

CALMER LIFE

Session 1

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Resources

Susan Saunders Health

Website: <https://susansaundershealth.com>

Instagram and Facebook: @susansaundershealth

Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of the Calmer Life course

We'll look at where stress comes from, and the tools needed to deal with it.

WHAT DOES SUCCESS LOOK LIKE at the end of the course? I want you to feel empowered and knowledgeable about what right for your own journey to a calmer life. I'd like you to have that toolkit and ideas to turn to when things get stressful. And I'd like you feel you have a little more perspective on the stress you experience.

BREATHING EXERCISE: BOX BREATHING

I've made a video of this for you, you can find it on You Tube here:

https://youtu.be/3Ng8al_xBZE

WHAT IS CALM?

Absence of strong emotions, A FEELING OF BEING AT PEACE. Dictionary definition – “quiet and free from disturbance. **Calm** is used when someone is not excited or upset even **when there is cause for it.**” That final phrase is really important – even when there is cause for it – because it reminds us that we can manage our response to stress even if we can't manage the cause of the stress itself.

WHAT IS STRESS?

The **feeling of being overwhelmed or unable to cope with mental or emotional pressure**. It's usually in response to a particular trigger or circumstance. It's different from anxiety, which is a feeling of apprehension or dread in situations where there is no actual real threat and can be disproportionate to the situation faced. Unlike stress, anxiety persists even after a concern has passed.

I'M GOING TO TALK YOU THROUGH THREE WAYS OF APPROACHING STRESS which work hand in hand and which will form the backbone of what we're doing together.

- 1: Changing our mindset around stress
- 2: Our response to stress
- 3: Seeking activities that bring us joy and calm

Suggestions for real self-care

1. Build in Regular Exercise.
2. Eat Well and Limit Alcohol and Stimulants.
3. Connect with Supportive People.
4. Carve out Hobby Time.
5. Practice Meditation, Stress Reduction or Yoga.
6. Sleep Enough.