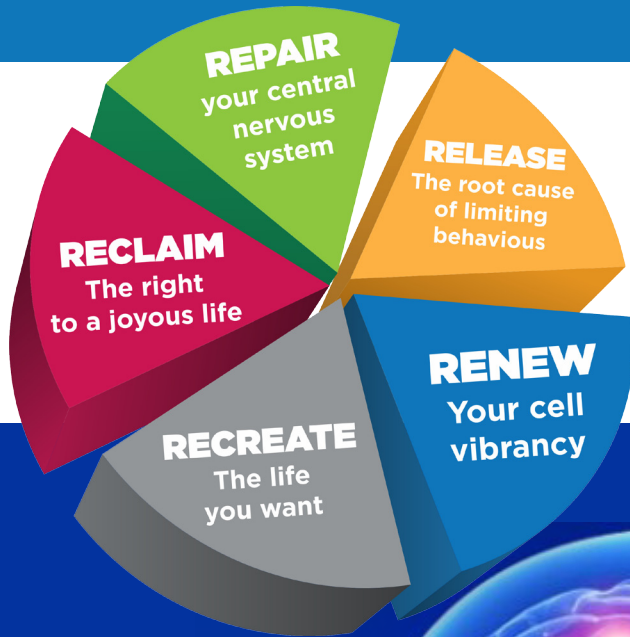


# Repairing Your Physiology

**Workbook**



**Step 1 of the**  
**“From Stress to Success Model”**



**Powered by**  
**Stress Resolution Techniques ©**

**Celine Healy**





# Introduction

Welcome to the first step of the “From Stress to Success Model” – REPAIR. By now, if you have listened to any of the videos online or read any of the material on this topic, you will be aware that we are firstly and foremostly concerned about you obtaining a balance between your work and your personal life. The way to do this is take hold of what you can change and practice what needs to be done regularly and consistently so that you are in total control of how stressed you feel.

Our aim for you is to be able to help you self-regulate how you respond to future stressful events or situations that trigger a stress response. These events are no longer wanted or useful, and generally they are keeping you locked into negative patterns of behaviour such as: constantly experiencing negative emotions, sabotaging your success, or self-punishing yourself with addictive substances or actions, harmful behaviours, thoughts or other non-effective actions.

**Yes. You can resolve your stress permanently** when you follow these guidelines and techniques, do your practice, become more aware, and notice the subtle changes that you are making each week, and then be back in control once more.

Stress of any kind, whether it is by way of: struggle, strain, lack, pain or tension of any kind, is debilitating. It causes your physiology to change and to create neural pathways in the brain such that stress then becomes a habit. The second most significant aspect of the impact of stress on the body is that it depletes your energy. And you already know, that when your energy is low, you cannot function effectively on any level, and are more prone to abusing your mind/body with addictive substances or actions, during this low period.

**So, our first job with REPAIR, the end result of your work, will be that you will have increased your energy and it will be noticeable!**

Theoretically sleep is the number one action you could take to repair your body/mind. But how hard is that when your mind is constantly racing with thoughts of yesterday and the day before, and what you have to do tomorrow?

**After REPAIR, you will definitely sleep better**, and generally within the first week. So this section is about helping you to de-stress from stressful events, large or small. Because your energy will be increased you will be better able to take back control over your life. You will appear to have more time in that once your body/mind is healed and repaired, you will find that you will be able to stand back when a stressful event occurs, and say: ‘I used to respond like this. How do I now want to respond? Or. Will I bother responding at all?’

From the techniques you will learn, you will find that you are able to regulate your energy throughout the day and can do the exercises anywhere, or anytime, without anyone knowing you are doing them.  
How good is that?



**The next aspect of REPAIR is that you will be resetting your baseline resilience level to stress.** If it is pretty low and you found yourself reacting quickly to anyone who annoys you, then you will notice that these exercises will lift your baseline level of resilience, so that you will be able to cope more easily. You will be slower to react.

**When you are stressed you are not fully present.** You are concentrating on the issue or the feeling or the action you “should” have taken, not done or said. Not being present takes you away from what is important in life. You cannot be truly happy or successful if you are not present, fully experiencing what is going on around you consciously. So, part of this program is to help you become more aware of your circumstances and how you can take charge, if and when required, and hence be more present.

It has been stated in the literature that when we are born we have a battery of energy available to us to use as we see fit throughout our lives. The trouble is that people are using up their energy stores rapidly through stress, and mostly are not even aware of this fact. So, by your eighties you can be pretty worn out.

However, this need not be so if you manage your battery correctly. Why is it that there are people in their 100's who are very active and living wonderful lives, yet others who are barely dragging themselves around? It is because they have found a way to manage their energy. Mostly, this is because they have chosen a productive and happy life rather than a stressful life. They do things to make sure their energy is topped up regularly. And that is what we will be doing here.

