The Service Professional's Guide to Stress Reduction:

Three Powerful Keys
to Calm the Chaos
Before it Affects Your Health,
Your Work and Your Life

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Harmonized Solutions



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Disclaimer: Long term permanent lifestyle changes take place over time. Just as it takes time to form bad habits, it also takes time to form good ones. This e-book is for educational purposes and makes no guarantees the reader will achieve any specific results or success based on the models, ideas, strategies, or examples shared in this book. We offer no psychological, financial, legal, or medical advice. We make every effort to ensure we accurately represent information, strategies and techniques that will positively impact your life, and your level of success depends on many factors, especially your willingness to learn something new, commit to change, and consistent self-discipline.

We will provide you with introductory information, insights and perspective broken down simply so that you can apply it in your life as you see fit. We can show you what is possible. What you do with the information and how you apply it is unique to you. Your success is in your own hands. ♥

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Harmonized Solutions
Health - Happiness - Healing

Introduction

I have a special place in my heart for service providers. Whether you are a spa or salon professional, child care professional, housekeeper, food service worker or a service based business owner, this e-book is for you.

You work so hard to put good out into the world & deserve a kind word to know that you are noticed and appreciated. (And I DO notice & appreciate ALL of you!)

You may feel that you get (verbally/emotionally) knocked around, whether from clients or customers, co-workers, management or from your own self-talk, but you do your best to go to work with a smiling face & helpful heart.

You may even be feeling more stressed these days, with all the changes, modifications and adjustments that have been made in much of the service industry over the last year. Maybe you've been displaced or laid off & had to find new clients or other work.

I get it. You're doing your best, trying to keep customers happy & a full schedule, so you can have enough for bills and necessities, and have some left over for recreation, education or a "rainy day" fund. With all the hours you work, all the energy you use doing service work, you may be feeling extra tired, disorganized, unfocused & uncertain about the future. This worry is mentally and physically exhausting. Maybe you're not eating properly, or experiencing sleep disturbances as well, but you're doing your best to keep yourself, your family and your clients and customers happy, healthy & well.

I may not know you personally, but I get you. I'm a service-based business owner, and at one time or another, have worked professionally in all of the service industries mentioned above. I'm no stranger to the juggling act. I know what its like to give so much of yourself, and to struggle with balancing caring for others and caring for yourself, at the expense of your own well-being.

Seventeen years ago, just before I launched my first wellness education company, I was working in a high volume spa, raising my 4 year old daughter on my own, going through a divorce and helping my mother-in-law who was dealing with my father-in-law's long-term illness, that eventually took his life.

To say I struggled with stress is an understatement. I felt pulled in so many different directions, all at the same time. Too many priorities to prioritize and not enough of me to go around. Everybody needed my time, love, understanding and attention, especially my daughter, and I felt drained. I questioned if I even wanted to work in the spa industry any more. I developed migraines, insomnia and awful skin rashes.

I remember thinking how ironic that I was starting a holistic education company, when I felt like the most out of balance person on earth. And, in a classic case of "when it rains it pours", just as I was getting a handle on everything – I was unexpectedly (and wrongfully) fired from my spa job, and out of financial necessity, I was forced to sue my employer to receive any unemployment.

That period of my life while unbeleiveably stressful, turned out to be a blessing. I used that unemployed time to self-evaluate, study, learn & launch a business, but more importantly, I figured out that managing stress has more to do with what you focus on, what boundaries you set, and what thoughts you think and act on, than it does with finding the right "tactic" to apply in the moment to address the symptoms. Tactics can be helpful, but we need SO much more.

I realized that stress is a symptom of deeper problems and it had become my default. That default was a bad habit and in order to change it I needed to change myself first. It was a bitter pill to swallow, but a much needed one.

You wanted this e-book for a reason. If I were to guess, its because you're looking for long-term solutions you can apply right now to understand, manage and eventually overcome the stressful challenges & emotions you've been experiencing, before they affect & overtake your health, your work and your life.

Part of the problem is that typical stress management advice doesn't go deep enough, and only addresses the external sources of stress and the symptoms. Stressed & exhausted people, need something simple that can be applied now and in any situation, without spending hours learning new material & getting more stressed because they don't have the time or energy to learn it.

In this short e-book I will help you understand and manage stress by using three simple but powerful keys that work on an internal level, before it robs you of any more of your time, energy or happiness. You can use these three keys even if you've never been able to get results before. All you need to get started is five quiet, uninterrupted minutes a day.

