

29 Tips for Managing Stress

Tips 1-8 from the November 16th Tips for Change newsletter:

1. Put your body into a whole brain posture (see the picture on the right) – this integrates both hemispheres. It's also an awesome way to relax quickly.
2. Take a ball and toss it from one hand to the other. This encourages your two hemispheres to work together too.
3. Use my de-stress audio to draw your brain and body back into Homeostasis or balance. This will cause your unconscious mind to sense safety and then it will allot more energy back to your immune, digestive, and reproductive systems.
4. Avoid making several life changes (*like changing jobs & getting married*) at one time if you can. You compound your stress when several life changes occur at the same time. Stress hormones are cumulative. If you cannot avoid such a situation, realize how stressed you are and make other changes to help offset the stress.
5. Take your vacation – every year most Americans fail to use 1/3 of the vacation days their entitled to. On average it takes 3 days just to wind down so a long weekend isn't going to cut it.
6. Breathe Deeply...your brain uses 30% of your oxygenated blood...and shallow breathing from under stress reduces the oxygenated blood in our bodies...another reason a person's brain dis-integrates.
7. Allow yourself enough time to sleep deeply each night – maybe 6 to 8 hours. This will help lower your stress hormones. Don't bother with sleeping pills, a recent study by Dr. Karl Joghramji of Thomas Jefferson University concluded that the pills only provide about 15 minutes more sleep each night. If sleep is a big issue for you, then you're in luck. I'm releasing the latest version of my sleep deeply audio immediately after the stress audio. [Click here to pre-order.](#)
8. Do the Thymus Pump: There is a way to immediately change the weakening effect from stress. It's called the Thymus Thump. By tapping on the thymus gland, you can increase the thymus' level of activity. This will result in a noticeable increase in overall energy and vitality." *Jerry Teplitz, Switched-On Living.*

20 more ways to reduce stress

9. Support the body

- Avoid, caffeine, sugar
- Drink plenty of water

September Spore, Certified Master Hypnotherapist
Master Neuro-linguistic Programming Practitioner

Mind and Performance Coaching
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- Improve diet with fresh fruit and vegetables
 - Eat good quality fats to support nervous system such as butter, coconut oil, nuts, olive, flax seed oil, Omega 3 essential fatty acids
 - Adrenal and cortisol supplement support (check with your doctor)
10. Smell Rose oil – it's been shown to reduce stress
 11. Create Downtime through relaxing hobbies, read fun/mindless books, play music instruments or singing
 12. Ask your mind coach September for information on **Addictive Demands versus Expectations**. Disappointment raises stress hormones.
 13. Learn to manage time effectively. Poor time management skills lead to unnecessary stress.
 14. Decide what is important. Instead of prioritizing your schedule, learn to schedule your priorities.
 15. Organize your environment to un-clutter your mind. Tidy up the house, clean your desk, pay your bills and respond to correspondence. This provides you with an organized base from which to handle other stresses in your life. It also clears away the old slow moving energy around you so you feel more energized inside.
 16. Make a To Do list and cross off each item as you complete it. This will give you a visual sense of accomplishment and helps to eliminate the "I've got too much to do" feeling.
 17. Find and exercise you enjoy. Exercise is a good way to relive tension after a hard day at work.
 18. Develop a positive mental attitude. Look from the bright side of situation instead of dwelling on the negative. Studies have shown that negative thinking raises stress hormones.
 19. Do not take life too seriously. Learn to laugh at yourself, and find the humor in every situation. Laughter is very healing.
 20. Pick your battles carefully. Not all causes are worth fighting for. If a point is not important in the long run, let it go. "Don't sweat the small stuff".
 21. Get a massage. Body work helps relieve muscle tension and relaxes the brain
 22. Engage in an activity that allows your brain to rest.
 23. Make time for a picnic at the beach, in the mountains, or in your own backyard. It can be a relaxing getaway that helps you reduce your stress.

