

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing



**Stress Transforming
Tools that
Recharge Your
Energy
and Accelerate
Healing**
with
Dr. Ritamarie Loscalzo

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“Three 10-year studies concluded that emotional stress was more predictive of death from cancer and cardiovascular disease than smoking. People who were unable to effectively manage their stress had a 40% higher death rate than non-stressed individuals.”


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What You'll Learn

- ★ What stress is and how it affects your health and weight
- ★ Why **setting goals and connecting to your vision** is so important
- ★ **How to use your goals and visions** to make health supporting choices
- ★ How to incorporate **stress transformation breaks in 1-2 minutes**
- ★ The importance of **noticing and celebrating your positive attributes**
- ★ How to create your very own **emotional eating plan**
- ★ The **importance of FUN in your daily routine**
- ★ New strategies to harness the **power of appreciation** to transform your health, **reach your ideal weight**, and **energize every cell of your being**



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“Stress is hard to define because it means different things to different people; however, it’s clear that most stress is a negative feeling rather than a positive feeling.”

--National Mental Health Association



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“Stress is a term used to describe the wear and tear the body experiences in reaction to everyday tensions and pressures.”

-- Institute of HeartMath



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Stress is your body and mind's response to any pressure that disrupts or threatens to disrupt its normal balance.



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Major Causes Of Stress

- ✶ Limiting beliefs
- ✶ Living out of alignment with your core values
- ✶ Illness
- ✶ Injury
- ✶ Career and lifestyle changes
- ✶ Finances
- ✶ Relationships
- ✶ World events



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Stress Hurts:

- ✦ Relationships
- ✦ Health
- ✦ Work performance
- ✦ Enjoyment



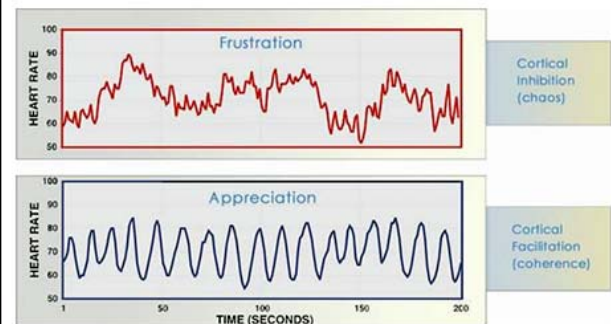
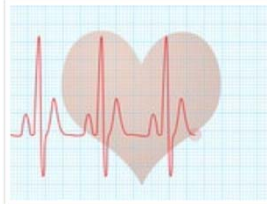
Your Body's Reaction When Stressed

- ☐ You experience tension, strain, or frustration.
- ☐ Your muscles tighten.
- ☐ Your heart rate increases.
- ☐ You may begin to perspire.
- ☐ Your logical thought process often gets replaced by irrational and unreasonable thoughts.
- ☐ Your physiological and psychological equilibrium are disrupted, leaving you feeling "out of sync".
- ☐ If this happens on a regular basis, or continues over a long period of time, the effects can be disabling.



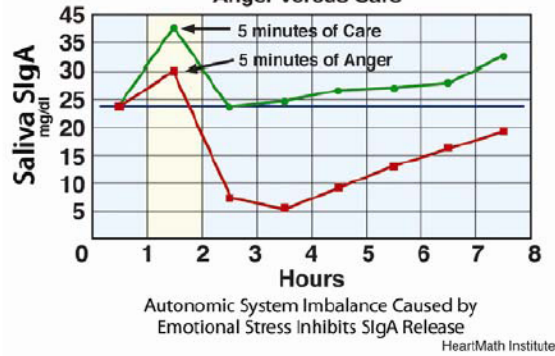
Heart Rhythms, Stress, and Health

- ✦ HeartMath's research has shown when you learn how to intentionally shift to a positive emotion, heart rhythms immediately change.
- ✦ A shift in heart rhythms creates a favorable cascade of neural, hormonal, and biochemical events that benefit the entire body.
- ✦ The stress-reducing effects are both immediate and long lasting.

