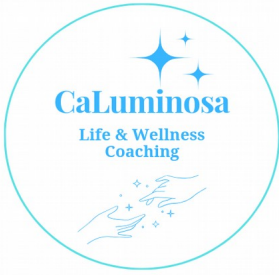




10 Tips To ✨ Tranquility ✨

Find more
calm, balance & freedom
through better stress
management ✨

Practical & Actionable
Steps
For Living a Life
with
Less Stress!



10 Tips To Tranquility!

***Find more Calm, Balance & Freedom
through better management of your stress!***

Welcome to your FREE Workbook on Mastering Stress & Overwhelm!

Let's dive in!



So, you're feeling stressed and in overwhelm!

Perhaps even heading for complete burnout and you know that something has to change!

You want to manage your stress but don't know where to start.

Yes, there's lots in your external world that cause you stress & you may have no control of it.

But you do have control over YOU!

And you've now taken that step to address your stress & how it is impacting your everyday life!

You often have no control over what's going on in the world but you are able to take control of your personal stress & how you respond to stress!

3.

Bringing awareness to your situation is the first step to change!

So, say a big Thank You to Yourself, for recognising this within you and making this decision to take action.

It's all too easy to get stuck in the endless loop of stress, tasks pile up and things spiral!

Making big changes can be hard for the body to navigate when already in a stressful state.

You stress about being stressed!

A big change at this time may trigger the fight, flight, freeze response in your body which creates more anxiety.

It's important to make decisions and alter your life in a way that our body feels safe doing so.

This way, you can avoid those triggers and remain in a more settled and stable state of being.

By having practical and actionable steps, you are better able to make small but impactful changes to everyday life.

Following and implementing these steps each day can help to ease the stress and overwhelm. It aids you in creating better daily habits that you can apply to any area of life.

It may be useful to write down your current level of stress before you begin then compare that after a few weeks of trying these techniques!

Don't necessarily try to implement everything all at once!

Start with what feels most doable for you & introduce more as you feel able.

So....Here are 10 Top Tips you can start using today!!...

1) Trust Your Body!

Your body knows what's best for you, it's your best friend!

It gives you physical signs & those niggles that are oh so easy to ignore & brush off!



You've heard of Gut Instinct, right?!

Well, that's a real thing, you feel it in your gut when something just doesn't sit quite right.

This is your body telling you to make a change.

So, you will often know deep within you, what needs to change....so start taking notice & listening to YOUR body!!

How? You may be asking?

By gaining more clarity on how stress shows up for you in your body so let's explore that further here....

Learn just how your body communicates with YOU!

You see, those feelings, tensions, pains, butterflies or knots in your stomach, tightness in your body.....well, that's your body talking to you!

Your body is amazing at communicating it's needs, it's your job to learn how to interpret that. This only happens by regularly taking notice of how your body is feeling at any given time.

5.

Particularly when you have a decision to make, take notice of the feelings you experience at the time.

Let's say someone asks you to go somewhere or do something, how does your body feel?

1. Is your gut churning, is there tension in your body?

2. Or do you feel excited, lit up, enthusiastic with butterflies or a giddiness in your belly?

Number 1: is "Mmm, I'm not so sure, not keen, not really feeling that or that makes me really uncomfortable & nervous, not in a good way, I don't want to do that!"

Number 2: is "Yes! Love the sound of that, I'm in!

Or it maybe an Ooooh, now that sounds interesting, sounds like fun but I'm a little nervous but in a good, exciting way because I know it'll stretch me out of my comfort zone and I know I'll be so glad I did it!"

Isn't it amazing how your body talks to you!

But how many times is your reaction that of Number 1 and yet you still say Yes?!!

By taking more time to understand these responses, you are better able to trust what your body is telling you!

Another good practice is this:

First thing in the morning when you wake up, before your busy mind has chance to kick in with that long to do list! Take a few moments to sit on your bed, take a few breaths & just feel in, to how your body feels.

Ask your body what it needs for the day & listen!

Is your body tired?

In need of hydration?

Full of energy?

Is there pain or tension?