**The methods used in this section – REPAIR, have all been scientifically proven.** However, just reading about them will not get you the results. You need to practice them. When you do this, what you are doing **is retraining your autonomic nervous system**, which houses the stress response mechanism. You will be learning new ways of behaviour which will change your physiology, and this changes how you respond to stressful situations in the future.

This means that you will no longer be controlled by stress.

You will no longer be controlled by subconscious actions which are no longer useful. When you retrain your ANS you are taking charge of your subconscious, and you will be telling it that you now want to react and behave differently. You will feel different.

You will look different.

You will act differently.

You will be more aware.

You will be more present.

And when this happens you are back in charge of your life.



Not all of your life has been doom and gloom. There have been periods of time when you have experienced happy, positive emotions and felt you were in flow and in charge. And there have been times when some stressful event has triggered a major downfall, and you have felt that you cannot cope any longer. The key here is that you will be able to get back on track easily, when you do the techniques.

**We need to retrain your ANS (autonomic nervous system) and this in turn helps you REPAIR your physiology.** When this happens you will be able to handle most stressful situations easily.

Imagine being able to maintain your composure, clarity and focus when needed! Imagine increasing your energy levels to such an extent that you feel ready to get back into your hobbies.

Imagine being able to turn on or turn off the stress response mechanism.

You don't have to imagine it!

It will happen gradually, suddenly or somewhere in between.

But it will happen!

The Guide, which you will need to download, is specifically related to the breathing techniques. It has an overview of energy and emotional depletion. It will help you become more insightful and aware. You will be able to self-regulate how you feel, when you feel, and if you feel at all.

It is also about energy management, increased performance and improved health and longevity, with an improved baseline resilience, i.e. the level of your ability to cope with stressful events.

## Overview of the “From Stress to Success Model”

This model was developed due to the frustration with numerous courses, seminars and webinars attended which dealt with overcoming issues, achieving success or wanting to achieve goals of any kind. It was found that after a very short time away from the course or even after the regulation 21 days to change a habit, the results would not hold. The conclusion as to why they would not hold eventually became obvious. Most of these courses were not dealing with the underlying issues that keep people trapped in self-sabotage. Most of these courses involved a process such as: become clear about your goal, set the goal, work out your strategies to achieve these and make a plan and take action.





It all sounds very simple! And it is. However, what happens when you make a goal that is not congruent with your innate skills, talents and abilities, is not in alignment with your path, or your values, or is not free from the self-sabotaging patterns of behaviour ingrained into your psyche, is external to your control and is made from a base of fear? Result? Your failure is guaranteed.

Of primary importance for you in achieving any goal you desire, is that you have dealt with, and eliminated permanently, any underlying negative beliefs, patterns of behaviour, negative emotions, resentment, self-sabotaging actions or self-punishing or harmful behaviours, or anything that you keep repeating which is not serving you in the here and now. Because, the majority of these negative issues have occurred in the past and keep coming back to haunt you now, it means you have not dealt with them.

What that means is that you have to eliminate them in some way and be vigilant so that you instigate helpful behaviours and patterns that you can carry into your new, improved future.

**It is not possible to achieve lasting success until, and unless, you deal with these underlying issues!**

So, what this model is about, the “From Stress to Success Model”, is taking the 5 steps over the next year or so, and dealing with what needs to be resolved once and for all, by actually changing your outlook, physically, mentally, emotionally and spiritually.

Once your body is healed you need to keep your vibration and vitality high. Once you have clarified who you are at a deep level, and know who you are, your true identity, you will, and only then, be able to be very clear about what you want to achieve because you will know yourself better than you have ever done previously.

You will know your innate skills, talents and abilities.

You will know your path and your purpose.

You will then be in total flow and will be able to manifest things that you truly desire, easily and effortlessly.

# The “From Stress to Success Model”

An outline of these 5 steps is:

- 1. REPAIR** – where we retrain your autonomic nervous system, we heal your heart and we REPAIR your physiology.
- 2. RELEASE** – where we help you release the major underlying issues affecting your failure/success mechanisms, once and for all.
- 3. RENEW** – where we activate your cellular activity such that you will increase vitality, and help change your body/mind to a permanent positive vibration.
- 4. RECREATE** – where we help you understand who you are at a very deep level, your innate skills, talents and abilities, help you to know your path and your purpose, and
- 5. RECLAIM** – where we help you reclaim your birthright which is success on any level. Only at this final level will you be truly clear about who you are and what you really want. You will then be able to set goals easily and effortlessly and the results will race towards you at great speed. You will be in FLOW.

