

FROM CHAOS TO CLARITY

Using Resilience tools to bring
intentional clarity into your day

Presented by Maria Serbus,
Owner/Founder at Maria Serbus, LLC





Meet the Presenter

Maria

Owner/Founder of Maria Serbus, LLC

Public Speaker | Coach | Consultant

- Intuition Mastery & Subconscious Mindset work for Female Entrepreneurs
- Anxiety management specialist
- Biofeedback HeartMath certified professional
- Specialist in nervous system regulation & resilience work for high achievers
- Masters in Occupational Therapy



Intention Setting



What is my main intention (1-3) that I want to get out of today?

Impact of Stress & Overwhelm



Facts on Stress

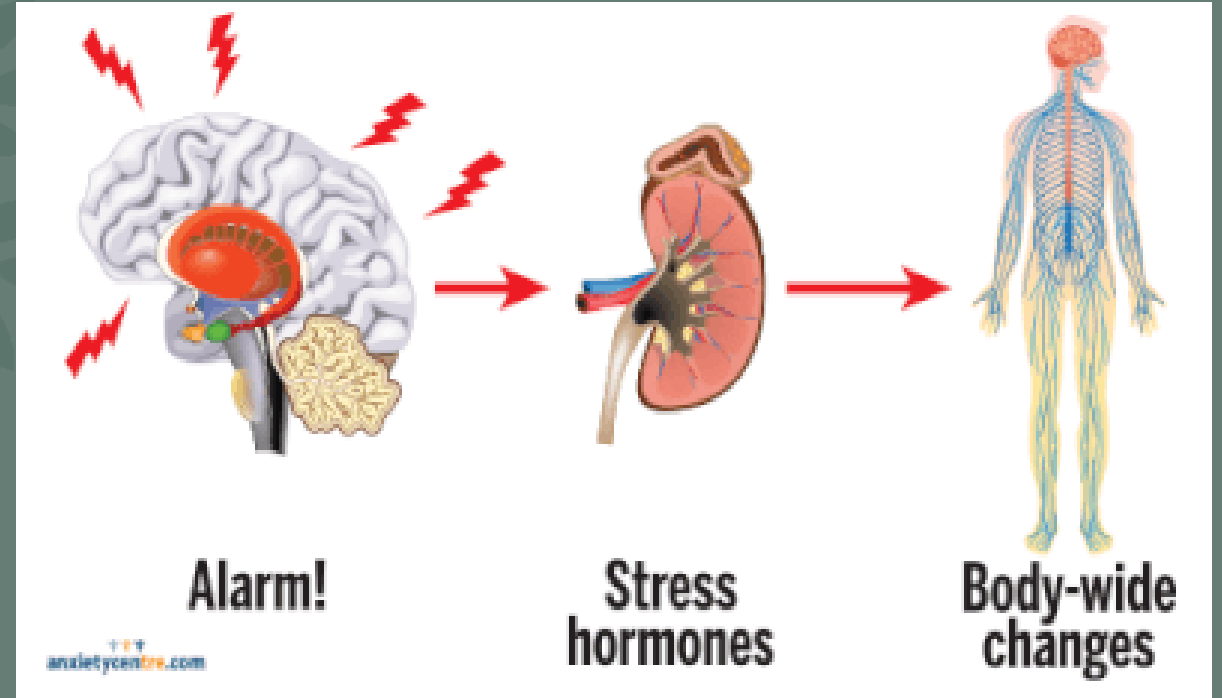
- Stress has been a **common issue** in the United States related to: work pressure, financial concerns, relationship problems, and health issues.
- **Chronic stress** can have a detrimental impact on physical and mental health and linked to: heart disease, high blood pressure, weakened immune system, depression, anxiety disorders, and substance abuse.
- Many people will struggle with stress alone as 62% report they don't want to talk about it because they don't want to burden someone else. (Stress in America 2023)

Stress in Entrepreneurs

72% of entrepreneurs are directly or indirectly affected by mental health issues compared to just 48% of non entrepreneurs. That's according to a [study by the National Institute of Mental Health](#).

Stress Impact on our Body

- Our body has a natural stress response to help protect us from perceived dangers
- Typically the “stress” signal is there to cue us to DO something (Protect, Freeze, Run, Jump into ACTION!)



