS**....Close your eyes and become aware of your body and all the sensations in your body. Become aware of your feet on the floor, and your arms, and your legs. Become aware of the sounds around you. Then focus your attention on any tightness or uncomfortable sensations in the body or in the head. Don't judge the sensations or recoil from them, but simply notice and observe. As you observe with a feeling of stillness you may find that those areas begin to loosen and relax. Don't actively try and make them relaxed, let those areas of the body do it by themselves whilst you simply observe dispassionately and in a still manner.

**PERIPHERAL VISION**...Take in a few deep breaths from the stomach, and then focus on a spot slightly above head level, say on the wall opposite you. Then, whilst keeping your eyes open, begin to broaden your field of vision (or peripheral vision) and begin to become aware of what you can see in the corner of your eyes on each side. There is nothing else you have to do apart from just to notice and become aware of what is around you.

## How You Have Been 'Doing' Stress

New Oceans Stress Management programme works from the principle that people aren't broken - they don't need fixing, and they already have all the resources they need. In fact they are excellent at getting the results they are currently getting - you have probably become expert at having stress over the years, and have streamlined the process right down until you can do it really well!

So find out how you do it by asking yourself: what are the triggers? or, what happens immediately before you start 'doing' stress? And what goes through your mind next?

The chances are that you are having to run through the same sequence of thoughts, images, feelings and telling yourself things each time in order for the attack to happen.

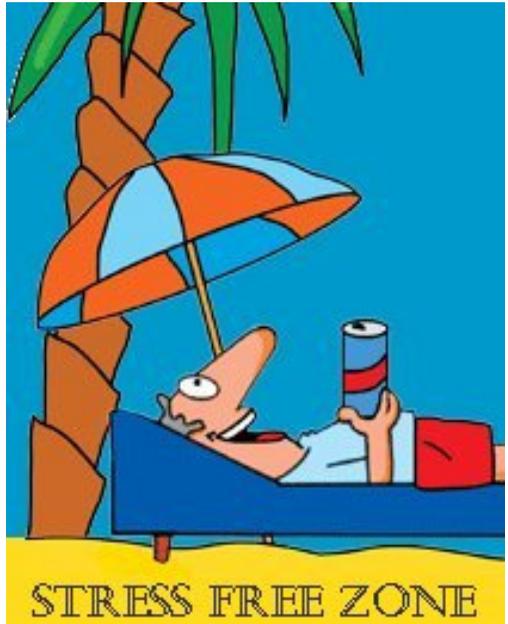
This is your 'strategy' for having the stress. (You may be doing parts of the strategy unconsciously, or it may happen so fast that you have not been aware of the sequence - until now.) If you change any step in the strategy, you will probably get a different result.

Change what you tell yourself to something positive! Make positive mental pictures instead of scary ones!

### **Find out what the stress mean**

Everything we do, and everything our bodies do, has a positive intention behind it. So you could ask yourself: If the stress is a message from your body to you, what is it trying to tell you?

In what way is your life out of balance now? Or you could ask yourself: What is the one question you need to ask yourself in order to move beyond the stress?



# NLP and Stress Management

It's now been proven that stress lowers the immune system, causes headaches, fatigue and is the cause of most sick days taken off work in the UK. Sitting for hours at your desk, slumped over keyboard and paperwork isn't good for you, and you can tell this by how your body feels. You might develop a headache, sore eyes, an ache in your back or neck, all these are signs that you need a break. What better way than to revitalize and re-energise yourself with a 10-15 minute uplift?

At some time or another most of us feel stressed - perhaps through overwork; maybe a major life change has occurred such as moving house or bereavement; maybe money problems.

Different events affect different people at different times. Whatever the trigger, without some help all areas of our life can become affected adversely, thereby increasing our stress levels.

We can get trapped, like a mouse on a wheel, if we don't take some positive action. There are many signs and symptoms of stress and as people react differently it is useful to learn to recognise your own pattern in your life and how to deal with it.

The strange thing is that stress takes many physical and mental forms that people don't even recognise as stress and pass off as something else like "a difficult period" and some women pass it off as "time of the month". Your answers to the questionnaire will give you some ideas of your stress pattern. There are as many approaches to stress relief, as there are triggers to stress. The best stress reliever is probably what most appeals to you as an individual. You will have taken the first step by doing the questionnaire and recognising your stress symptoms.

## ***What can stress do to our bodies?***

- Lower it's immune system so you will catch any virus or bacterial thing going
- Slows down our circulation causing cold hands, cold feet and temperature fluctuations.
- Cause our lymphatic system to slow down and toxins to build triggering headaches and migraines, fatigue and loss of concentration.

- Causes your blood pressure to rise or fall (high/low blood pressure)
- Slow digestion causing indigestion and heartburn.
- Shallow breathing which in turn aggravates asthma, and can cause some digestive problems

## ***NLP & Stress Management***

Neuro- Linguistic programming provides us with a blueprint of reality that shows how others have positively responded to similar stressful situations that we are facing at present. This lets us understand about practical life-situations and how it can be successfully handled. We see the differences in approaches and make conscious efforts to change our attitudes to stressors. Practice of NLP gives us occasion to grow out of our limited capability to face life positively. When encountered with stress or depression, many of us have and applied these principles in our life without even realizing it came from NLP.

'Neuro' refers to the neural network that feeds information to the brain. Neurons or nerve cells are the working units used by the nervous system to receive, store and send signals.

'Linguistics' is about the content (verbal and non-verbal) that moves across and through these networks.

## ***What It Does***

Through 'programming' stored content or signal is manipulated by brain to convert them into useful information. The brain may direct the signal, sequence it, or change it based on our prior experiences, or connect it to some other experience we have stored in our brain to convert it into thinking patterns, and behaviours.

