

Caught in the ongoing cycle of Stress...



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10 ways to break the stress cycle

What you will learn:

- stress and the negative impact it has on the body
- 5 ways to break the stress cycle in an instant
- 5 long and lasting ways to steer away from stress and anxiety and towards a calm and neutral state of being.

Stress;

when our biology responds to perceived threat

- The stress response memory lives in your nervous system.
- Your autonomic nervous system is engaged when you are exposed to a stressful event. This is the part of the nervous system responsible for controlling unconscious bodily actions like breathing.
- To be more specific, it is the sympathetic nervous system (fight, flight or freeze) that kicks in while you are strained.
- To activate this fight or flight response, stress hormones like adrenaline and cortisol are released from your adrenal glands. They help our body suddenly mobilize to flee danger.

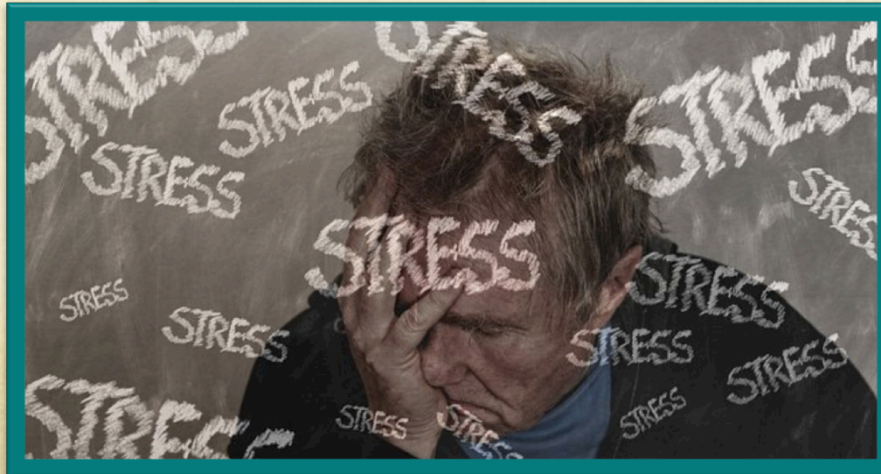
How animals deal with stress

- adrenaline in order to chase or run away
- after the hunt they shake off the adrenaline
- cortisol balances the system

