

## ***Class Notes for Stress2Calm, Module One***

### **Why it's paramount to manage stress:**

- a stressed mind does not think clearly
- stress has many harmful effects to the body and mind \*\* (see below)
- there are little or no warning signs that it is starting to damage you

Stress is often sneaky and silent, and it can take a while to be noticeable. Some people may not even know until it is too late.

### **Some of what can happen with stress overload:**

- our minds get fogged and we find it hard to focus and concentrate
- chronic stress has a shrinking effect on the prefrontal cortex, the area of the brain responsible for memory and learning.
- our emotions run wild – experiencing nervousness, irritability, mood swings
- anxiety and/or depression can set in
- we can suffer tension headaches; muscle aches and muscle tension
- fatigue and oversleeping or “wired mind” and insomnia
- our eating patterns change (either over or under eating, leading to weight gain or loss)
- digestion system slows down and nutrients aren't absorbed properly
- fat and glucose fail to be processed efficiently
- constriction of blood vessels occur (contributing to heart problems), pupils dilate, hearing can be affected, and other organs are inhibited
- Also some unhealthy habits can often be either taken up or exasperated during stress (smoking, drinking more alcohol; eating more junk food; exercising less or not at all, etc).

My mission is to help prevent women suffer from stress, and support those who have already been affected.

***\*What is your mission? - please take the time to describe (for yourself) how your life will be once you have busted stress.***

The most important thing to do when feeling anxious, stressed, overwhelmed, angry or frustrated is to **change your state of mind**. As Albert Einstein said “A problem cannot be solved with the same thinking that caused it”, meaning you need to step out of where you were (mentally) and into a different state.

***\*Pre-Work for Step 1 – create a list of nice memories that make you happy whenever they come to mind. And/or use your imagination to create a nice story that you dream of.***

Think about anything that includes these emotions –

- calm/peace;
- joy/happiness;
- love-loved/loving;
- blessed/appreciative;
- confident/invincible

**Step 1** – Is to replace the current stressful thoughts & feelings – Think of either a nice memory that makes you happy or use your imagination to create a nice story that you dream of and connect with that for about a minute. For example the best party you had, or the most exciting or luxurious holiday you'd love to go on.

**Step 2** - This is to physically calm your body (it's been scientifically proven to do so) – take a few deep, long and slow breaths and take even longer to exhale. I suggest you count for 7-9 seconds for the inhale and count for 9-11 seconds for the exhale.

\*\*Do these breaths 3 times (or more if needed).

Note - You can combine step 1 and step 2 (putting a happy scene into your mind while you do long, slow, deep breathing)

Optional extra - as you exhale, consciously loosen your shoulder and neck muscles.

**Step 3** – Focus on gratitude as it is a positive and high vibration to have and there will most likely be something about the current stress scenario that you can be thankful for – even if you have to think about what could have been worse instead. Look for the silver lining.

If you can't find anything at the moment, then think of something relatable that you can appreciate.

We've just touched on the first part of my stress busting system, however there's more to it – there are another 6 steps. After changing our state of mind from being full of stress to a place of calm, we still have to deal with what brought the stress on in the first place!

### **Action for this week**

\*Practice the 3 x long, slow and deep breathing method

\*Connection with gratitude – write 3 different things you appreciate each day.

### **Questions?**

Check out <https://stress2calm.live>

OR

[Email D via this link](#)