- NLP is increasingly used in the therapeutic spheres to bring about mind-body healing, attitude change and personal growth.
- It provides the tools that enable a connection between self and others.
- Many of NLP's tools and applications are widely used in business, management, education, and sports training as effective measures to manage/cure stress, depression and complex personality problems.
- NLP can increase the quality and effectiveness of our relationships, beginning with our personal and intimate relationships to our professional lives.

## ***How It Works***

NLP uses our self-image and attitude towards illness to effect change and promote healing in us. It relies heavily on the human sense of hope. When a person loses hope and feels helpless in the face of supposedly incurable diseases such as AIDS or cancer, the body just 'quits trying'. If the patient is made aware of his or her inner abilities and what it can accomplish, he or she may see things differently and encourage the body to not to 'give in'. In the process the body's natural healing power may get activated again.

NLP is based on many useful presuppositions supporting the attitude that change in a situation is very much possible. NLP believes flexibility in thinking and not rigidity, is the key element in a stress response. The one, who is most likely to survive a stress, responds positively to changing (or unchanging) circumstances. If what you're doing isn't working, try something else, regardless of whether the new method would work for you or not. You may find something else, which has worked for some other person. It is about never losing hope.

## ***Key Presuppositions - Beliefs of Excellence***

- Communication is more than what you are saying.
- No one is wrong or broken.
- People already have all the resources they need.
- Behind every behaviour is a positive intention.
- Every behaviour is useful in some context.
- The meaning of a communication is the response you get.
- If you aren't getting the response you want, try something different.
- There is no such thing as failure. There is only feedback.
- Choice is better than no choice.
- In any system, the element with the most flexibility exerts the most influence.
- The map is not the territory.
- If someone can do something, anyone can learn it.
- You cannot fail to communicate

# The BRIGHTER SIDE Toolkit

“And always look on the bright side of life.....” We call our New Oceans stress management programme ‘The Brighter Side’. Enjoy the wide range of stress busting tips and techniques.

**B - BREATHING.** The way we breathe is the most vital part of living...because our breathing is truly the rhythm of our life. Every emotional state has its own unique breathing pattern, and the very first step to changing, for instance, from a stress state to a more empowering or relaxing one is to change how you breathe.

**R - RELAXING.** So how DO you 'switch off'? Yes, first address your breathing; and discover how it not only changes your body but also how you think. Then change what you think ABOUT, and HOW you think about it, and you're on your way to the Brighter Side of life!



**I - IMAGINEERING.** You are what you think. Do you tend to see the glass half empty or half full? Do you tend to focus on raindrops or sunbeams? It's up to you. What you may need to address your stress condition is more flexibility in your imagination skills.

**G - GOAL SETTING.** One of the most common causes of stress is either not having goals, or not being able to achieve them. And that's because most of us don't start at the right end of the journey towards our goals! Sounds mysterious? Well we'll show you how to literally turn your thinking around.....how to create goals, and make them so compelling that nothing will stop you achieving them!

**H - HARMONY & BALANCE.** Fighting yourself is an unnecessary war of wasted energy! How much better your life will be when you are in harmony, not conflict. How we talk to ourselves can be either limiting or empowering:: because the mind and body are one bio-feedback system, the constant 'drip drip drip' of negative self-talk drains our energy, leaving us open to disease in our bodies, and dis-ease in our minds!

**T - THINKING DIFFERENTLY.** Our thoughts, habits, beliefs, are all patterns which originally had a positive effect on our survival, but may now be past their usefulness. Yet we get stuck in them, reluctant or unable to leave what's familiar,

even though it is limiting our lives. Learning to be flexible in our thinking is a major contributor to breaking the habit of stress.

**E - EMOTIONAL FREEDOM.** How many times do we forget how resourceful we have been in the past? Even when we remember, we sigh wistfully and think, "If only..... but that was then, this is now!" we will show you how you CAN re-connect with - AND RE- USE - the wonderful and empowering states you have experienced! And if there's an emotional state you have never yet known, we'll give you the 'tools' to get that too!

**R - REFRAMING.** Reframing is a way of changing your perception of an experience - changing the meaning by changing the way it is presented. What's the difference between a used car and a previously owned car? Perhaps nothing. By putting a new frame around a situation it may change its meaning and give someone more choice.

**S - SLEEP.** What could be more stressful than not being able to sleep? Sleeping is when our bodies rest, repair, and restore themselves; when our Unconscious can process the day's input and inform the Conscious. We will show you how to fall asleep when you go to bed, and also how to get back to sleep if you wake in the night. Once you discover how, it's as easy as 1-2-3.....or 3-2-1!

**I - IVF – Internal Voice Flexibility.** Your Internal voice is often the channel you use to 'beat yourself up', reinforce limiting beliefs and generally stop yourself having more fun in your life, so it's nice to know that you can get more control over it and make it quiet. and bring in inside

**D - DIET.** So we have discovered how our thoughts directly influence our bodies - we are what we think. And we are also of course what we eat and drink! We have some really useful ways to help you be the best you can be physically as well as mentally.

**E - EXERCISE.** Some of us get a real 'high' from giving our bodies a physical work-out. Others think the very idea of going to the gym is too boring to even contemplate! We will show you how to let your mind and body work together to achieve stress-free health. Learn how you can quite literally 'walk your worries away', in a wonderful process which uses different walking speeds to change how we think of the problem, the resource, the solution, and the effects, by changing our breathing pattern with each rate of movement. And yes.....we've come full circle round to breathing - to where we started - and to the start of the Brighter Side of your life!