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24. Take up Yoga. Yoga stretches the muscles and relaxes the body and brain. It also encourages you to breathe deeply.
25. Learn to Meditate. Meditation is a good source of restful awareness. A “Meditation by September” CD. This is a great tool if you feel unsuccessful with prior attempts at meditation or you are new to meditation.
26. If you believe in God, pray. Put your life into perspective by connecting to God. This is also achieved through meditation of which the primary goal IS connection to God.
27. Set realistic goals for yourself and others. If you can learn to do this, you will not be continually disappointed when then goals are not met. Disappointment raises stress hormones.
28. Surround yourself with beauty, such as flowers, scented candles, artwork and anything else that appeals to your senses.
29. Ask for help. It’s an opportunity for another to give.

**List partially based off of The Schwarzbein principle II, by Diana Schwarzbein, M.D*

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Physical signals of stress you choose now to reverse: Rate level 1-4 (max)

- | | | |
|---|---|--|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Reduced Resistance to infection |
| <input type="checkbox"/> Appetite Loss | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Ringing in ears |
| <input type="checkbox"/> Back pain | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Sweaty palms |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Loss of Short Term Memory | <input type="checkbox"/> Sensations of Pain or Pressure in the Chest |
| <input type="checkbox"/> Difficulty Concentrating | <input type="checkbox"/> Low interest in sex | <input type="checkbox"/> Sleep difficulty, bad dreams or nightmares |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Muscle Tension | <input type="checkbox"/> Stomachaches, constipation, diarrhea |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Nervous habits like tapping fingers, shaking leg, pulling hair, wringing hands | <input type="checkbox"/> Sugar Cravings |
| <input type="checkbox"/> Grinding teeth at night | <input type="checkbox"/> Poor Digestion | <input type="checkbox"/> Tight Neck and shoulders |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Racing heart | <input type="checkbox"/> Other (describe) |

Behavioral signals of stress you choose now to reverse: Rate level 1-4 (max)

- | | | |
|--|--|--|
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Compulsive eating | <input type="checkbox"/> Compulsive gum chewing |
| <input type="checkbox"/> Critical attitude | <input type="checkbox"/> Excessive smoking | <input type="checkbox"/> Increased use of alcohol, coffee or drugs |

Emotional signals of stress you choose now to reverse: Rate level 1-4 (max)

- | | | |
|---|---|---|
| <input type="checkbox"/> Anger easily aroused | <input type="checkbox"/> Crying or Urge to cry or escape/get away from problems | <input type="checkbox"/> Feeling powerless to change things |
| <input type="checkbox"/> Boredom – no meaning to things | <input type="checkbox"/> Easily upset or Moody | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Constant worry | <input type="checkbox"/> Irritability/edginess – feeling ready to explode | <input type="checkbox"/> Nervousness/anxiety |

Psychological signals of stress you choose now to reverse: Rate level 1-4 (max)

- | | | |
|---|--|--|
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Lack of sense of humor | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Inability to get things done | <input type="checkbox"/> Memory Loss or mental confusion | <input type="checkbox"/> Trouble thinking clearly |
| <input type="checkbox"/> Inability to make decisions | <input type="checkbox"/> Overwhelming sense of pressure | <input type="checkbox"/> Unhappiness for no reason |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Restlessness | <input type="checkbox"/> Other |

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ID Stressful circumstances, events, people or ideas: Rate 1-4 (max)

- | | | |
|---|--|---|
| <input type="checkbox"/> Busy work life including critical deadlines
<input type="checkbox"/> Spouse
<input type="checkbox"/> Rush hour traffic
<input type="checkbox"/> Physical Pain
<input type="checkbox"/> Critical attitude | <input type="checkbox"/> Conflict with co-worker or boss
<input type="checkbox"/> Children
<input type="checkbox"/> Over-exercising
<input type="checkbox"/> Mal nutrition
<input type="checkbox"/> Constant worry
<i>Thoughts and feelings about my problems run through my head for much of the time</i>
<input type="checkbox"/> I tend to be short tempered and irritable with people
<input type="checkbox"/> My decisions tend to be more impulsive than planned. | <input type="checkbox"/> Emotional suffering
<input type="checkbox"/> Trauma
<input type="checkbox"/> I need things done my way
<input type="checkbox"/> Toxic chemical exposure
<input type="checkbox"/> I need to control things

