CHUNMUN KAMAL
INTEGRATED HEALTH AND WELLNESS COACH

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STOP!

STRESSING

WITH MINDFULNESS

01

Hello!

I understand the havoc stress can have on life. Like you, I too have been affected by it. I took back my power by doing something about it. You too can **learn how to tackle stress by living a more mindful life.**

We rush through life and sometimes, life rushes by us. Either way, it's easy to feel overwhelmed and stressed. When our thoughts drift back into the past or race into the future, we are no longer in the present and fully available to ourselves or to others.

Mindfulness helps us remain in the present by becoming an active observer of all that is happening around us. The key is not to be a judge but to be an observer. **STOP**ing allows us to become that observer, stay anchored in the present moment and respond with more gratitude for what we have.

What is Stress?

Stress is the gap between our actual and *perceived* ability to deal with and effectively respond to life's demands.

Humans have been hard-wired to use the fight-flight response/ stress response to protect ourselves from danger and stay alive. Some stress is good for us in moderation as it helps to build endurance, resilience and strength. Once the perceived danger is over, your body relaxes, and the stress hormones return to normal levels, allowing you to rest and repair.

Unfortunately, these days, we're usually faced with ongoing stressors without a break in between. This chronic stress can wear down your body over time and significantly impact your health.

STOP!

Psychologist Elisha Goldstein, recommends using this acronym to take a short pause to break the momentum and bringing ourselves back to the ***here*** and ***now.***

S

Stop
Stop what you are doing.
Close your eyes **only if it is safe to do so**

T

Take
Take a few breaths
Focus on the sensation of your inhales + exhales

O

Observe
Observe how you are feeling physically, emotionally, mentally and spiritually

P

Percieve
Percieve the sounds around you, listen to them without any judgement.

02 10 STOPS!

You can apply the **STOP** technique anywhere. The beauty of this technique is in it's **simplicity**. Here are 10 examples where you can use **STOP** in your daily routine, be more mindful and stay full present in the moment and savour the experience. Where else can you start **STOP** mindfully?

1. **Making breakfast**



2. **Taking a shower**



3. **Travelling**



4. **Walking**



5. **Movement**



6. **Doing something fun**



7. **During family time**



8. **Grocery shopping**



9. **Painting**



10. **Reading**



03

FEEL BETTER. DO GREAT. LIVE MORE.

Stress doesn't just affect how you feel emotionally. It affects how your whole body functions. Maybe the symptoms you've experienced are:

- **Physical:** palpitations, sweat, numbness, quick breath;
- **Cognitive:** poor memory, inability to concentrate;
- **Emotional:** anxiety, feeling overwhelmed and
- **Behavioural:** withdrawing, procrastinating.

And yet this is often the point where you try to push through.
You try to be more disciplined, more organised, more motivated.

But when stress is part of the picture, it's not about trying harder.
It's about understanding what your body is dealing with and giving it the right support.

That's where working together comes in. Together, we can look at your lifestyle, your health, and the factors that may be contributing to how you feel.

From there, we create a clear and realistic plan to help you close the stress loop, regulate your nervous system, regain your energy, focus and vitality.

Get The Support You Need

I hope you this resource helps you remember that remaining mindfully present in the moment is one the many ways you can get relief from pressure, stress, overwhelm or burnout.

My One-On-One Coaching Programme - **Reset, Rebuild and Resilient,** is designed for you are ready to break free from the pressure of 'holding it all together' alone, feeling stuck, scattered or unsure of what's next.

Book a complimentary call or drop me a message.



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