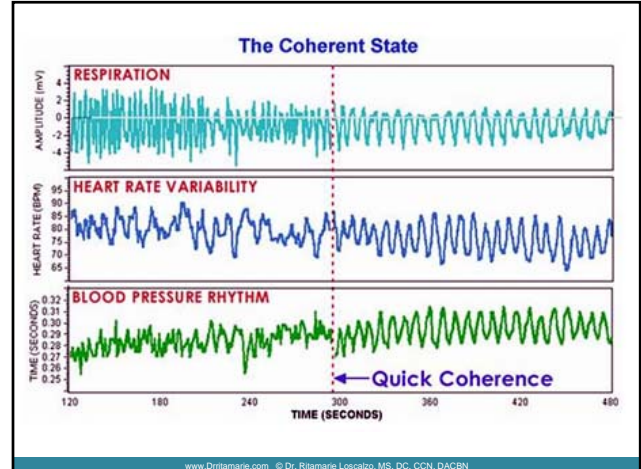


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Figure 6. Effect of Emotion on SIgA Release
Anger versus Care



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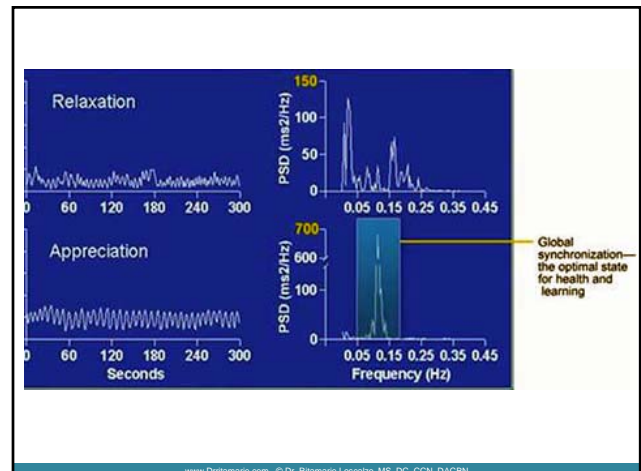
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Coherence Creates:

- * Mental clarity
- * Creativity
- * Better problem solving abilities
- * Better ways of handling stressful situations
- * Improved energy metabolism
- * Hormone balance
- * Improved digestion
- * Overall feeling of well-being



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What To DO About Stress

1. Identify the triggers
2. Notice how it feels in your body
3. Avoid stressors
4. Manage stress response
5. Transform stress



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Stress Statistics

- * Three 10-year studies concluded that **emotional stress was more predictive of death from cancer and cardiovascular disease than smoking**. People who were unable to effectively manage their stress had a 40% higher death rate than non-stressed individuals.
- * A Harvard Medical School study of 1,623 heart attack survivors found that **when subjects got angry during emotional conflicts, their risk of subsequent heart attacks was more than double that of those that remained calm**.
- * A 20-year study of over 1,700 older men conducted by the Harvard School of Public Health found that **worry about social conditions, health, and personal finances all significantly increased the risk of coronary heart disease**.
- * Over one-half of heart disease cases are not explained by the standard risk factors, such as high cholesterol, smoking, or sedentary lifestyle.
- * According to a Mayo Clinic study of individuals with heart disease, **psychological stress was the strongest predictor of future cardiac events**, such as cardiac death, cardiac arrest, and heart attacks.