**So, that is where we are heading, one step at a time. To total FLOW.**

Repair is the first step and because of all of the stress we experience on a daily basis: the noise, the thoughts, the patterns of behaviour, the environmental toxins, the negative energy we pick up from others, the food we eat and all of the toxins we breathe or consume, everyone will need to REPAIR their physiology at some time, in order to be truly healthy and happy.



## In summary:

This REPAIR section is about healing your body/mind by retraining your ANS, healing your heart, becoming more aware and more present and more conscious, being able to alter your breathing patterns which will alter your physiology, and hence alter one aspect of your subconscious. This will change your stress response patterns to be more positive.

You will be more in control.

You will feel better, have more energy, increase your resilience to stress by improving your baseline resilience, sleep better and react better to stressful events.

This could happen within the first week!

Following is a Workbook which is available for you to keep track of your progress, notice the subtle changes that are occurring, because they will, notice any insights you have about how you feel, about how you are responding to stress, and about whether you are in fact bothering to react to a previously thought, stressful event.





## **Work Book Section:**

The beauty about this program is that, not only do you have the personal sessions regularly, you also have the equipment to monitor how stressed you are at any time, and then you can instigate the necessary technique to reduce the effects of stress immediately.

This program comes with **the emWave2 Hand Held Device** which gives back the power to you to self-regulate and monitor how you are doing on a daily basis. This device comes with training videos so that you can easily understand how to use it effectively. Also, too, you can record your results during the day and then download these to your computer so that you have a running record of your progress.

The **weekly, or regular personal sessions** will help you understand the background to what we are trying to achieve and will help you gain competency and help you keep on track.

The **Breathing Plan** attached at the end of this ebook can be separated from the book, so that you can easily record your progress during the day. It is for a six-week plan.

You also have **three-months email support** so that you can gain maximum benefit and send your queries as you go, even well after you have completed the 6-week program.

When commencing any new program, especially when it can be life-changing, it is important to make a commitment to yourself that, yes, you will do the work every day, and continue to do the work after the completion of the program.

Why this is important is that we are endeavouring to alter one of your subconscious body/mind programs. Because habits are heavily ingrained at that level, the commensurate effort also needs to be consistent. We are endeavouring to change your neural pathways, as well as your default emotional state. Yes. It can be achieved quite easily. You just have to make a commitment to do the work!

# The steps for this workbook:



- A. Make your written commitment to do the work religiously.
- B. Write out your goals/results/or the outcomes that you want to achieve by the end of the 6-week program
- C. Write out your starting point – how you feel at each level: physically, emotionally, mentally and spiritually.
- D. Do the exercises in the order indicated by the Coach in your personal session. Use your Hand Held device to record actual stress levels and do your exercises with your device so that you have “real” figures to work with as you reduce your stress levels. Download your results to your computer to keep a permanent record of how well you are improving.
- E. Record each session and the time taken e.g. 5 mins. At breakfast, on The Breathing Plan – 6 -week program
- F. During each week, record your observations and insights as to how you feel
- G. At the end of 6 weeks, complete the END RESULTS Sheet to see how you feel at each level.
- H. Then, go back and compare your results/outcomes with the goals/results/outcomes you wrote down at the start of your program.
- I. After this comparison, make notes about what you need to do or change in order to address specific issues or emotions you know that might still be bothering you.
- J. To continue your progress: make a new commitment to continue the work
- K. Make a new daily Breathing Plan for the next 6 weeks.
- L. Email your results and successes at the end of your program.
- M. Best wishes on your journey. Please now see these steps outlined above, in the following pages.



**Things I want to achieve after doing these breathing techniques during this 6-week program:**

**Date of record:** .....

**Physical goal/s/results/outcomes:** e.g. have more energy

---

---

---

---

**Emotional goal/s/results/outcomes:** e.g. be more appreciative of self and others

---

---

---

---

**Mental goal/s/results/outcomes:** be more focused

---

---

---

---

**Spiritual goal/s/results/outcomes:** be able to identify clearly what my values are

---

---

---

---

Firstly, we want to know how you feel at the start, and then, when you do the exercises, we want to know what has changed or improved, or not changed or has not improved, so that you can adjust accordingly. So, each week, either at the end of the week or during the week, or at the time of doing the exercises, record what is happening for you. Most people experience better, more restful, and easier sleep patterns during the first week.

e.g. I am noticing that I am smiling more

This image shows a blank sheet of white paper with ten horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Week 1

Breathing Plan - 6 week program

Week 1	B'fast	Morn- Tea	Lunch	After- Tea	Dinner	Bed	Name of technique and Notes
Monday							
Tuesday							
Wed							
Thurs							
Friday							
Sat							
Sunday							