<input type="checkbox"/> I tend to let anger build up and then explosively release temper
<input type="checkbox"/> I often feel unsure about my choices and often change my mind |
| <input type="checkbox"/> Delays, even ordinary ones make me fiercely impatient
<input type="checkbox"/> I tend to not meet my expectations either because they are unrealistic or I have take on more than I can handle | | |

Things that bother me

How I feel when they happen

Boundaries and Assertiveness: I often feel people manipulate me through:

- | | | |
|---|--|--|
| <input type="checkbox"/> Guilt
<input type="checkbox"/> Obligation
<input type="checkbox"/> Teasing | <input type="checkbox"/> Anger
<input type="checkbox"/> Withholding
<input type="checkbox"/> I do what others what and not what I want | <input type="checkbox"/> Criticism
<input type="checkbox"/> Helplessness
<input type="checkbox"/> I have trouble saying “no” |
|---|--|--|

Ethereic boundary test: 360 degree field around body

- | | |
|---|---|
| <input type="checkbox"/> Size – # feet around | <input type="checkbox"/> Clarity clear or murky |
|---|---|

3-6 ft

Vacuum

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Holmes Stress Evaluation

Honestly circle all that apply within the last year

Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Fired from work	47
Marital reconciliation	45
Retirement	45
Change in family member's health	44
Pregnancy	40
Sex difficulties	39
Addition to the family	39
Business readjustment	39
Change in financial status	38
Death of a close friend	37
Change to a different line of work	36
Change in number of marital arguments	36
Mortgage loan over \$10,000	31
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Son or daughter leaving home	29
Trouble with your in-laws	29
Outstanding personal achievement	28
Spouse begins or stops work	26
Change in living conditions	26
Revision of personal habits	25
Trouble with your boss	23
Change in work hours/or conditions	20
Change in residence	20
Change in schools	20
Change in recreational habits	19
Change in church activities	19
Change in social activities	18
Mortgage or loan under \$10,000	17
Change in sleep habits	16
Change in number of family gatherings	15
Change in eating habits	15
Vacation	13
Christmas season	12
Minor violation of the law	11

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Add up your score _____

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Client Intake:

Approach	Specifics
ID Client Issues & constraints... ID #1	Goals/suggestions & Prioritize Of all things discussed, what is most important #1 #2 Gotta be real straight with me on this...
Creating positive vision of future self - If you do this, what will be the benefit? What do you REALLY want out of this...what will your life be like?	
Waking suggestions & umbrella stmt: •	
Emotional clearing and/or cellular release Beliefs to test/reverse:	
Emotions to address:	
External Support identified Life style changes identified	
Boundary/assertiveness work identified	

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Session outline: **Look for Negative Payoffs**

Manage & Eliminate Stress Triggers:

- ✓ Counter condition stress triggers including “at will anchors (thumb/forefinger/color)
- ✓ Trauma reversals, eye scrambles
- ✓ Reverse negative beliefs & program positive beliefs - Reframing
- ✓ Strengthen boundaries & assertiveness training
- ✓ Convert addictive demands to PREFERENCES
- ✓ Regression work for root cause emotions/thoughts

Shift body into Safety zone:

- ✓ Teach Active/passive Relaxation techniques
- ✓ Train on diaphragmatic breathing
- ✓ Teach relaxation visualization techniques (melting snowman, xxx)
- ✓ Boost immune system w/deep trance work
- ✓ Create custom CDs or standard CDs

Review Signals of stress and ID priorities for suggestions

Review Triggers - circumstances, events, people or self inflicted by own ideas

People triggers:

