



De-Stress Your Self

Chronic stress runs in a loop — the causes are also the symptoms of your stress!

Check all that apply to gain clarity of how chronic stress shows up in your body, mind, emotions, AND lifestyle.

Then you can use the tools provided to release stress — and relieve ALL of the boxes you check!

Physical Stress



- Autoimmune Disease
- Chronic Pain
- Chronic Fatigue
- Exhaustion
- Hyperactivity
- Insomnia
- Digestive Problems
- Headaches
- Weight Gain or Loss
- Skin Problems
- Frequent Infections
- Lung & Respiratory Illness

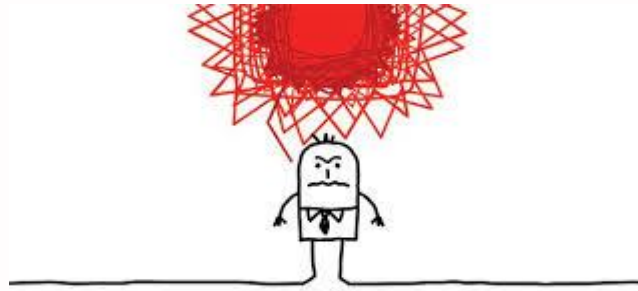
- PMS
- Infertility
- Hair Loss/Thinning
- Menstrual Problems
- Night Sweats
- Hyperglycemia
- Hypoglycemia
- High Blood Pressure
- Heart Disease
- Cancer
- Liver Cirrhosis
- Suicide Risk

Mental Stress

A person with long dark hair, wearing a light-colored long-sleeved top and blue pants, is sitting in a meditative lotus position on a beach. They are facing away from the camera, looking out at the ocean towards a bright sunset. The sun is low on the horizon, creating a strong lens flare and illuminating the person's hair and the sky with warm orange and yellow light. The ocean is a deep blue, and there are some clouds in the sky.

- Self-Doubt
- Negative Self-Talk
- Overthinking
- Overanalyzing
- Obsessive/Looping Thoughts
- Catastrophizing — Imagining Worst Case Scenario

Emotional Stress



- Chronic Fear
- Worry
- Anxiety
- Phobias

- Chronic Anger
- Resentment
- Irritability
- Mood Swings

- Chronic Sadness
- Grief
- Shame
- Guilt

Lifestyle Stress



- Excessive Carbs & Sugars
- Processed Foods
- Lacking or Excessive Sleep
- Self-Isolation
- Codependent Relationships
- Excessive Eating, Drinking, Smoking, Pain Killers, Drugs

- Overworking
- Overdoing
- Perfectionism
- Procrastination
- Distraction
- Avoidance
- Shut Down

Steps to De-Stress

If you check any of the boxes, you need to create ways to uproot, release, and repattern your stress. Awareness is the first step, so congrats on taking your first by being here!

You'll feel instant relief from all of the following practices — no matter the causes and symptoms of your stress — because these practices are created *specifically* for chronic stress.

The most important thing is that you start with what interests and inspires you most!

- Use **this embodied and breathing meditation** to release stress from the body, mind, and emotions.
- Use these short yoga practices to release **anger and irritability**, **fear and anxiety**, and **grief and sadness** from the body, mind, and emotions.
- Use **EFT-tapping sessions** to release stress from your body, conscious and subconscious mind, emotions, AND lifestyle.
- Use **this eBook** that gets you de-stressing your HABITS to release stress in your body, mind, emotions, AND lifestyle.



Book Your FREE Breakthrough Session

Create a clear PLAN to de-stress — made especially for YOU.

You'll receive a quick questionnaire that will give me a better idea of your needs. I'll also send you a free gift to help you get the most out of our call.

Schedule a FREE Breakthrough Your Stress Session [HERE!](#)