Be assured that if I found the 5 minutes to learn this, so can you. Think of the alternative: things staying exactly the same as they are right now.

When you 're finished reading, you'll be better equipped manage stressful situations & people and feel more energetic and engaged in your work and your life. You'll go through each day with less hesitation & dread and more enthusiasm & resilience. So, let's start with a few stress facts and definitions.

*Use the shaded boxes to type in or write your thoughts & impressions.

Understanding Stress

To give a clearer picture of how chronic stress affects average people, here are some seriously staggering statistics:

- The current stress level of Americans is 20 points higher than the global average.
- 55% of Americans report feeling stressed during the day.
- 54% of Americans want to stay informed, but following the news causes stress.
- 42% of US adults cite personal debt as a source of significant stress.
- 79% of men report work stress affects their personal relationship with their spouse compared to 61% for women.
- Over 75% of US adults report physical or emotional symptoms of stress such as headaches, tiredness, and changed sleeping patterns.
- Stress causes 57% of US respondents to feel paralyzed.
- 94% of Americans report feeling chronic stress at work.
- 51% of US workers are disengaged & unproductive during work due to stress
- 39% of North American employees say workload the main source of stress.
- 63% of US workers are ready to quit their job to avoid work-related stress.
- 37% of adults who report feeling stress claim loneliness is an outcome of stress.
- Over five work hours are lost weekly to employees thinking about their stress.
- Job stress is estimated to cost the US industry more than $300 billion in losses due to absenteeism, diminished productivity, and accidents.
- Only 4 out of 10 employees who report stress to employers receive any help.
- 49% of US adults report enduring stressful situations as a stress coping behavior
- Three out of five US adults say they could have used more emotional support in the previous year to cope with stress.

This is only a partial list, but it shows just how devastating the effects of stress are to so many people.

How many of these statistics apply to you? Circle or hi-light all that apply.

***For a more detailed look at stress statistics & research visit:**
https://comparecamp.com/stress-statistics/

According to the terminology coined by Hans Seyle in 1936: *"stress is the non-specific response of the body to any demand for change".*

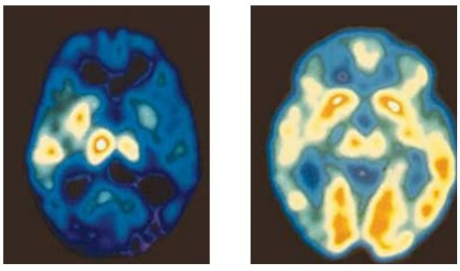
Hans' studies on laboratory animals showed pathologic changes (stomach ulcers, shrinking lymph tissue, enlarged adrenal glands) in all animals subjected to the stress of loud noises, flashing lights, fluctuating temperature, etc.

He later found that consistent stress caused these animals to develop illnesses, conditions and diseases similar to those seen in people: heart attacks, strokes, kidney disease, rheumatoid arthritis, etc.

At the time, many people viewed stress as "an unpleasant threat", but to make the meaning more clear, Selye added a new vocabulary word, "*stressors*", which refers to the *stimulus*. (EXAMPLE: traffic, loud noises, rude customers, debt, are all *stressors*.)

For the purpose of this e-book we'll use these definitions and one other: *Stress Response refers* to *how one responds to a stressor.* Stress Response is also called the "Fight or Flight" response, or "survival response". This response is naturally wired in all of us and what activates it can vary. Briefly, here's what happens:

As you see/hear or otherwise experience a stressor, your brain becomes flooded with a combination of stress hormones. These hormones prepare your body – your muscles and your senses - in the event that you need to fight and defend yourself, or flee and save yourself.



Stressed & Depressed | Opimal Functioning

Scans from Mayo Foundation for Medical Education and Research

Its important to know that when your or anyone is in a stress response, the brain/body is not capable of anything other than "survival".

The longer the duration of stress, and the more regularly it is experienced, the more damage it can do the the body and the mind. This is why its so important to know they symptoms and the long-term effects of stress.

Stress Symptoms

Stress symptoms are as unique as the person experiencing them and can be mild or intense. Sometimes they aren't even recognized as symptoms.