- Express empathy about situation – what are you going to do about it?
- Tell me how you have handled the stress before?
 - Goals: Separate out person’s behavior from the person - **reframe**
- Which strategies worked and did not work well?
 - Goal: Understand can not change the person
 - *Goal: Cognitive reasoning on problem solving – separate from emotion*
- How might you advise a friend to solve this issue? Or how might your friends resolve it?
- ID addictive demands and train on expectations
- Boundary and assertiveness training
- Regression to ISE behind emotions triggered by person
- See list below for environment/event NLP support

Environment or event triggers

- Counter condition stress trigger: Anchor peaceful experience to stress events
- Negative anchor collapse
- Eye scramble
- Trauma reversal (phobia theater)
- Relaxation visualizations: Melting snowman
- Breathing techniques
- Active/passive relaxation
- ID & reverse limiting beliefs
- Relaxation CDs

Self inflicted by own ideas:

- Boundary and assertiveness training
- Regression to ISE and thought/belief behind the behavior
- ID addictive demands and train on expectations

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- ID & reverse limiting beliefs

Active relaxation (tense and release) for whole body

Purposes:

release tension

Reeducate client on different between tension and relaxation

Sends body into para-sympathetic system

- RH Make a fist and bend wrist upward slightly... tighten arm and elbow; feel tension
 - In a moment going to let go of this tension... as you slowly let go ... exhale and say the word "relax"
 - Do it now....
 - That's right, letting go of the tension
 - LH
 - Left leg
 - Right leg
 - Face
 - Stomach/back
- Learning difference between tension and relaxation. Learn FEELING of relaxation.
- Focus on inside of forehead.. you have the word "relaxation" written or showing there. Imagine that word to be a symbol or color that represents this feeling of relaxation in your body and this word relaxation... what is it?...
- Send this color/symbol down your body and relax yourself more completely.
- Any areas still tense?... active tensing/release and then visualize the color there.
"this symbol/color removes the tension and creates relaxation and peace there"

Know that you can have this feeling of relaxation and peace anytime you want by simply tightening physical parts of body very tight and then relaxing them as you exhale and say the word "relax"... and send this same color throughout your body....and every time you do this you'll get more and more relaxed.

Passive Relaxation – threshold Tensing

- Raise hand and arm slowly - bend at wrist
- Feel tension developing at the shoulder...
- Allow arm to drop after you are aware of the feeling of tension....**and then release all the tension and stress as the arm drops.**
- Repeat with legs and shoulders
- Scan body and tension to release? Send the soothing color to it.

* Option to anchor color and feeling of relaxation to thumb/forefinger for manual relax trigger.

Visualizations:

Melting snowman

- Imagine stress in form of snowman
- Count 50 down to 0 – imagining melting snowman
- Dripping, melting, getting smaller and smaller, softer and softer...

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NLP techniques:

Locational Submodality	Move negative feelings or physical pain away <ul style="list-style-type: none"> • ID feeling in body • Make is big (room)/bigger world • Shrink to grain of sand out to toe and then ocean bottom • Inner healer – ID form for it • To location where pain use to be, heal appropriate for now, notice what beings to change 	<ul style="list-style-type: none"> • Uses a visual collapse anchor • Every issue can be symbolized. • When the symbol changes there has been a shift in SubC • Reprogram any negative beliefs • Reinforce with brain gym 	
Sub-modality map across process	Use to shift a state of mind <ul style="list-style-type: none"> • Be less reactive to situation/probl or lessen an obsession: Transform perception of problems • See SubM folder 	<ul style="list-style-type: none"> • Brain/Nervous system categories experiences/problems with details of each VAK: size, shape, location, color, loud/soft, steady, etc... • Change emotions by changing subM. Change experience. Solutions easier to reach w/SubM • See sub-modality word doc with all applications: <i>sub-modality map across.doc</i> • Caution: if opposite happens then likely a big parts issue 	
Collapse anchor & resource anchor combined			
Eye scramble with + anchor tapping			
Phobia Theater			
Stop negative self talk			
Change voice tone (mini mouse, goofy, Donald duck)			
Backtracking: intervention of negative, intense emotions			
Time based regression			