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Effects of Stress

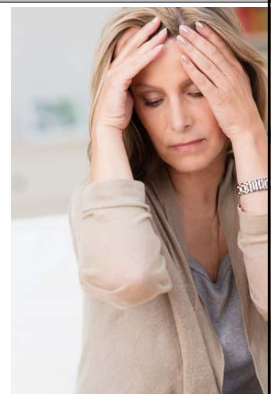
- * **A little occasional stress:**
 - Energy boost
 - Helps you achieve your goals
- * **Chronic stress:**
 - Short and long-term health consequences
 - Permanently compromises your health
 - Accelerates aging



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Stress-Association with Disease

- * Cardiovascular disease
- * Hormonal imbalances
- * Hypertension
- * Diabetes
- * Fibromyalgia
- * Chronic fatigue
- * Cancer
- * Depression, anxiety, and mood disorders
- * Attention deficit
- * Allergies
- * Autoimmune disease
- * Digestive disorders: ulcer, irritable bowel



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Stress and Belly Fat

- ★ Chronic stress increases cortisol and decreases DHEA.
- ★ Cortisol triggers muscle breakdown into blood sugar and increased insulin.
- ★ Insulin inhibits fat burning and accelerates fat storage.
- ★ DHEA significantly decreases visceral and subcutaneous abdominal fat and significantly increases insulin sensitivity (demonstrated by a 6-month, randomized, double-blind, placebo-controlled preliminary trial).

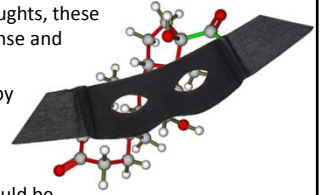
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Cortisol Inhibits Hormones

- ★ Stress triggers cortisol release.
- ★ Cortisol uses the same building blocks as DHEA and all the sex hormones.
- ★ Within 30 minutes, the body is supposed to break down cortisol which frees up the building blocks so they can be re-assembled into DHEA and other hormones.
- ★ If you keep thinking stressful thoughts, these thoughts trigger the stress response and cortisol persists longer.
- ★ Healing and repair are inhibited by persistent stress because cortisol "steals" the building blocks for DHEA and your sex hormones; they are not freed up as they should be.



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Events vs. Perception

- ★ It's not the events or situations that do the harm; it's how you respond to those events.
- ★ It's how you **FEEL** about the events that determines whether you become stressed or not.



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Head, Heart Habits

- ★ Experience + Beliefs = Thoughts
- ★ Thoughts trigger emotions
- ★ Emotions and thoughts are energy
- ★ Emotions benefit or harm your physiology via a series of molecular changes
- ★ When your head and heart are aligned, new beneficial habits can replace old destructive ones



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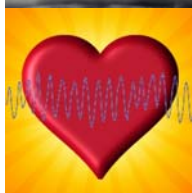
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Emotions and Your Health

★ **Negative Emotions:** Frustration, insecurity, worry, and depressing feelings — lead to increased disorder in the heart's rhythms and in the nervous system, and inhibit optimal health.



★ **Positive Emotions:** Joy, appreciation, care, love, and kindness — create harmony in the heart's rhythms and the nervous system, and promote health, performance, and well-being.



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How People Cope with Stress

Stimulants -- Foods -- Distractions



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Resourceful Antidotes to Stress

- ★ Appreciation
- ★ "Mini-vacations"
- ★ Fun
- ★ High self-esteem
- ★ Relaxing activities



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Emotional Landscape

High Energy
Negative Emotions

High Energy
Positive Emotions

Low Energy
Negative Emotions

Low Energy
Positive Emotions

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Emotional Nourishment

Identify 5 ways you nourish yourself emotionally:

- 1)
- 2)
- 3)
- 4)
- 5)

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Transform Stress



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Transform Stress: Laughter



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Transform Stress: Contemplation and Meditation



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Transform Stress: Fresh Air and Sunshine



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Transform Stress: Exercise



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Transform Stress: HeartMath Exercises



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Controlling Stress Through Food



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**Drink
Purified
Water**



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**Use Only
Unrefined,
Whole Sea
Salt**



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**Eat Fresh
Raw Fruits
and
Vegetables**



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**Grow Your
Own Fresh
Fruits
And
Vegetables**



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**Eat Sea
Vegetables
Regularly**



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**Drink Green
Smoothies
Daily**



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**Eat Lots of
Green Leafy
Vegetables**



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**Include Wild
Greens for the
Most
Nutrient-Rich
Meals**



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References and Resources

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