

5 EFFECTIVE WAYS TO STOP SNEAKY STRESS

DISCOVER WHERE YOU STORE STRESS

DISCOVER HOW TO CHANGE THE FEELING



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WHAT WE'LL BE COVERING

- 01 WHERE**
- 02 RECOGNISE**
- 03 CREATE**
- 04 GROUND**
- 05 CHOOSE**

STOP SNEAKY STRESS



Linda Simpson

Hi, I'm Linda Simpson, Heartisan and Consciousness Connector.

My most valued and favourite role, work, journey is when I'm called to hold space for and enable tired Spiritual Workers, Coaches and Healers; sharing processes and different views on how they can really SHINE in their work and how they can share their heart based offerings successfully, with Love.

This role is one I've been preparing for and one that I'm really happy to have as my work. Expanding my beautiful client's belief in themselves so that they can add HUGE value to their own clients.

My knowledge and my work is expansive with my current offerings covering (but not limited to) spiritual health, inner growth, life and living, marketing, general health and support in the areas of promotion for your spiritual business.



ANXIETY

You are in the right place to
learn and grow if

- ✓ *You feel a bit of overwhelm when making decisions*
- ✓ *You go over and over your schedule*
- ✓ *Fun and spontaneity don't often feature in your world*
- ✓ *You're looking for a place of peace*

01 **Where**



Where does anxiety sit in your body?

What does it feel like for you?

How does it show up in your body?

Do you get pressure in your shoulders?

Does your tummy get tight?

Or does your solar plexus feel pressured?

01 Where



Take some time to really FEEL into where your own stress shows up. Get to know YOU better.

Also think about how you feel when stress from outside affects you.

If you are a journaling person this is the time to write stuff down. There are some pages towards the end if you want to use those.

Acknowledge what you discover about yourself about yourself.

Once you KNOW where stress and anxiety show up in your body then you can begin the next step.

03 Create



As Soon As you recognise that you're holding some anxiety

STOP what you're doing, in that instant, even if it's just for a couple of seconds, or for 5 minutes, even for a whole day.

COME back when you have a different feeling about the situation.

STOPPING what you're doing indicates to your brain and your body that you ARE aware and ready to neutralize the feelings of stress as much as possible.

03 Create

I use this stopping time to fill myself up with LOVE which neutralizes lots (if not all) of the negativity in that stress spot.

Recognising stress points and anxiety areas is super powerful.

The 'moving away' idea doesn't always have to be physical, it can be a small mental adjustment which alters your ongoing thought patterns

In a work situation you can use a toilet break to give yourself the space to build the love back inside you so that when you re-enter the office you carry different energy.

Journal Time: make a note of where your stress comes from currently, then create a plan of action for HOW you can recognise the stress and then for what you CAN do in any one moment to alleviate and neutralize the negativity.

04 Ground



Ground Yourself –

- ***Put yourself back into the energy circuit.***
- ***Grounding yourself alters your energy on all levels and allows a new flow to reside inside your energy field.***
- ***Every time you CHOOSE to recognise the signals and do some small thing towards balancing yourself again you gain inner strength, inner awareness, inner growth.***
- ***When you remove yourself from the anxiety creator and settle (even a little bit) that ball of stress in your body, you shift the energy all round you.***

04 Ground

Just in case you don't have a quick solution to Grounding - I have some that I use all the time.

BREATHE - A beautiful friend (thanks Estelle) shared this one, a lovely method of counting breathing.

BREATHE IN slowly for the count of 1 2 3 4

HOLD your breath here for 5 4 3 2 1

BREATHE OUT slowly for 6 5 4 3 2 1

HOLD your breath here for 3 2 1

Repeat this breathing until you find yourself yawning, this shows oxygenation and is a sure sign you're back on track.



04 Ground

BEING IN THE ENERGY CIRCUIT

This quick method links up your meridians and connects you to above and below. You can use this anytime, especially after you've done a breathing exercise.

If possible do this with your eyes closed.

- *Rub your fore finger gently across the base of your nose, on the gristle between your nose and your upper lip. Do this slowly for 5 seconds*
- *Now gently massage the outer edge of your ears for a similar amount of time, from top to lobe then back up again, repeat.*
- *From here, rub your coccyx, the little mound at the centre top of your butt*
- *Now feel the difference and have appreciation for this feeling.*
- *You'll probably yawn, this shows that you're on the right track.*

