

The truth about...

Stress, Anxiety Worry, Insomnia Panic Attacks



Showing you how it is possible
to live a stress-free life...

Facts and solutions for...

Stress

'Stress is an internal response to either internal (self-created) or external stressors. Outside factors are only the trigger, not the cause'

Once we know that stress is an internal response, we have the power to do something about it. Internal stressors include negative thoughts, emotional patterns and life-depleting behaviours which trigger the stress (fight or flight) response of the body. External stressors include people, situations or events which trigger the same response.

There are many solutions to stress which include:

- Becoming aware of exactly what creates or perpetuates the stress response in *your* body and making appropriate changes
- Understanding that a calm mind and relaxed body is natural and healthy and doing whatever is necessary to live in this state
- Practising relaxation and energy-conserving exercises such as walking, yoga, meditation. deep breathing and Qi Gong

Worry and Anxiety

'Worry is mentally rehearsing the things you don't want to happen'

Worry is the habitual tendency of expecting a potential negative outcome in a situation. It is the state of imagining the thought in the head is real. Anxiety is the physical state the body goes into after a long-term build-up of negative emotions, in particular fear and worry.

There are many solutions to worry and anxiety which include:

- Identifying and resolving the patterns of consciousness which are driving the thoughts and emotions
- Becoming aware when one is worrying and replacing old negative thinking with positive, hopeful expectations
- Learning how to feel emotions safely rather than avoiding the feelings that are actually lying beneath the mental patterns

Insomnia

'I have never heard of a cat who suffered from insomnia' J W Krutch

When our mind is calm and body relaxed, we will naturally sleep well. If we are experiencing difficulties sleeping, it is often a sign that something needs to be attended to in our life.

There are many solutions to insomnia which include:

- No TV or computer two hours before sleep and going to bed early to ensure the nervous system gets proper rejuvenation
- Taking an inventory of anything you are not happy about in your life and dealing with it
- Eating lightly in the evening and not too near bedtime

For more information on how to overcome these conditions see
www.artofhealth.co.nz

It's an art and science to stay well.
We can show you how...