Chronic stress left unaddressed can cause health problems that affect all other areas of life. Take a look at the most common stress symptoms below: Which ones, have you noticed in yourself? Circle or hi-light all that apply:

Body:	Mood:	Behavior:
Headache	Anxiety	Over/Under Eating
Muscle Tension	Lack of Motivation	Angry Outbursts
Muscle/Joint Pain	Reduced Focus	Easily Distracted
Chest Pain	Overwhelm	Soc ail Withdrawal
Fatigue	Irritably	Tobacco Use
Upset Stomach	Frustration	Exercising Less
Low energy	Sadness	Drug/Alcohol Use
Reduced Sex Drive	Depression	Unnecessary Risk Taking

Interpret these symptoms as warning signals. When stressors are always present and you constantly feel under attack, your stress response stays activated. Long-term activation of your stress-response and the constant release of stress hormones can disrupt all of your physical, biological and cognitive processes. This puts you at increased risk for illnesses such as:

Anxiety & Depression	Heart disease
Digestive disorders	Hypertension
Stomach Ulcers	Diabetes
Chronic Headaches	Insomnia
Infertility	Increased respiratory infections
Decreased Immune response	Metabolic Syndrome
Adrenal Fatigue	Memory impairment

But, your body and mind are more resilient than you know and attempt to adapt to external stress, so it takes some time for these symptoms to emerge, which is why it can be difficult to pinpoint which are directly related to stress and which are from another cause. But by being observant, you can recognize the symp-toms & bring everything back into balance before long-term physical, cognitive or emotion-al damage occurs.

Here is the incredible thing: a stressor can be internal or external, but regardless of the symptoms, or the source of your stress, your stress response happens automatically, and in exactly the same manner each time.

In other words, your brain cannot tell the difference between an impending threat (someone standing in front of you with a gun trying to rob you) OR an imagined/simulated threat (viewing a movie, image or video game where someone is trying to rob a person at gunpoint.)

Whether real, perceived, observed or imagined, the brain goes into stress response as if it was all happening in real life. The good news is, this perceived flaw can be leveraged and used to manage and minimize stress.

Before I show you how, take a minute to self-assess. Write or type in the box below, your top 3 stressors, and three symptoms you experience because of them.

When Life Gives You Lemons

Have you ever noticed that re-counting a stressful experience makes you feel tense or angry all over again?

The reason this happens has to do with your brain biology.

Your brain is naturally wired so that just seeing (on TV), speaking, (out loud or to yourself) remembering (thinking about) or listening to (someone else talk about) a stressful experience evokes the *same* response & physiological changes as if it *actually happened*. (This is a built-in safety/survival mechanism.)

Let me show you what I mean:

Imagine that you're holding a big, beautiful, bight yellow, fresh lemon. See yourself placing it on a cutting board, taking a knife, and a cutting it in half. Pick it up, hold it to your nose and smell its energizing aroma.

Now, imagine taking that lemon half, putting it in your mouth, and taking a big bite out of it.



What happened when you imagined taking a bite out of the lemon?

Did you make a face? Mouth pucker? Did you begin to salivate?

If you answered “yes”, it's because your brain can't tell whether you were really taking a bite out of a lemon, or if you were imagining it.

Your brain - your imagination - triggered the response to the *imagery*, salivating in particular, just as putting a real lemon in your mouth would.

Think about this in terms of stress response: is it possible that your imagination could cause you to react or respond in a certain way to a stressor - even if the stressor isn't physically there, and you are only hearing or thinking about it?

Your sensory organs are wired directly to your brain, and your brain reacts to all the stimuli, whether visual or verbal, stressful or joyful, real or imagined. By getting control of our senses & our internal reactions, we can interrupt & even reverse the stress response. This leads us to Key #1: Imagery.

Key #1: Imagery

More than 80% of what you learn is visual, and every word, image, color, shape and texture that you see, evokes a thought, a feeling, reaction or response.

Imagery is so powerful, that you leverage & respond to it in small business advertising, promotions and marketing.

If you're shopping for a daycare center, you would respond to images of sunny skies, and energetic happy children playing together, with smiling, caring teachers working with them. This imagery evokes a feeling of a professional, safe and fun school where your child will be happy and well cared for while you're working.

If you operate a barber shop, spa or salon, you most likely use images of smiling, beautifully coiffed & manicured women (and men), with smooth glowing skin & expertly applied makeup to show that you offer pro-confessional beauty & personal care services that help customers look and feel their best.



Model: Stefan_ovidio. Photo Courtesy of Gustavo Spindula

In my former home services company, I used a dark blue logo-(trust) with a Peacock graphic ("pride in the details"). On our web-site we used images of clean, uncluttered bathrooms with our signature artfully folded "Peacock" towels, perfectly made beds and expertly organized closets & play-rooms to showcase the "stress-free environments" that we created for clients.