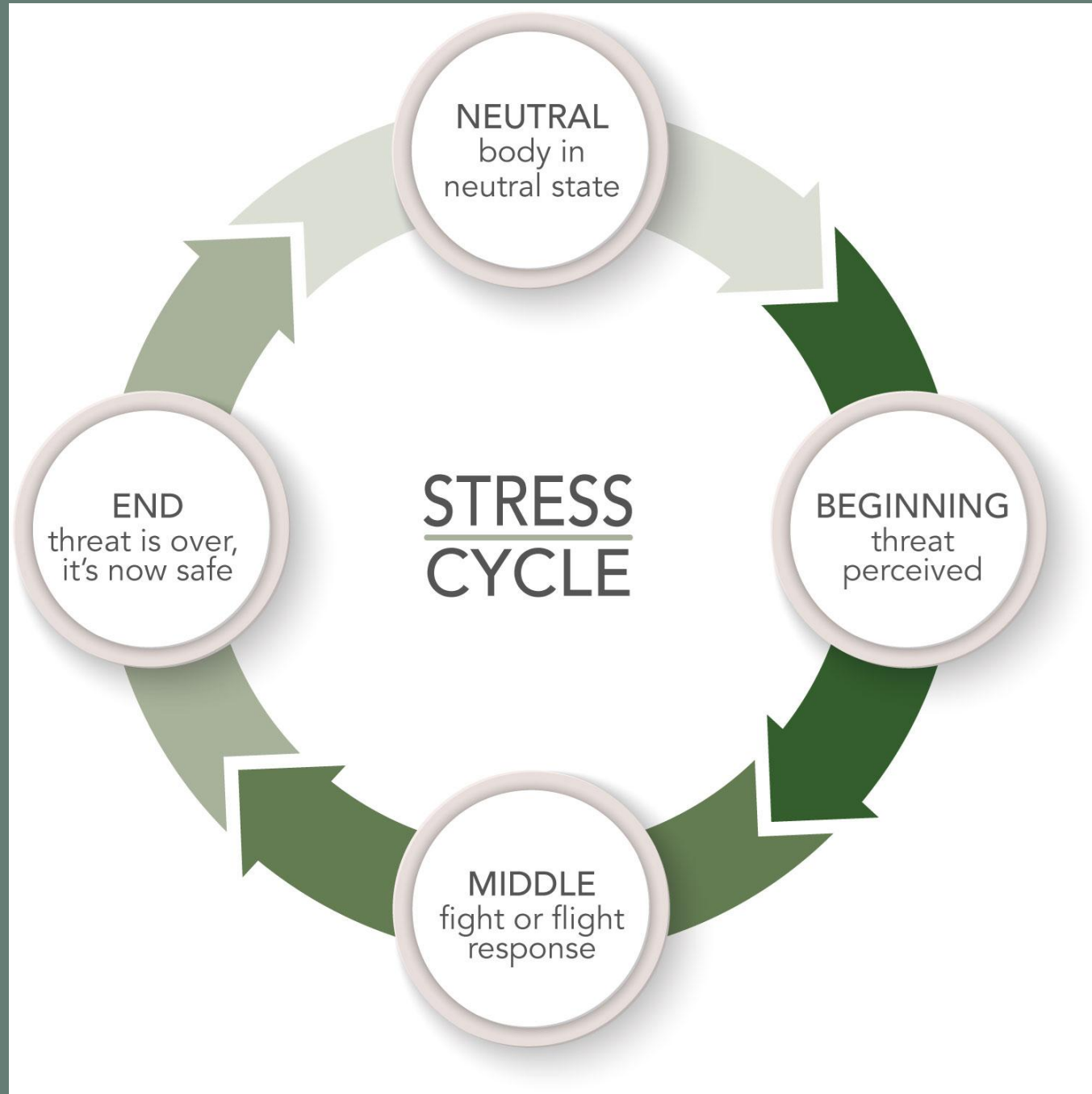


Photo from:
<https://stfrancisherbfarm.com/blog/stress-management-resolving-the-cycle-of-stress/>

Depletion

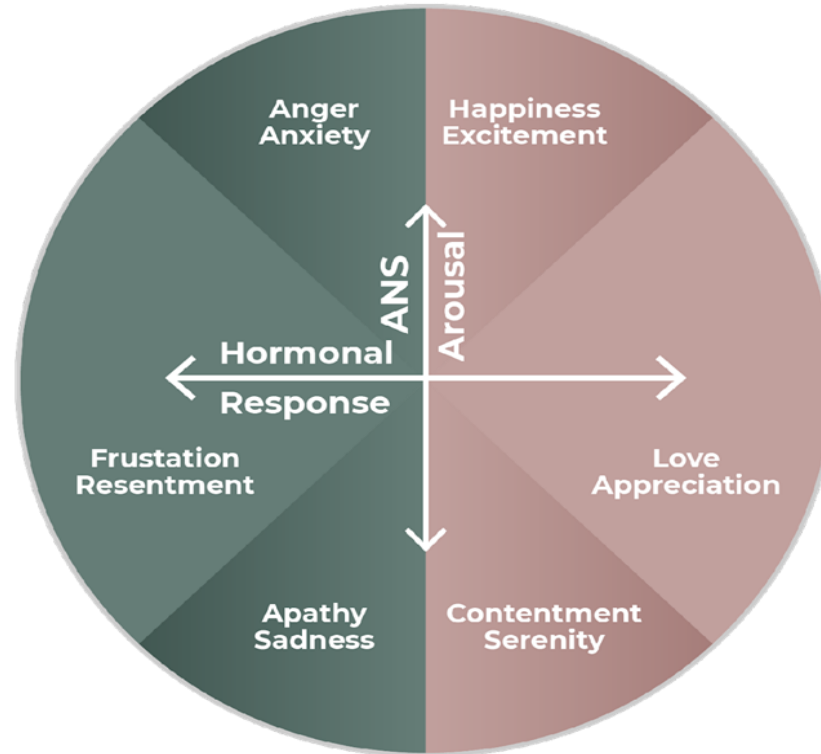
High

Renewal

Cortisol



Negative



Positive

DHEA



Highly activated
fight/flight
system, higher
amounts of cortisol in
the body, chaotic HRV
pattern

Heart Coherence=energy
efficient manner,
synchronized, balanced
state of being.

Low



SDF

It is important for entrepreneurs & busy every day people +
to have tools to manage stress, overwhelm and anxiety.

We can't expect **clarity**
for decision making
from a body & mind ***stuck***
in fight or flight
stress response.



Stress Management Strategies

+

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- **Mindset based approaches** – mindfulness, meditation, expressing gratitude, journaling, mindset coaching, therapy, affirmations, etc.
- **Body based approaches** – Body Scan Mindfulness, Yoga, Heavy work/Sensory tools, Essential Oils, Biofeedback, Massage, Facial, Time outside in nature
- **Self Care - Leisure** – Planning in activities in your week that bring you **joy** and you consciously work to induce a positive stress emotion in your body while doing these activities



Demonstration of Body Based Stress Management Tools



PAUSE, BREATHE, & SET YOUR INTENTION



What is my main
intention (1-3)
that I want to get
out of today?

