

STRESS COACHING



STRESS | WORRY | ANXIETY | ANGER

Mini-Stress Coaching Series



On-Demand Class Information



**Stress Coaching
2-Month Mini-Stress
Coaching Series.**

Two Ways to Participate

\$50.00 | Digital Content Only

\$160.00 | Includes 2) One-to One Support Calls +
Digital Content

Coach

Katie Hindahl

- National Board Certified Health and Wellness Coach
- Certified Success Principle Trainer
- Certified Quantum Success Coach
- Christian Coach
- Over seven years of experience in behavioral health coaching
- Fifteen years studying human behavior

Content & Lesson Titles

Refer to the class content and syllabus below.

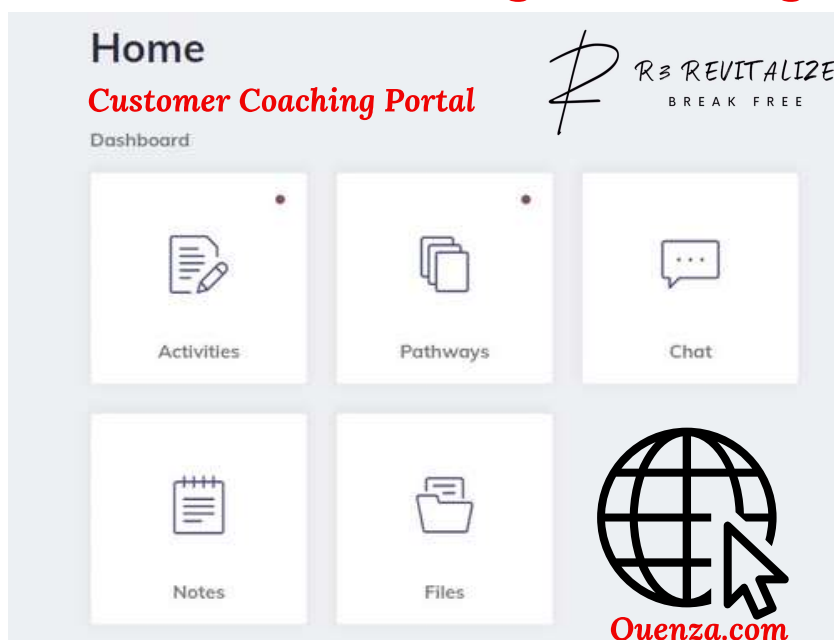
Content

Join Coach Katie Hindahl, one of less than 10,000 national board-certified health and wellness coaches and a disciple of Jesus Christ, on a journey toward resilience. Coach Katie spent seven years Health Coaching in healthcare, helping chronic health patients achieve improved health, with a 98% customer satisfaction rating; Katie's is dedicated to serving, supporting, and advocating for you every step of the way. If you're ready to find that sense of peace you deserve, Coach Katie and R3 Revitalize are here to help. **God loves you too much to leave you there!**

R3 Revitalize is Different Because

- We compassionately understand that every human experiences stress as part of life.
- We acknowledge that stress comes in all forms of personal or professional change. Change is hard for most people.
- We acknowledge that stress can feel paralyzing and cause a flight, fight, and freeze response.
- We understand that in high-stress situations, the brain shuts down to solution-finding, effective troubleshooting, creative thinking, and human compassion. This is why emotions tend to spiral down with toxic thinking and responding.
- We intentionally provide you with tools to help you move from high-stress times to reframing how you navigate daily stressors.
- We help you get to your emotional baseline with these steps:
 - Step #1: Attitude - Being open to resilience.
 - Step #2: Awareness - Being open to other possibilities.
 - Step #3: Practice - Creating new habits of coping with stress takes time and perseverance.
- We offer round-the-clock digital coaching message support. With a coach response time that varies with the program option you choose.
- We share coping ideas that will benefit you and your loved ones.

Secure & Confidential Digital Coaching Portal



Coaching Portal Lessons: Stress Coaching

1 Mini-Stress Coaching Series Coaching Agreement

Day 1-7 Dig deeper into **stress, symptoms**, your **stress profile**, your **emergency plan**, and then different **ideas/techniques** for managing stress, and complete the week with a **self-assessment of the wheel of needs**.

Day 8-14 **Daily stress diary**. Understand your baseline and your current "stress" state.

Day 15-21 **Red Light. Green Light**. Digging deeper into understanding energy using your strengths that provide you energy, "green activities," and your weaknesses that deplete your energy are referred to as "red activities." Explore your personal needs that will support you with positive and productive stress-coping strategies.

Day 22-28 **Daily Exception Journal**. Feeling good brings more ways to feel good. This activity digs deeper into the process of gratitude. It is not just about 'saying' we feel grateful for something. It is about emotionally feeling the conviction for the joy of gratitude despite the stress being experienced.

Day 29-35 **Three Good Things**. Dig deeper and learn to observe your daily life. This daily reflection lists three positive things that happened to you each day.

Day 36: **Bucket Fillers**. Our mental and emotional well-being depends on the quality of experiences we have daily.

Day 37-39 **Breathing exercises**. You will learn about the power of breathing and how to incorporate it into your stress management coping mechanisms.

Day 40 Retake your **wheel of needs assessment** to identify the next steps you'd like to work on during your reminding time with R3 Revitalize.

Day 41 and beyond: Three more weekly bonus stress management strategies are offered over your remaining time.

Action Points Checklist

- SCHEDULE YOUR FIRST COACHING CALL** at www.r3revitalize.com (OPTIONAL)
- Pick the way you want to participate: **OPTIONS:** Digital | 1-2-1 + Digital
- Pay at www.r3revitalize.com
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to support you with technology questions, help you get logged in, and answer any questions you have.

Summary

A two month stress coaching series. Stress causes complex emotion like worry, anxiety, depression, or anger. **Living in these states of despair is common** for many people. **But it does not have to be that way.** You can find creative and healthy ways to cope that enhance your joy and happiness in the world. “CHANGE” is the only constant and it always will be. An important reminder: getting stuck in the downward spiral of negative emotions and thinking can be a critical blocker for you in successful moving toward desired goals. If additional professional support is needed for mental health concerns or medical advice, R3 Revitalize has the right and responsibility to refer you for appropriate support, counsel, or/and your PCP for medical advice. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. Professional coaching meets you where you are at and supports you in moving toward your goals.