Are you happy, sad, indifferent?

Take notice of what your body is telling you & then take action to address whatever that may be.

Structure your day if possible, to adapt to what your body is telling you.

Have a slower day if needed, hydrate, use your energy wisely, address any pain as necessary whether by seeing a medical professional or a more alternative, natural approach, perhaps play music that is reflective of your happy mood/lifts your mood or write down your feelings in a journal or chat to a family member or friend about your feelings if you're struggling.

Respect & Honour your body by taking care of it's needs daily!

** Of course, always seek medical attention to rule out any issues that may need treatment or to address any mental health issues!**

2) Move & Offload Your Stuck Energy!



Moving your body at the end of a busy, stressful day, or any day for that matter, helps move stuck, stagnant energy you hold within your body. It relieves tension, gets your blood circulating & is good for your mood too!

Whatever works for you whether it's going for a run or walk, dancing around the kitchen, shaking your body, or just a few simple stretches, it's all so beneficial.

Somatic movement is a great way to release stress & tension that your body is holding onto.

No matter what your level of fitness or mobility, just some simple stretches, even sat in a chair, can work wonders!

Also, moving energy by verbalising how you feel helps hugely.

Allocate yourself 5 – 10 minutes only, no more & vent, chat, offload the basics of your stressful day to whoever will listen even if it's just to your pet! And if you live alone, try chatting to yourself out loud or in the mirror. You may feel you look like you've lost your mind but it's worth it!

3) Delegate!

So, here's where your Grounding & Chakra Balancing are so beneficial!

We all know that feeling right?



The one where you think you're a Superhero, the spinning all the plates like a circus act, wearing all the hats, not enough hours in the day feeling!

Here are a few questions to ask yourself....

Are you a people pleaser?

Do you like being in control?

Do you feel that no one can do it as well as you, so it's easier to just do it yourself?

If you've answered **YES** to any of those questions then you need to learn to delegate!

People in your life will naturally leave things to you if you present with this superhero image. They will assume you're coping, so it's important to communicate your feelings & needs.

This is where having an open, active & balanced Sacral & Throat Chakra are so important!

Your Sacral Chakra is your place of Courage, your Warrior Spirit. Having balance here allows you to draw on that Courage at times when it may seem daunting to approach someone about your feelings.

Your Throat Chakra, well, that's a little more self-explanatory, this is your centre for speaking your truth, communicating effectively, with strength & conviction. So, having balance here supports you in doing so in order to delegate!

(If you'd like to learn more about using Grounding & Chakra Balancing, the Online Mini Retreat & Self Study Course – Find Tranquility Through Stress Management Mastery! includes these practices with accompanying videos. Details of this course are at the bottom of this workbook)

Here's something to consider trying....

Ask others to take more responsibility whether at home or work.
Try to not control everything & assume others won't do a good job.

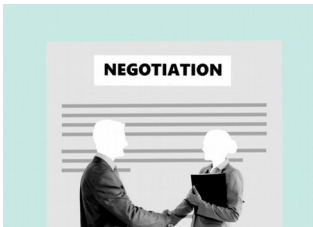
Ask yourself & consider....

How will they know what they're capable of if you constantly do it yourself?

By delegating, you get to not only take pressure of yourself but also allow others the opportunity to step up & grow their skills.

4) Prioritise!

It's time to practice the art of negotiation...with yourself!



Each day write a list of your essential tasks....
Title this:

Non-Negotiables.

These are the tasks you need to prioritise that day so you have a clear outline of what needs to be achieved.

Write a second list entitled:

Negotiables.

These are the not so important tasks, the things you'd like to get done during your day but are not essential. This list means you are able to be more adaptable with your day & your plans.

By taking a more fluid, go with the flow approach to these tasks, you relieve some of the pressure for the day.

Then it's not the end of the world if some things are not achieved!

Roll them over to the next day if that feels good for you.

And don't forget to make yourself one of those priorities!!

5) Set Firm Boundaries



Firstly, in order to set boundaries, you need to decide what they are, what feels right for you because everyone's boundaries will be different!