So **Key #1** is to be attentive to what kind of (visual) imagery you take in and how it influences your thoughts, emotions, feelings, beliefs & actions, especially in terms of amplifying or minimizing stress. Which image below makes you feel more calm? The one on the right or the one on the left? Why?





What other types of images make you feel more anxious or stressed? Where do you see these images? How can you reduce & limit the amount of stressful imagery you view on a daily basis? How can you increase the amount of calming imagery you view each day? Take a minute to record your thoughts below.

You may not be able to eliminate stressful imagery altogether, but you CAN find ways to reduce it. The easiest way to do that is to eliminate clutter. I elaborate on this in one of our courses. You can find a calendar and full listing here.

In addition to visual imagery, verbal imagery (our language), is another key we can use to take better control of our stress. Key #2 is Language.



Key #2: Language

We create internal visual or emotional imagery through language. When some-one tells a story, recounts an event, gives instructions, or imparts information, it creates a mental imagery (thoughts), or emotional imagery (feelings).

Certain words (and certain images) can evoke a specific idea, thought or feeling, some that are universal and others that are unique to you. How you respond to words and the imagery they create, depends a lot on your personality as well as your personal experiences.

For example, "cat" may create an imagery in your mind of playfulness, warmth and companionship. To your next door neighbor, "cat" may make them imagine claws, discomfort, watery eyes, itchy nose & sneezing.

You may say out loud or to yourself "AWWW..what a sweet little kitty...." OR you may say "UGH! Cat hair! Here comes the sneezing..." depending on what your experience with cats has been. You reinforce these ideas every time you see an image of or hear someone talking about cats. The same thing happens when you tell and re-tell stories of stressful events.

complain (verb)

to express pain, displeasure or resentment

When we tell & re-tell, verbal imagery causes us to re-live it over again. Remember, your brain can't tell the difference between a real-time or "imagined" event. By repeating the details, whether through "complaining", or sharing in a discussion, the emotional stress associated with it is anchored to the words in the story. The stress response is activated automatically all over again. This is true whether you have had a disagreement with a significant other or a co-worker, or you are re-telling stories that you saw on the news. This is why complaining, especially in the workplace, is so damaging to relationships, morale & productivity.

This effect is doubled when you re-tell the story with the same emotion – anger, frustration, disgust - that you had when it originally happened.

So Key #2 is to train yourself to pay attention to the words & tone you are using, whether talking out loud or even to yourself. Ask yourself: are you subconsciously creating more stress by re-enforcing stressful verbal imagery, through repetition? Are you using a language of stress? Or of well-being?

Examples: (Language of Stress)

- "Ugh-its Monday already? I hate Mondays..."
- "I wonder what chaos we can create at work today..."
- "I need coffee to deal with this..."
- "I'm going to be late again..."
- "Where are the customers? I need more customers..."
- "I can't wait until this day is over..."
- "Oh my gosh – people are getting on my NERVES..."
- "Geeze...too much traffic..!"
- "WHY do people have to be so RUDE...?"

Each of these statements creates a mental (thought) or emotional (feeling) imagery. Each time you repeat them, they reinforce & anchor thoughts & feelings, much like a Prayer or Mantra for something you don't want.

The words you use every day can act as a constant reminder to stay stressed, instead of moving you to look for better solutions and coping strategies.

What are some of the expressions you use that could be unintentionally activating & re-enforcing your stress response? How could you flip them around to evoke a more empowered & resilient imagery/feeling? (Record ideas below.)

Becoming aware of what language you use allows you to pull up those anchors, interrupt and minimize your stress response, choose different language to connect more with your sense of calm. And that is Key #3. Connection.

Key #3: Connection

Connection is one of our basic human needs, (along with certainty, variety, significance, growth & contribution) and probably the most important.

When our basic need for connection isn't met, or if we're connected to people, places, things, careers, situations and outcomes that cause us stress and anxiety, this throws us out of balance on every level.

When we consciously connect to the people & things that are aligned with our values and principles, then we can not only minimize stress, but can maintain balance and become more resilient in the aftermath of stressful circumstances.

The past year had many people distracted, distanced, divided, stressed & over-loaded on all levels, within their own life & from witnessing others struggle.

Its been an especially difficult year for service business owners & professionals, child professionals and people who work in other care-giving careers. The words we heard were, “non-essential”, “mask up” and “social distance”.

Regardless of your perspective or personal experience over the last year, and regardless of the reasons we heard these words, ALL of them created a visual and emotional imagery that separated us of our most basic human need: connection.