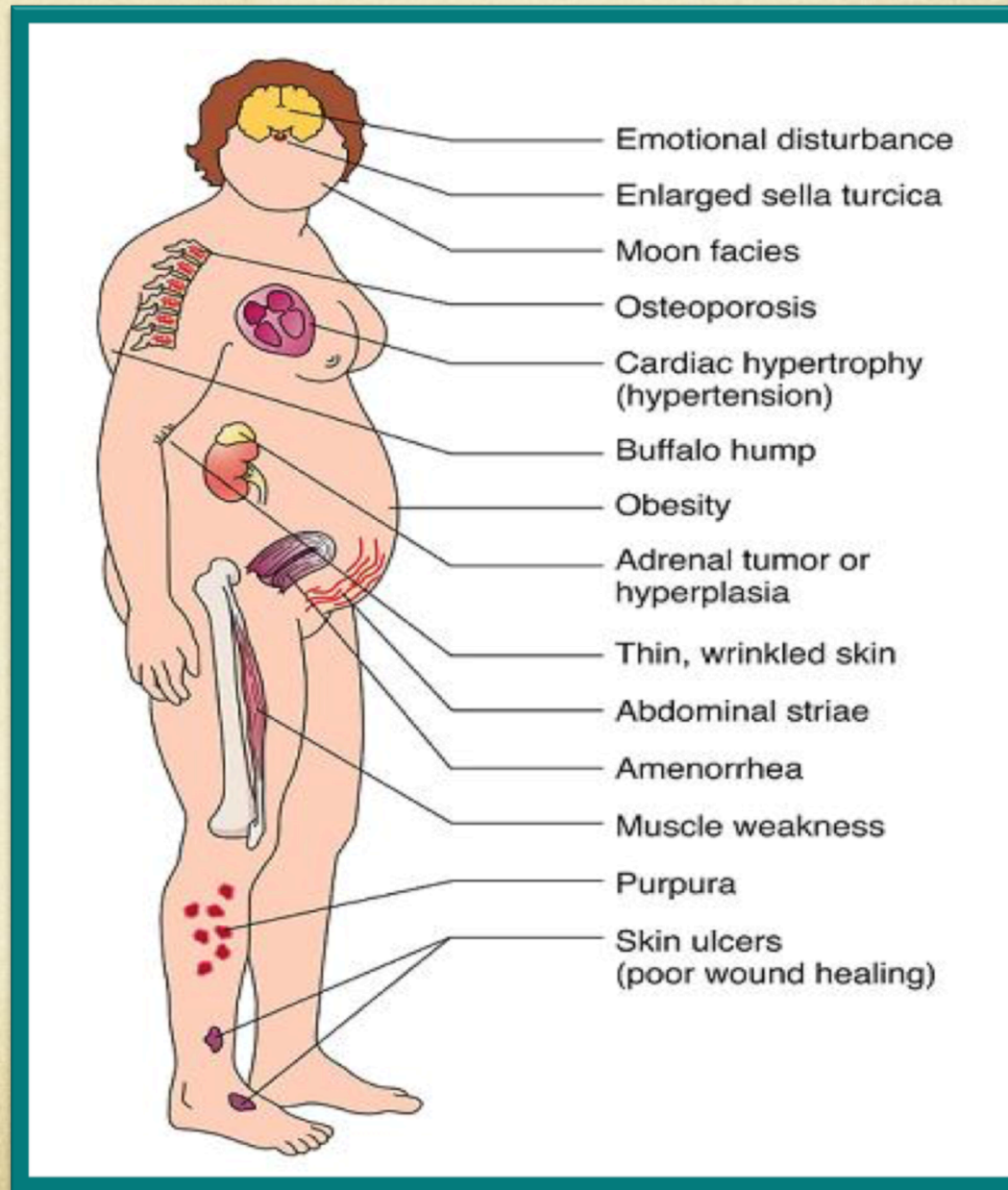


How humans deal with stress

- Glucose to produce insulin to produce adrenaline for the fight/flight response
- continual stress leads to continual demand for glucose (sugar)
- Cortisol has no chance to balance the system and will be stored in belly fat



The effect of stress on the body



2nd
Edition

THE ABCs OF CORTISOL CONTROL ...
IT'S A HEALTH REVOLUTION!

The Cortisol Connection

WHY STRESS

MAKES YOU FAT

AND RUINS YOUR

HEALTH — AND

WHAT YOU CAN

DO ABOUT IT

▲ EXPLAINS HOW cortisol, the major stress hormone, contributes to weight gain, depression, osteoporosis and hypertension

▲ INCLUDES new research on the connections between cortisol and HSD (the body's fat-storage enzyme), and cortisol and testosterone

▲ DESCRIBES the author's effective (yet easy-to-follow) SENSE cortisol-reduction plan: Stress management—Exercise—Nutrition—Supplementation—Evaluation

SHAWN TALBOTT, PH.D., FACSM

FOREWORD BY William Kraemer, Ph.D.

-The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health - And What You Can Do About It -Shawn Talbott.

5 tips for a quick fix

1. Fists pounding
2. Head out of window / stepping outside
3. Stroking lips
4. Holding face
5. Ujjayi breathing technique aka 'breath of life'

Breath of life

The fastest way to connect to your source energy -which is always perfect, complete, whole and in harmony;

Breathe in through your heart chakra (located in the center of your chest) for 4 counts*
Hold for 1, 2 counts
Breathe out for 4 counts*

*do less or more if that feels comfortable.

Perfect breathing is Ujjayi breathing. Go to youtube to find video's to explain how to do this type of breathing.

5 tips for long lasting clearing of the effects of stress

1. Daily meditation / visualization
2. EFT
3. Nature walks, sun-gazing, bare feet in the grass
4. Movement and exercise
5. Interaction with animal(s)

10 ways to break through the stress cycle



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