

STRESS MANAGEMENT

1. Write down your current internal stressors. Ex: Toxins, Infections, parasites, mold, poor sleep, lack of exercise, over-exercising, toxic emotions, unresolved emotions.

2. Write down your current external stressors. Ex: work, relationships, financial, major life changes, family, travel.

3. How can you change your perception of these external stressors?

4. Brainstorm where you feel unsafe, do you feel safe financially, emotionally, at work, with family, safe to share what you want to on social media, safe to be in a healthy and fit body?

5. How can you generate feelings of safety? Ex: affirmations, tapping, nlp, journaling