Our very first non-verbal communication as infants is through facial micro-expressions of our parents &caregivers. Micro expressions help us identify emotions, determine a person's intentions to know if we are safe, or if we want to converse, work with or otherwise interact with an individual.

If the face is covered, whether the eyes are covered with sunglasses, or the nose and mouth are covered, you're prevented from identifying, reading & connecting with the micro-expressions of other people. This, coupled with muffled speech, standing away from each other, plastic shields, etc. makes it impossible to properly communicate or fully connect with each other.



Its especially important for infants & children of all ages, as well as those learning how to listen, speak, communicate in a foreign language or even sign language, to see & connect with faces & facial expressions of teachers, peers, parents and others who help them.

Whether you realize it or not, stress hormones are released every time you see a covered face, or when you cover your own. The visual imagery around us re-enforces & anchors fear, illness, loss and danger.

No wonder we are stressed, irritable & mistrustful.

Lack of connection causes us to be more susceptible to stress, mental and emotional disorders, and will eventually effect our ability to feel empathy or compassion for others and even for ourselves.

How can we have empathy or compassion for friends, family, staff or customer, and how can we truly help our customers, our community or humanity the way we want to if we are physically, visually and emotionally disconnected?

No matter whether you are an extrovert, an introvert or an ambivert, you need connection, and not the kind of connection that a mobile or other electronic device gives you. Some of us need more authentic face-to-face connection with animals, nature, ourselves and others, and some need less connection, but there is no question that connection is a major driving force in human development, health & success, as well as the most important buffer for the effects of stress. Connection is an asset for building personal, professional & societal resilience.

So how do we feel more connected? We need to first connect with ourselves and there are two simple ways to do this and the first takes less than 5 minutes.

In the first technique you'll be using both imagery & language to connect with yourself, which will open the door to connect with others. It's a very simple activity that's resulted in reduced stress levels, more clarity & connection for me.

I do this the minute I wake up – before I pick up my phone or do anything else - and the very last thing before bed. Read the process before you do it. I've left a space for you to write or type in your thoughts when you finish.

NOTE: Don't get too concerned with timing yourself – I just gave the time durations as a guideline for when you have limited time to do the exercise. Take as much time as you need, but it will still work even if you only have 5 min/day.

Find a quiet place where you will be undisturbed for at least 3 – 5 minutes. (If this means sitting in your car, in your driveway, that will definitely work!)



Place your hand over your heart and close your eyes. Feel the rhythm of your heart and take 3, deep breaths in/out.

With your hand still on your heart, take a regular breath in, and when you breathe out, make the exhale slightly longer than the inhale. For example if you breathe in for 3-4 seconds, breathe out for 5-6 seconds. You can count to yourself if it helps. Keep your hand on your heart and breathe slowly & deliberately.

As you breathe, imagine that your heart is filled with positive emotions. Even if this is a difficult thing for you to do right now, I want you to try your best to focus on and feel a positive emotion, even if you imagine it. You can use love, gratitude, compassion, forgiveness understanding, joy, laughter... any and all of these positive emotions will work.

Gratitude is usually the easiest to start with, so imagine gratitude filling up your heart with all the things you are grateful for, even if small things. (If you're struggling finding something to be grateful for, then imagine something that you would like to happen, (Example: getting a promotion) and how grateful you would feel if that promotion did happen.

Do this for about a minute or so until you can really feel the gratitude, and then imagine that your are breathing in and out of your heart area, where you hand is, in the same rhythm – breathe in 3-4 seconds and out 5-6 seconds. Breathe in & out as you're holding feelings of love, gratitude, etc. for yourself & others. Do this for another minute or two. (If you lose focus or your mind wanders, just bring attention back to your heart filled with gratitude and your breathing.)

When finished keep your hand on your heart, open your eyes and take one more deep breath in and out. You can anchor to & remember these feelings through-out the day by touching your hand to your heart. This small action keeps you connected & helps balance stressful feelings that may come up during the day.

How did you feel during the exercise? What came up for you? Did you have an easy time or a difficult time doing the exercise? Use the space below to record your thoughts and impressions.

This technique works because deliberate, rhythmic breathing, especially the exhale, stimulates your nervous system, which signals the brain to release "relaxation hormones" to bring your body back to a balanced state & your thoughts back into focus.

This can be used during or after a stressful event AND as a protective, preventative practice each day. Combine this with the power of verbal & visual imagery, and the purposeful feeling of positive emotions, and you have not only connected with your natural state of calm, but also have unlocked the door that connects you with others. This combination when used consistently, can help with stress even in the face of the most extreme circumstances. This can greatly improve your relationships, and give you a sense of confidence in handling everyday challenges. It allows you to be more present for yourself & your family, serve customers better and improve the quality of life for everyone in your life.