Take some time here to really tune into you, your body to feel what is comfortable or uncomfortable for you.....***See Tip 1!!***

Once you have settled on your boundaries, it may be a good idea to write them down in order of priority, just as a reference for yourself.

Often, in writing it out, you can read back over it & see if anything still feels misaligned or you want to change something.

You are not able to communicate firm boundaries to others until you know what that means to you!

Think of things like,

Your energy, how you expend it, & where in your day you give it away too freely & to whom.

Tasks & chores that you're not prepared to take responsibility for.

Behaviours, speech, attitude that you feel you won't tolerate or is unacceptable to you.

When this is clear for you, take time to communicate these to others making sure there's full understanding.

Then it's your responsibility to stand firm & stick to them!

6) Make Time For YOU!

This is a key element to stress management!

It is so difficult to minimise stress from a place of stress!

Have this as one of your **Non – Negotiables!**

When you take time for you, prioritise your needs & well-being, you're coming from a calmer place with more balance.

From a place of calm & balance, you are better able to adapt to any curve balls life throws your way throughout your day.

Make the time for you needs to be all about doing relaxing, nurturing, nourishing & fun activities!

Even if it's just sitting quietly in a room, undisturbed for 10 minutes, deep breathing & calming your busy mind.

Anything that calms you & relaxes you!

And things that light you up!

Reconnecting with your joy is so important because that's what we lose sight of when the stress takes a hold.

So, it doesn't have to be just relaxation, you can dance around, like no one's watching, to your favourite tune. We all have a few top tunes in our play list that spark us, that make us want to dance around & lifts our mood!

I refer you back to **Tip 2!!**

And if you are implementing **Tips 3, 4 & 5** then you'll be creating time in your day, each & every day to make you a priority for Your Self Care!



7) *Be In the Moment*



This is one of the best ways to manage stress & to live your life!

Just Be!

Take each moment of any situation as just that, a moment.

Because the moment is all you have, at any given time you are literally, in the moment.

What came before is past & what's ahead hasn't even happened yet!

So, if you are in the moment then you are only dealing with the here & now. And in that place, in that moment, you focus on exactly that, what's happening right then.

Be aware of your surroundings, the sights & sounds knowing that you can do nothing about what's gone before so your focus is only on the now.

And the future has not yet happened, so why spend time worrying & stressing about it!

This way you approach your day one step at a time, one moment at a time.

You only focus on what needs doing or addressing in that moment!

8) *Just Breathe!*



Yes, as simple & obvious as this sounds, you breathe differently when under stress! Calming your Vagus Nerve is key to stress relief so deep breathing aids this.

Try this technique:

Take a deep breath in, through your nose, for the count of 4 or whatever is comfortable for you, filling the belly & chest.

Release for the count of 6 or whatever feels comfortable for you, breathing out slowly & steadily.

Repeat several times or as many as it takes for you to feel your body calming & relaxing.

The key is to make the release breath longer than the in breath but only to what feels comfortable for you.

Please note: This is not medical advice so should not be taken as such. Please consult your doctor before undertaking any new technique.

9) Be True To You



So, you may be thinking that this is a strange one to be in this list right?

Well, there's so much underlying stress involved in living a life that is not your own. Of living a life where you are not being true to who you are.

Hiding parts of you, being in denial, dimming your light to people please or out of fear and worry of what others may think.....that's living half a life, that's not being true to who you really are.

'Well that's easier said than done!' you may be saying.
And yes, that is true but it is possible.

How do I know?

Because I was that person!

I didn't fully appreciate just how stressful it was for me & just how damaging it was for my body, my health, my mental, emotional & spiritual well-being!

Addressing this set me Free!

Free from so much & was a huge stress relief.

I can say with all sincerity that my well-being as a whole person, improved massively once I took the time to accept this was happening.

Understanding why, where it stems from, is part of the process. Seeing the limiting beliefs & conditioning from your past helps you see why are so stuck in this pattern.

Recognising where you are pleasing others at the detriment of your own well-being then allows for you to make changes.

Examining what you're afraid of & why, helps you then face those fears to overcome them.