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Diaphragmatic breathing

- **Breathe in while counting to 5**
(through nose, filling up belly like when you suck on a straw)
- **Hold breath for 5 counts (may take some practice)**
- **Exhale for 5 counts (push out all air from your belly)**
Activates your para-sympathetic nervous system to create balance in digestive, immune and reproductive systems – balance and safety

Counter condition client's stress buttons – changes “perception of stress”

- Anchor peaceful experience to stress times

Collapse anchor of negative feelings about self & reinforce positive

1. **Positive Anchor Stacking – Really see it, feel it, let the feeling move through you...recall a MOMENT when (could be for 10 minutes, hours, days)**
you were calm and confident (RH anchor)
you accomplished a goal you had set for yourself (RH anchor)
you felt totally competent in your work (RH anchor)
Time when felt totally relaxed and peaceful (RH anchor)

Feeling really good now aren't you...good

2. Break state
3. **Set Negative anchor**
Discomfort about this xxx (LH anchor)
4. Break state
5. **At the same time, both LH and RH together (Fire both Anchors for 60 seconds)**
6. Let go of LH and keeping hold of RH until I say so (for 30 seconds)

Know that you can have this feeling of relaxation and peace anytime you want by going inside, finding your color or symbol, or word for relaxation.. and touching thumb and forefinger together of right hand. This causes peaceful calm feelings to move throughout your body. You can do this anytime you want to feel peace and relaxation

Suggestions:

- More and more immune system cells - Cells that respond effectively to foreign cells
- Production of T-cells and natural killer cells
- Cells reproducing successfully – strong and healthy
- Reverse other physical symptoms:

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Shaklee supplements:

I. To boost the ability of the Adrenal Glands to perform, and to help in the case of a high stress situation with an adrenal cleanse, these multivitamins and supplements have been noted to be of most help . They help to restore the important amino acids needed to produce the right amount of hormones and block the production of cortisol which peaks in stressful situations and is not desirable in excess for long term health. <Items in () are Shaklee products>

- Shaklee **Stress Relief Complex** (<http://www.shaklee.net/ckelly/prodNutStress>) - excellent tool for IMMEDIATE relief
- Multivitamin (**Vita Lea** multivitamin or **Liqui Lea** liquid multivitamin)
- B Vitamins - folic acid helps with absorption (**B Complex**)
- Vitamin C (Chewable Vit C in 100mg doses or Sustained Release Vit C in 500mg dose)
- CoQ10, Blood health (**CoQHeart** - Shaklee has *resveratrol*, too, which is what makes drinking a glass of wine a day a healthy venture)

II. Immune strength is an area to focus on so since the adrenals are working on eliminating the stressful situation;

the immune system may take a back seat so supplementation is an excellent prevention concern.

NutriFeron from Shaklee is a supplement I highly recommend - helps your body produce it's own disease fighting Interferon - there's nothing like it .

III. Other honorable mentions:

Lecithin was mentioned in a couple ways - get choline into the system and make sure the absorption of the supplements will be enhanced:

- choline was recommended for blood health (Lecithin product)
- linoleic acid along with choline helps the body absorb the non water soluble vitamins/supplements (Lecithin product)

So the list looks like this in order of importance:

1. *Stress Relief Complex*
2. *Vita Lea*
3. *B Complex*
4. *Vit C*
5. *CoQHeart*
6. *Nutriferon*
7. *Lecithin*

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Stress script from Cari

Guarantee group session within a year free of charge
\$170 private session
\$70 group per person

Stress Shield:

Stress bounces off and away... sheet of armor, plastic bubble... get dressed in morning...
imagine shield coming on.

Record session and listen to CD 21 days.

Script part: disconnect link between smoking and cigarette... smoking/alcohol or smoking
coffee.... Elaborate on this part.... Go and imagine vivid image

Before session can through day and this to the general stuff in script.....what does day consist
of... then add this to the.