

# THE STRESS TRANSFORMATION PLAN

*Your resilience strategy*



# THE STRESS TRANSFORMATION PLAN

"This is the strategy we will develop together for you It will be personalized to your history and needs.  It will act as a blueprint for the tools and practices that you know will work for you.

# THREE PART PLAN:

1. RELEASE

2. RESTORE

3. REPEAT

# THREE PART PLAN:

## 1. RELEASE THE OUTDATED BELIEFS THAT NO LONGER SERVE YOU.

# HOW IS THIS DONE:

- Awareness:

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- Awareness:
- -that there are beliefs that you've repeated for years and years that hold you back
- -that you don't have to solve them or get rid of them in order to move forward

# HOW IS THIS DONE:

Release the NEED to FIX  and CHANGE it, not the individual thought and thought patterns that you get caught up in and stuck in.

# 1. RELEASE BY P.E.E.C

- Physical
- Energetic
- Emotional
- Chemical

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- Chemical-detoxification, diet change, nutrient repletion)

# THREE PART PLAN:

# 2. RESTORE

Re-Engage into activities and people that you love and ENJOY
Re-Focus without distractions of an overly  busy mind
Re-Connect to others in a meaningful way
Re-Consider your own feelings beyond just overwhelmed
Re-Discover your own self compassion and love

# THREE PART PLAN:

## 2. RESTORE

Restore Healthy Brain Function and a balanced Nervous system:  Meditation,  Dreamwork, Yoga, Yoga, Vagus Nerve Stimulation

# 3 STEP PLAN:

## 1. RELEASE

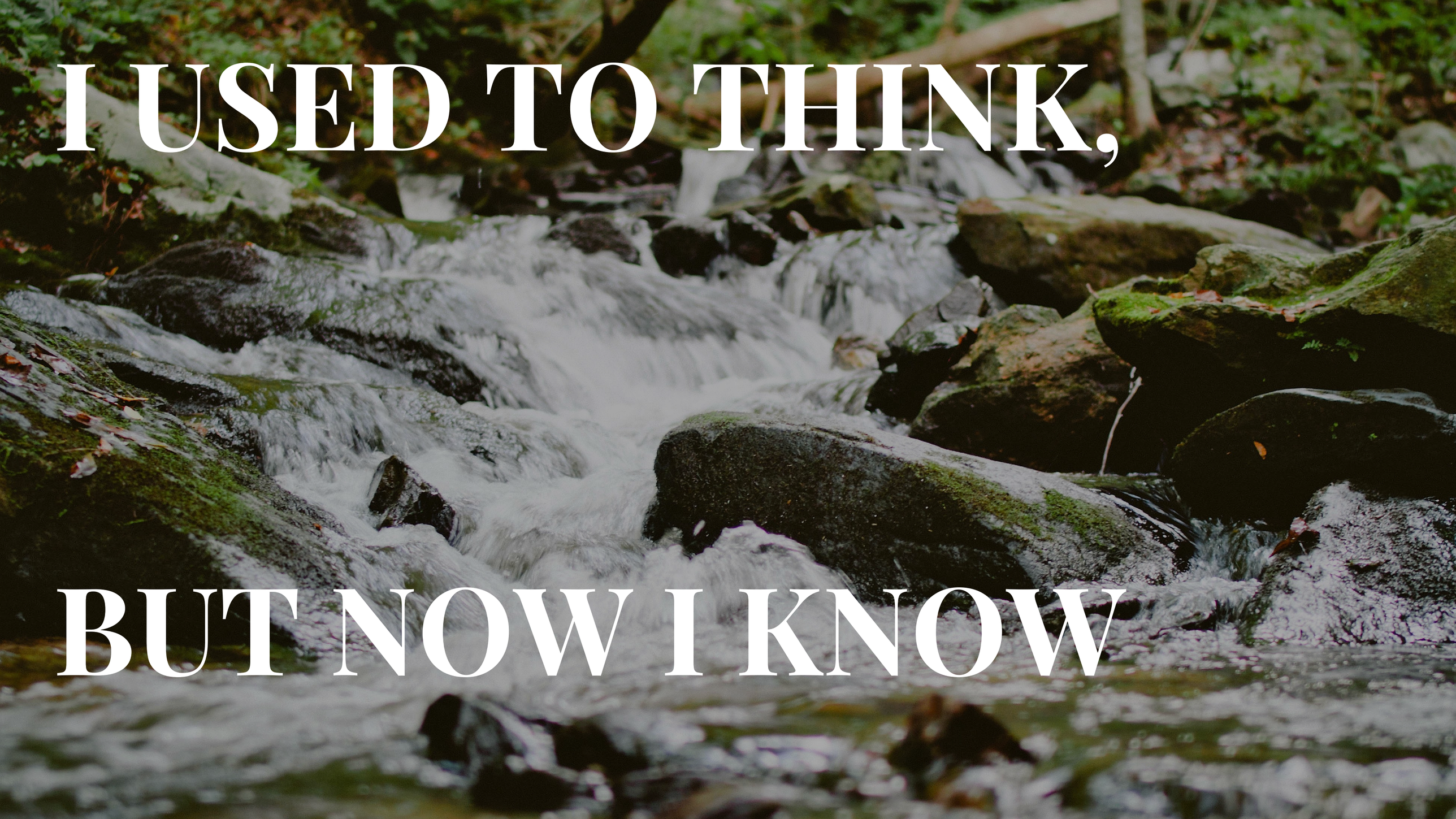
## 2. RESTORE

## 3. REPEAT-

Finding ways to make you crave and want to repeat the behaviors that bring you back to "yourself"



# EXAMPLE OF ONE OF MY PLANS


I USED TO THINK,
BUT NOW I KNOW

# FOR ME, STRESS FEELS LIKE...

1.

2.

3.

*pressure I can't meet, duties I can't perform, the happiness I can't maintain, people I let down, fearing an outcome, not able to accept a past outcome*

# WHAT DO YOU WANT TO TRANSFORM?

1.

2.

3.

*Can be physical, emotional or mental quality that you think would make you happier if it the energy it carried was in a different form or state,  Cna't just say Cancer, have to say what it does to you that you don't like... i.e. a diagnosis that makes me fear for my life,  or a physical symptom that makes me unable to care for myself,*

# WHY DO YOU WANT TO TRANSFORM IT?

1.

2.

3.

*Causes me pain and suffering, causes hurt in relationships, causes me to lose out on opportunities, causes others pain, I can't perform what I want, can't follow my dreams,  etc*

# AT THIS MOMENT, WHAT ARE THE MOST RELIABLE WAYS TO ADDRESS IT?

1.

2.

3.

*have an emotional release by crying, talk to a friend, eat, Yoga, prayer, chemotherapy, etc*

# ONCE IT'S TRANSFORMED, WHAT CAN YOU DO THAT YOU COULDN'T BEFORE?

1.

2.

3.

*love more fearlessly, have closer friendships, trust myself,  follow a passion, move physically the way I want, etc*



# Alignment Definitions

-positioning yourself in the most attainable state to receive

-getting in synch with your inner being

-the place you enter where you feel only satisfaction. There is nothing for which you want, need or yearn.

-a state of complete clarity, seeing yourself as the true loving being that you are. Complete.

You cannot be aligned and in pain at the same time.

*Amanda Ferris*

So the goal of the 3-Step Plan is to allow you to practice and figure out how to be in alignment more and more and more.