The realisation, once you begin to slowly live in your own truth & be you, can be amazing!

You may just be surprised at how accepted you are, not judged as much as you expected.

We are often stuck in fear of things that may not even be true for us!

Now I appreciate that for some, this may be traumatic & dramatically change your life.

Society, Parents, Relationships, Family Traditions, Religion can all play a huge part in why you may be keeping yourself small & stuck living half a life....I know only too well from my own personal experiences & journey!!

There may be serious consequences of you deciding to live fully in your truth.

In such cases, there is a lot to consider before making radical changes & *specialised professional counselling/support may be advisable in such circumstances.*

So, please seek such support & advice if this applies to you!

These are just Tips for managing stress & you, as the reader are solely responsible for how these may or may not be applied to your life, the decisions you may make & the results of those actions & decisions

10) Fill Your Life With Fun & Laughter!



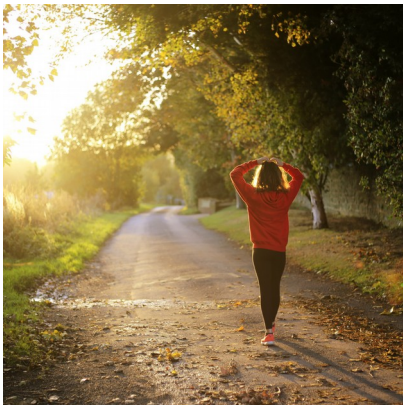
'Life is for living!!'

'Laughter is the best medicine'.

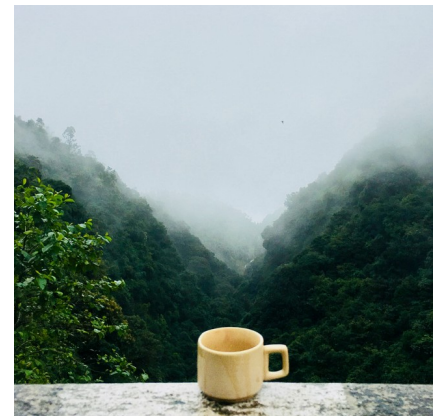
Two sayings we are familiar with & very true!

So, this one is very simple!

Live as full a life as you can, fill it with all the things that are fun, bring you joy & light you up, make you laugh!!



Bonus Tip!



Try to spend at least 20 minutes each morning out in daylight!

Do you reach for your phone as soon as you wake up?
Do you switch on the radio or TV to listen to the news?

Why not try a more beneficial early morning habit?!

Going out into the daylight, even if it's a cloudy or rainy day....has so many benefits!

So, why not try going for an early morning walk (you're already then also ticking another step off your list – movement!)

Maybe sit in the garden with your morning drink. Go out to feed the birds & have a wander around the garden.

Even by sitting at an open window or door, if you're unable to leave the house, will give you that all important early morning natural light.

It helps regulate your circadian rhythm, your internal body clock which in turn helps to promote better sleep.

It boosts serotonin to promote feelings of wellness & happiness.

Reduces melatonin production helping you feel more awake during the day.

Being outside in nature is great induces calm & lowers cortisol levels.

All of the above will help to better manage your stress!

However big or small, endeavour to incorporate something from this list every day!

Accountability:

Now having read this workbook, these are your tasks:

1) Write your Top 3 things, of the 10 Tips, that you will prioritise & commit to implementing for stress management.

2) Write 1 thing you can commit to doing each day, for your self care.

3) Write 1 Non – Negotiable & 1 Negotiable to get you started.

Be committed to implementing these 10 Tips plus the Bonus tip!... into your day, every day in whatever order feels right for you.

And enjoy a calmer, more balanced life, where stress management & reducing overwhelm is possible!!

If you have enjoyed this FREE workbook & would love to learn more then Follow:

@caluminosa

On Instagram, TikTok, Facebook

Or visit our website

www.caluminosa.com

These 10 Top Tips only scratch the surface of learning to manage your stress!

These also form part of a fabulous

Online Mini Retreat & Self Study Course

that allows you to dive deeper into stress & how to master your management of it in daily life!

Prolonged stress can lead to ill health, overwhelm, burnout & a miserable life. Once you understand stress, how it presents for you & implement practical ways to minimise or even remove stress completely from areas of your life, this leads to so much more Empowerment, Freedom & a Happier Life!

How amazing would that feel?

What would that mean for your life?

Isn't this something you deserve for your life?

So, why not enroll on the course & gift yourself or someone you know, the opportunity to take control of your life & make the changes you need to make, to live a more Stress Free & Happier Life.

Reduce the stress of the festive season, or any time of the year & move into the coming year with Less stress & More Calm & balance!

This amazing life changing gift to yourself or someone you know...

Is:

Find Tranquility Through Stress Management Mastery!



Please note: Within this course, we use Breath work, Chakra Balancing, Meditation, Mantras/Affirmations along with question prompts & accountability tasks.

The subjects covered are:

Session 1 – Clarity

- *The Root of Stress*
- *How stress shows up for you*
- *How & where in the body it can present for you*
- *Recoding the past conditioning & belief systems that can lead to stress*
- *You get to choose!*
- *Question prompts*
- *Accountability Tasks*

Session 2 – Courage & Confidence

- *Practical & actionable steps to use in daily life.*
- *And cover the 10 Tips as outlined in your Free Downloadable Worksheet.*
- *Question prompts*
- *Accountability Tasks*

Session 3 – Calm & Self Care

- *Reconnecting with things that bring you joy*
- *Practical ways to incorporate these into everyday life*
- *Making a commitment to yourself for more self care*
- *Question prompts*
- *Accountability Tasks*

There will be an invite to join a Private Facebook Group
& also ongoing support via Facebook Messenger and/or Email during business hours.

***The course is a wonderful way to understand you, better manage stress
& take some time out for self care!***

Your Investment in you:

*Please note: The original course price was £111.00. There will be various offers throughout the year which will be advertised via our social media platforms & the website.
Our latest offer is below.*

****Special Offer Price available until midnight 31st March 2024****

Only £44.40

** If you have received this E-Book after the above offer has expired, the price you pay will be the current price at checkout as listed on the actual Thinkific course platform. The direct link to enroll is on our website in the Services/Offers section.**

For more details of how you can access this course & take the first step to Empowerment & Freedom,
Visit our website:

www.caluminosa.com

Contact me by email paula@caluminosa.com
Or via direct message on social media.

Let's connect!

If you'd like to work with me on a one to one basis for a more tailor made approach to your stress management, life & healing journey, then I'd love to hear from you so please get in touch!

I primarily work with women but my services are not necessarily gender specific, so are available to anyone who requires guidance & support in life.

Feel free to contact me by direct message on any of the above social media platforms!

Or email: paula@caluminosa.com

You can also find details of the 1:1 programmes & all other services available by visiting our website.

www.caluminosa.com

I offer a FREE 15 minute NO obligation chat via Zoom.

Absolutely no sales pitch or pressure!

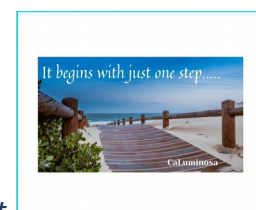
I strongly believe that if it feels aligned for you then you will make the decision that is right for you.

So, if you are interested in seeing how I can support you then feel free to get in touch!

In Love, Light, Peace & Power

Paula

Please note: No portion of this workbook is to be reproduced without permission from CaLuminosa. For permissions email paula@caluminosa.com





Your 10 Tips To Tranquility LIST!

You can print off this list to stick on the fridge, your mirror or wherever serves as a daily reminder to pick at least ONE thing to commit to that day!

1) Trust Your Body!

2) Move your body & offload your stuck energy!

3) Delegate!

4) Prioritise!

5) Set Firm Boundaries!

6) Make Time For You!

7) Be In The Moment!

8) Just Breathe!

9) Be True To You!

10) Fill Your Life With Fun & Laughter !

Bonus Tip!

Try to spend 20 minutes each morning out in daylight to begin your day!

@caluminosa