

Dear stress, it's time we broke up

We interact with people daily from our families, friends, work environment, social contacts and many more.

At times these relationships are easy and leave us feeling comfortable and content, whilst others cause us to feel unhealthy emotions like frustration, anger, resentment, guilt, overwhelmed, unappreciated and a myriad of other negative emotions.

These emotions lead to worry, stress and anxiety they affect our personal relationships, work performance and our mental and physical wellbeing.

For many people life is full of hassles, dramas, deadlines, frustrations and demands and we think in this modern world that it's common place. We just get over one unpleasant experience when another arises and the cycle continues, different day, different people and scenarios however the same unwanted feelings.

I thought it was common place to feel this way, however today I know it's NOT, as I have found a way to break this cycle.

For many years unhealthy emotions were part of my life, however I never knew the reason "why" certain people or situations had such a negative impact on me.

Something within me knew that life wasn't meant to be lived this way, I did not like living with this turmoil and was not even aware that reasons existed.

By finally discovering "my specific reasons" that triggered these emotions everything became so much simpler and clear. I then used this awareness to create a method to eliminate or reduce the impact of these negative emotions in all areas of my life.

For each and every one of us there are very "specific reasons" or "triggers" that are "unique to each individual" that cause us to feel unhealthy emotions.

To fully understand what I mean by "unique to each individual" here is an example that you may identify with.

Have you ever confided in a friend or loved one about a situation or problem hoping that they can help you with clarity, solutions, sympathy or understanding?

Has their response been:

- I don't see why that has upset you so much
- I don't see what all the fuss is about
- Just forget about it they didn't really mean it

Or the solution or advice they suggest just doesn't feel right for you, and at times confuses you further.

How do these comments make you feel?

No one understands you, angry, overwhelmed, frustrated, guilty?..... the list is endless!

Does this add to the frustrations you are already feeling?

The reason why this happens is because no two people view their world in the same way so what may bother or frustrate you is completely different for someone else, put simply they can't understand your point of view, so if they can't understand how you are feeling how can they help you?

Once you discover your triggers to unhealthy emotions, you are then empowered to be able to handle any negative situation in all the areas of your life.

If unhealthy emotions and stress are part of your life ask yourself.

Do you know why certain people and situations impact your life in such a negative way?

Do you enjoy living with hassles, dramas, frustrations and demands and stress?

Do you know what your "unique triggers" are to unhealthy emotions?

Would it be of benefit to you if you had a method, tools and strategies to find your own solutions where you can go from unhealthy emotions to positive ones?

If you have answered yes to this last question and would like to learn the proven methods to make this happen then my workshop is for you.

My workshop is unique as no one else teaches these methods and they can have a positive lasting impact in your personal life, your work environment and your mental and physical wellbeing.

Workshop

Time: 9.30 am start till 12.30 pm
(2 x 3 hour sessions - Weekends)

Dates and venue upon application.

Investment: \$500

Week 1 - Identify your unique triggers for stress and reveals why these reasons affect you through group discussions and interactive exercises.

Week 2 - Build a foundation of tools and strategies to reduce or eliminate stress from your life.

Activities will be completed during the sessions and participants will also be invited to complete home activities to reinforce skills and concepts learnt in sessions. Email support also provided in-between week 1 and 2 to assist you if you have any questions.

Contact

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