05 Choose

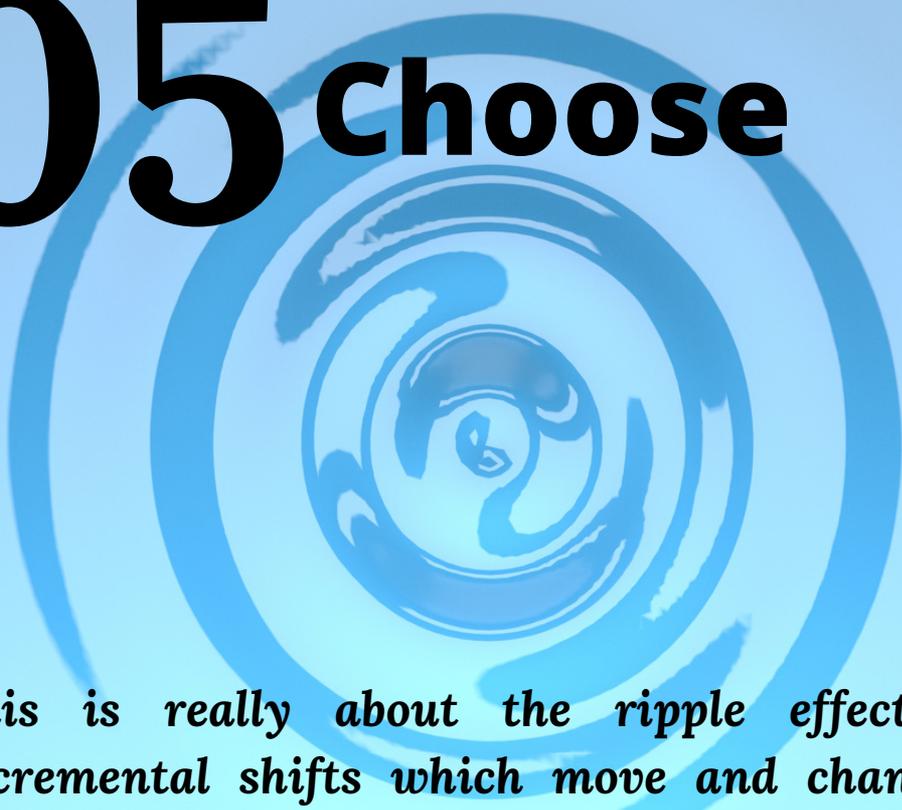


Choosing change is freeing –

We're talking about Choosing Change and, Yes, I know that even considering change can be a bit much at times, but let's look at this . . .

- *Change doesn't have to be scary*
- *Change doesn't have to mess with your life*
- *Change can be really subtle and quite small and still have impact.*
- *Remembering your choice is what you need to focus your intention on, not the change itself.*

05 Choose



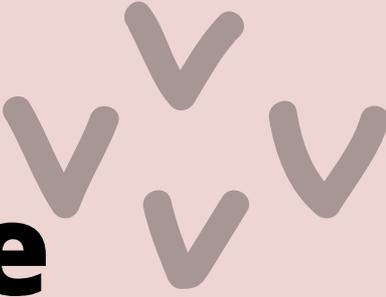
This is really about the ripple effect and incremental shifts which move and change in small ways to ripple out into your chosen life.

Action Step: Write down one or more things you'd like to change. We're not doing anything about these directly, this is just a gentle heart intention for change.

05 Choose

- *Seeing reminders and Joyful articles/things around you are what's needed to keep you on track.*
- *They can be really small if you need to intersperse them into your office desk busyness.*
- *They can be stick it notes in your car, a small memento in your pocket. There are many ways in which you can remind yourself of your chosen course of action.*
- *Choosing to find more Joy in your world is another (seemingly) simple way to reduce stress and anxiety.*
- *But how can you even consider this aspect when your brain is running on automatic, covering all of the stuff that actually makes you more stressed.*

05 Choose



*This brings us to The 17 Second Rule
(Esther Hicks teaches this in her talks.)*

What on earth is that, I hear you thinking.

*Well, this is a diversionary game that you can learn
and remember for when your thoughts aren't where
you want them.*

*This 17 second rule requires you actually noticing that
you're feeling anxious, stressed or that your brain is
running it's own script of negativity.*

Then acting on it. . . .

This is how it works.

*Once you've figured that you're not travelling on a
positive thought path, where ever you are,*

Just STOP.

*STOP - whether it's a physical stopping or inner
stopping, the deal here is to make sure you accept that
you're in overwhelm or sadness or another negative
emotion and it's time to shift the mode.*

05 Choose

Once you've marked that moment with the STOP then you can move into the small change, which can have a huge ripple effect on your thinking.

This small change is to focus on something that makes you smile for the next 17 seconds.

Focus on something that brings you JOY - for the next 17 seconds.

Focus on something you LOVE - for the next 17 seconds.

You will find more and more benefits from doing this for 4 x 17 seconds. Keep doing it until you feel that inner smile happening, until you feel the Love Shift in your heart.



Writing or journaling has been mentioned once or twice during this Stop Sneaky Stress book and there's a great reason for this.

Recording your growth and the ongoing change that new decisions create is an amazing tool and keepsake.

You can keep the notes or burn/shred them but your brain has the proof now that these new methods work and that acceptance by your brain is one of the most important things to have.

Your brain will learn not to hinder any de-stress programs that you keep active in your world.

This will help you to generate more positive action which will stop that sneaky stress from piling up.

You'll find some journal pages at the end of this e-book.



Have you enjoyed this offering?

I do hope you've absorbed some new thoughts and processes from this Stop Sneaky Stress e-book.

If you've enjoyed the inner growth and want to find out more about how I work with clients then below are links where you can learn more about other areas of my work. Sending Love Bubbles of JOY out over the airwaves to You.

Keep being YOU, YOU are UNIQUE

YOU are WONDERFUL

YOU are LOVED

**Neutralizing
With
Love Website**