The calming, re-balancing effects of this simple exercise can last up to 4 hours, and you don't have to wait until you're at your breaking point. You can apply it right now to get your stress response under better control, so you can reverse its effect on your health, relationships, work and finances.



The second way to connect more with yourself and others is to create something. Sometimes this can be done in 5 minutes, but most of the time it takes a bit longer. You can create a painting, a collage, a mosaic, a clay sculpture, a fabric quilt, jewelry, an herb garden, a song or even a delicious meal. It doesn't need to be elaborate. It doesnt need to be at a "professional" level. It can be a simple coloring mandala or an abstract doodle in a notebook. The point is to use the creative process to get out of your head and into your body - as a way of grounding, expressing and supporting your health, harmony and well-being, as well as that of those around you.

Neuroscience has proven many times over the powerful effects of creating art or engaging in creative activities. The main benefit of the creative process is accessing a deeper connection with your true emotions. Stress reduction is a natural consequence of connecting with yourself on a deeper, emotional (and for some, a spiritual) level. Once stress is reduced enough for you to look at what you're mentally and emotionally carrying, insights can be discovered and solutions can be sought and applied to the situation. The positive effects carry over for days and weeks, and you can start with a simple box of crayons or watercolors, and a sheet of paper.

Creating a piece of art in any form allows you to explore and release negative, distressing thoughts and emotions onto the medium you are using, in a more constructive way, and in a way that supports growth and healing rather than keeping you stuck in stagnation and despair.

I've recently re-dscovered the powerful effects of the creative process during this last year and a half and creating some small piece of art has become a regular part of my daily routine – even if I only have 5 minutes to sketch or color, and I've even converted an area in my garage to an "Art Oasis" Studio that I refer to simply as, "The Oasis".

I would have to say that the creative art was the one thing that connected the dots, and linked all the other keys together. The combination of visual imagery, verbalizing/journaling in a positive way about what I created and what it represented, and reconnecting with my sense of gratitude for the lessons I was learning though my own struggles & challenges, has allowed me to re-align with a new purpose and re-launch my Mind-Body Wellness Education Company dedicated to using creative & healing arts to teach stress reduction, resilience and the core principals of positive psychology, self-care and well-being. You can read more about what we do here, and download our printable coloring book journal here

There are other steps you can take as well that we discuss in our online courses and live workshops: de-clutter, organizing your home/office, managing your time and limiting ex-posure to people, projects and other things that drain you, exercise, eat well, get enough sleep, limit TV and electronics don't smoke/drink to excess...these all are helpful steps that will help you eliminate the most common stressors (disorganization being one of them) that we are exposed to each day, but they only go so far. You need to make a plan to address your own unique stressors, a plan that re-sets your stress response.



Summary & Next Steps

We've talked about Three Keys: Language, Imagery and Connection and how they can be used to increase or decrease your response to stress.

We've discussed how to use language carefully, be attentive to what images you view, and how to reconnect with yourself and others to lower your stress level with a simple three minute exercise. I hope you will put these into practice right away, before stress becomes a bigger problem in your business and your life.

While I wrote this e-book as an immediate resource for you, with the confidence that you will apply it and see results, even if small at first, keep in mind, as you practice each day, that it takes time to form a stress habit, and will take time to form a "resilience" habit. Be patient as you re-learn how to respond rather than react to stressors.

Consistency is more important than the amount of time you practice. Of course, 15-20 minutes daily is ideal, but start with committing to 5 minutes and work you way up to 5 -10 minutes 2 - 3 times a day. You will come to the point where you crave this "reset" time over any other distractions in your life.

One thing is for sure: nothing will change until you decide to act on changing it.

For this reason, its very important that you take action – even if its imperfect and you feel like it won't work and you can't focus at first. You will get there. Like a muscle, you need to challenge yourself in order to get better & stronger.

Please don't take this book, stick it in your desk drawer, among the dozen other e-books you've downloaded, and never look at it or think of it again. Please don't do that. Give YOURSELF priority – your health, your life and your peace of mind.

If you want to take this process further – and learn more about our other e-books, workshops and programs, **use this link** to get on our VIP list for the next session.

If you're a small business owner looking for more Harmony and Well-Being in your small business, or are interested in staff workshops & training, you can email me personally at: service@barbaragini.com

I'm looking forward to working with you!

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Notes: