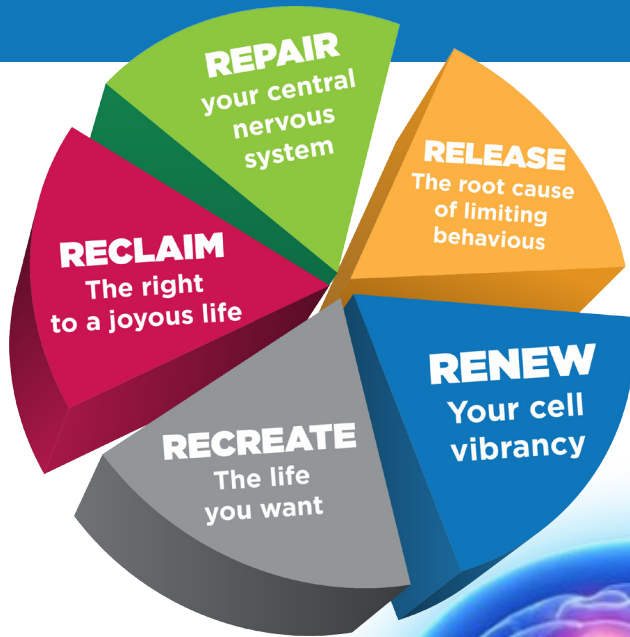


# Repairing Your Physiology

**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 foremost 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.





## What is REPAIR?

Firstly, we need to look at the combinations of the segments of the brain which regulate both automatic and non-automatic functions.

**The subconscious**, the house of the automatic functions which include: breathing, digestion sleep, nerve regeneration, blood flow, heartbeat, cell renewal, elimination, the immune system, the cardiovascular system, hormone production and so on. You do not have to instruct any part of your brain to do these things. They are automatic.



**The conscious** functions which include: reasoning, planning, sifting and sorting and pattern recognition, are functions that require thought, logic and attention.

Because the subconscious part of the brain/mind covers such a vast area of functions, and each function is deeply imbedded into that part of the brain, in order to change it, or to retrain some aspect of it, enormous amounts of effort are required.



**In order to make lasting change of any kind, you need to make it stick at the subconscious mind level!**

It has been found that **you can change or retrain your subconscious through the mechanism of breathing**. Because breathing is like an untamed beast, you can actually alter the patterns of breathing you have become accustomed to, and practice new ways of doing this. When you can do this, you are in fact, altering one tiny aspect of your subconscious. It is therefore retrainable! The interesting thing about systems theory is that when, and if you change, improve, alter in some way, one automatic system, other body systems around that altered system will also start to adjust to accommodate this new pattern of behaviour.

So what this means is that WHEN you grab hold of and alter your way of breathing to one that is more conducive to living a stress-free life, the



systems that are most affected by stressful events such as: the immune system, the cardiovascular system, your heart rate and your heartbeat, the endocrine system – the release of various hormones during a stressful period of time, your digestion and elimination and your sleep patterns, will all gradually start to adjust to this new way of doing things.

The other interesting thing here is that when you gradually improve your body/mind and your subconscious sees and feels that you are not being threatened in any way, it will allow you to continue and will gradually accept this as a new way of being.

**The fact that you can alter the behaviour of the subconscious is almost a “roof top” shouting moment!** Because the subconscious has been protecting you from all kinds of harm, your whole life, sometimes it has been confused and has, in fact, been keeping you from some of the things you most want. Why this has happened is because of the various beliefs and negative patterns of behaviours that you have stored within the cellular memory. Your subconscious bases its’ “form of protection” on these negative beliefs. These negative beliefs are generally in direct opposition to what you really want, so there is a conflict happening.

So, what this means is that, later on, when you want to change other patterns of behaviour, other than the ones we will be dealing with here, with these breathing techniques, you can do this other work when you do the RELEASE section. Because your subconscious will have altered some of the neural pathways around stress and how you react to it, when you do the RELEASE work, your subconscious mind will accept the changes more easily.

The other interesting factor is that when you gain control over this small aspect of your subconscious behaviour, you will become more present, more conscious. You will begin operating from the perspective of greater awareness. This will inevitably lead you to gaining more control over many aspects of your life which you thought were lost forever.

So, **when we retrain the ANS**, the autonomic nervous system, which houses the stress response mechanism, **we start to REPAIR our patterns of uncontrollable behaviour.** We will no longer be buffered around like a leaf in a whirly wind. We will be able to choose how we respond, and when, and if, we respond. So, you’ve got to be winning then!

## So, in summary:

REPAIR is when we can isolate one subconscious function, in this case our breathing, and retrain ourselves how to do this differently, more efficiently and more productively.

We then slow down the stress response mechanism.





We alter the neural pathways of the autonomic nervous system.

We then respond differently.

We stop the energy leaks, the depletion that comes with always focusing on negative emotions.

We gain more vitality and we sleep better.

We also improve a host of other things such as:

having greater clarity, having greater focus and concentration, feeling back in control, feeling happy for no reason, experiencing better work relationships and family communication, and many, many more wonderful experiences.

## **The second aspect of REPAIR is that we need to heal out heart.**

The heart has been proven to be the primary brain centre in that all senses and any kind of information needed to in order to function, all get processed through the heart first. We need to make sure that what our heart is accepting and experiencing is what makes us happy and healthy. Not negative and stressed.



Our emotions are bombarding our heart throughout the day, and the heart is emitting up to 60 times more electrical and electromagnetic signals than the head brain. The heart sends the information to the head brain. The head brain processes these signals, trying to find a similar pattern, so that it can then send signals throughout the body to mobilise accordingly. That is the primary function of the head brain, seeking out patterns.



So, in this case, REPAIR also covers the heart. The heart responds to positive emotions such as: feelings of gratitude, appreciation, love, kindness and compassion. If the heart only receives negative emotions, eventually it will be damaged beyond repair. Witness the enormous increase of heart-related diseases and strokes!

**The second way to REPAIR the heart is by consciously adding positive** emotions or by having happy feelings induced when you breathe.

So, now you have new patterns of breathing altering the subconscious methodology. Then we add positive feelings at the same time as we breathe in a new way. And, voila! You are now REPAIRING the heart organ. When you do this you will change your mood and your behaviour as well. You will also notice that your feelings of fearfulness will decrease. You will no longer feel inflamed in that organ. You will become more aware and more in control of your everyday situations in relation to how you felt about certain events, that you once thought were stressful.

So, with these easy exercises you gain control over: your emotions, your autonomic nervous system, and your heart.

You retrain your breathing and you REPAIR your ANS.

You repair your heart and gain control over your life!

How good is that?

The interesting thing about your heart and the impact it is having, not only on yourself, but also on those around you, is that the signals that are emitting from the heart, can have a direct effect on people very close to you, also people in far off lands. Science has proven the power of prayer, and this is what this is. When you emit happy positive emotions and signals from your heart, you can influence an enormous number of people. Similarly, if you are emitting negative emotions and feelings, this also can have the same or similar effect on those around you.

Have you ever gone into a room and experienced the bad energy? People say: 'you can cut it with a knife! 'You generally do not want to hang around people or situations that have this "bad" energy.





**The third aspect of REPAIR is to get your whole body/mind back into coherence.**

You might notice when you are ill that you are unable to focus on your work or complete tasks efficiently or effectively. You might also notice that if you are feeling stressed, e.g. angry, you may not be able to appreciate yourself or others easily and you may, in fact, go into self-punishing behaviours.

If you are unwell, you will not be mentally capable of doing your work, or changing your feelings to be happy and positive. When you do this, i.e. when just one aspect of your life is out of balance, it can throw the others out as well.

So, the point here is that when you get hold of your physiology and breathe differently, mend your heart, you will also have gained control over your emotional wellbeing. Once this has been achieved you will more easily be able to get back in balance on all levels, physically, emotionally, mentally and spiritually; be in coherence.

**So, what we are looking at here in the REPAIR section is to:**

increase your energy, heal your heart, change or reset your baseline resilience levels to stress so that you can cope better, and hence gain more control over your life and get back into coherence or balance more easily. We do this through breathing and feelings.

Let's look at this in more depth.

**Stress drains your energy.** Most people are not aware that they are stressed because they are not experiencing major symptoms. The unfortunate thing is that stress is cumulative. It is debilitating. It causes disease. It makes you unhappy. It keeps you unwell. It stops you from achieving your dreams. It stifles your creativity. It breaks down your reserves physically, mentally, emotionally and spiritually. It keeps you in chaos. It keeps you locked into patterns of unwanted negative behaviour. It keeps you at failure level. It keeps you from being truly successful and living a life of peace and ease. Stress keeps **draining your energy levels on a daily basis**, even if you try to do some catch-up sleep.

So, really, we need to deal with the physical level first. It has been proven that when the stress response mechanism is triggered, that over 1400 chemical and electrical reactions occur throughout the body. If you are in constant stress you will not be able to "turn off" this stress response mechanism. You will be locked into a place that feels like this: one foot on the brake and the other foot on the accelerator. This particular state engenders constant flow of cortisol throughout the body. Cortisol has an acid-like effect on organs, tissues, and muscles. It erodes your flesh. It creates inflammation, which is one of the major bases of ALL disease.



**The key is, not only repairing your physiology, but also getting your body/mind back in balance, and, at the same time,** addressing, by way of corollary, your mental, emotional and spiritual bodies. What actually happens is that when you get your physiology back in balance, and you heal your heart, and install feeling positive emotions on a daily basis, through the various techniques which are all based on initially changing your breathing patterns, you will find that you will feel more emotionally well. You will feel mentally clearer and feel more in control. You will start to feel more spiritually in control and have a sense of clarity about your values and your place of acceptance and self-worth.

### **The area we will concentrate on most is: your emotional well being**

As people get older and they have not learned to express their deep emotions fully, and if they have not eliminated any of these underlying beliefs or negative emotions, they will more easily be triggered into a response such as: frustration, anger, resentment, anxiety or slip right into depression. The underlying cause of these outbursts is that, people have not been able to express themselves in a safe way at an



early age. Most people feel that others will reject them, and in fact have experienced this, when they have expressed their emotions fully and loudly. So, they keep them to themselves, bottling up these feelings up. When this happens you are creating havoc internally and will eventually create disease.

The other reason why people have not, or have been afraid of expressing their feelings, is because of their upbringing. They may have been brought up in a strict religious family. The new consensus of the era is “political correctness”. Instead of expressing what you really feel or think, the new societal rule is to swallow this or suck it up and “forgive your enemies.”

Eventually this will not work as the aggrieved person has not been able to say what they really think. This means that all of this “forgiving”, without having gone through the expression of the pain, the expression of the emotion and having let it out, will end up in more disease, particularly heart related diseases.

You cannot truly “forgive” until you are able to express the WHOLE of your pain to the other person or the perpetrator in some way. This could be through a letter and burning it, or through some kind of release therapy. The other thing to know here is that the initial hurt perpetrated on the person, generally at a very early age, has not been resolved. If it had been resolved,



then, at an early age, the pent up anger or frustration etc. would not be so potent today, in the present. What this means is that generally we are reacting to events in the present, based on how we felt when we were 6 years of age, or younger. **We are not aware of this. We react from a position of lack of power, the lack of power a 6-year-old has.** Because of this, we cannot truly know, nor understand, what it is we are doing, or what it is we need, from a situation or another person.

So, what we need to do, is to be able to go back to the initial hurt, the event that caused this negative pattern or belief, express our feelings to the perpetrator and say what we really want to say, from an empowered position. In this way we will then heal the wounds of the little child. We then need to love and comfort the child at that age, and then absolve them from the hurts, then absorb them back into our adult self. (This will be done in the RELEASE section.)

For now, in the REPAIR section, we are dealing with healing our physiology, healing our heart, retraining our subconscious via altering our breathing patterns, and releasing stress from our cells, altering our patterns, releasing cumulative stress, becoming more peaceful, calmer, and more in control of how we react to stress events and stress triggers.

Another interesting aspect of stress and why people do not recognise the signs and symptoms is that a lot of people, particularly women, often say: 'I don't get angry. I don't yell and scream. I am calm and forgive'. This may be fine if they have done the work to release any underlying issues.

However, they may instead, be feeling, and not expressing, other types of emotions such as: impatience, sadness, minor frustration, annoyance, overwhelm, neglect, feeling like a victim and so on. These emotions are subtle. Because of this many people do not recognise that these very same emotions are draining and depleting their energy stores, just as much as the loud person who is quick to anger.

**The effects of stress are cumulative**, storing, one issue at a time, one noise at a time, or one sign of impatience at a time, until you suddenly notice that





your energy is drained and you cannot get restful or restorative sleep. So, it is important here that you be honest in your appraisal of what you are feeling and what you do when these subtle feelings are occurring.

**Do you secretly put yourself down?**

**Do you go to the pantry and fill yourself with sugary things?**

**Do you reach for the cigarettes or the alcohol in order to stuff those feelings back down?**

**Or. Do you take other actions that self-punish or self-harm?**

**Interesting isn't it?**

How we are closet addicts, away from prying eyes, hurting only ourselves, when others have done the hurt to us. We self-punish. Not able to express our emotions fully for fear of being rejected in some way. Not feeling safe or secure to be able to express how we feel. We react from the position of a hurt 6-year-old instead of the empowered adult. That is what we need to change!

**Can you see what is actually happening here?**

**Why you have stress in your life?**

**Why you keep doing what you do?**

**Why you do not seem to be able to "fix" it?**

**Why these patterns keep you from being the person you are underneath?**

**Why you are not as successful as you want to be?**

**Why you keep sabotaging yourself and slip back down to failure?**

These self-sabotaging actions are being run by the subconscious.

That is what we are trying to do here with this model, one step at a time.

**We want you to be:**

more present, more aware, be able to identify patterns that you keep repeating, be honest with yourself that you do need help and will make a commitment to finally once and for all, do something about getting your life totally back in balance, be energised, in control, have more time and freedom, feel happy and content, be able to alter your baseline resilience and take charge of your life forever.

Yes. You can do that and more when you follow the exercises and do the practice. The exercises are very simple! However, this is not an intellectual



exercise. It is a practical “doing” section where you need to do these things every day, several times a day, until you notice the changes and can alter your stressed out state easily and effortlessly.

**The point of being more aware is to observe and notice** which emotions you experience more frequently and then to understand why you are feeling these particular emotions. If you know which emotions you are experiencing regularly and on a daily basis, this then provides you with the fuel to be able to change what you do consciously.

## When to use the techniques

The techniques in the Guide that follows can be utilised in certain periods of time e.g. when you know you have to ring someone and you know the result will be stressful. So, you prepare in advance. If you have been in a meeting that has been heated and issues have not yet been resolved and you come out of that meeting or even during that meeting, you can implement some of these strategies at the time, hence saving you from draining your energy and feeling emotionally hurt afterwards. Or you can use these techniques after the event and get back into balance as soon as you can.

The beauty about the techniques in the REPAIR section is that they are portable. You can do them anywhere and at any time. No one need know that you are getting yourself back in balance. Isn't that a hoot?





## 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.

# My Commitment

I, ....., on this day.....

am making a commitment to myself that I want to get well and be happy on all levels. I want to resolve stress in my life permanently. I commit to doing the exercises every day and at set times, and at other times, when I feel it is appropriate and needed. I will continue to implement these strategies on an on-going basis. I commit to increasing my energy. I commit to gaining more time. I commit to resetting my baseline resilience levels. I commit to taking charge of my life and doing the things that need to be done. I commit to being in control of my life once more. I appreciate who I am and how far I have come. I commit to taking care of myself. I accept and appreciate myself exactly as I am. I am committing to these exercises and my future health because I deserve it, and I am worth it.

Signed: .....

## **It is important in this booklet to keep track of your progress**

because in this way you will be able to record how you are feeling and what you are noticing and doing along the way, so that when you look back, you will be able to see the progress that you have made.

**Define your goal/s, which is really just an outcome, for this REPAIR Step of the "From Stress to Success Model". How do you want to feel?**

(Keep the number to three maximum, in each category.)

**OR**

you may perhaps, choose only one overall goal e.g. to feel better.



**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

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

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

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

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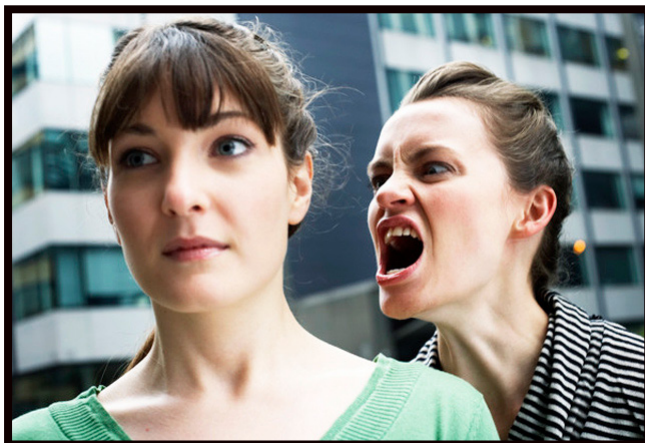


## What is my present state - how am I feeling at present?

This is important to identify a starting point so that you will notice the changes that are occurring each week. It is important to be able to identify the degree of stress in your life and then, when you complete the sessions, you will know how far you have come. When you identify any: strain, struggle, pain, lack or tension in your life, you are in fact, identifying various aspects of stress, although you might not recognise or articulate these as such.

For example, you might be feeling tired all of the time and cannot sleep. This means that negative emotions and negative patterns are draining your energy every day, even though you do not recognise that. If you are in pain, your body/mind is suffering. Pain is stressful on your body. If you are experiencing lack of any kind, e.g. lack of love, kindness, relationships etc. you are stressed. If you are struggling to achieve what you want, you are stressed. So, be honest and search through what you are doing or repeating every day or regularly so that you can become more aware of what you are actually doing, so that you can change these habits.

Many people who go through these programs, and who have had issues for 20, 30 or 40 years, when the issue has been resolved, they quite often do not even know or notice that this is no longer an issue any more. Because of this, part of this program is to educate you to become more aware so that you have more control over what you are doing. Then you can use this information, to either continue to do these actions, or make a different decision, and stop repeating that pattern of behaviour.





**How are you feeling/what stress are you experiencing now, at the beginning of this 6-week program? Start Date: .....**

**Physically:** e.g. pain in my left hip

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**Emotionally:** e.g. I feel angry all of the time

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**Mentally:** e.g. I have difficulty keeping focused

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**Spiritually:** e.g. I don't feel that I know my purpose

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**Week 2 - Date:** .....

e.g. I am noticing that I am sleeping better



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**Points I need clarification on/questions I need to ask for next week:**

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**Week 3 - Date:** .....

e.g. I am noticing that I used to feel angry all of the time and now I don't



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**Points I need clarification on/questions I need to ask for next week:**

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**Week 5 - Date:** .....

e.g. I am noticing that I just feel happy for no reason

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**Points I need clarification on/questions I need to ask for next week:**

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**Week 6 - Date:** .....

e.g. I am noticing that I have more energy, I feel in control and I have more time to do my tasks



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**Points I need clarification on/questions I need to ask for next week:**

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Now that you have completed the six- week program please fill in your overall results for that time period.



**END RESULTS/OUTCOMES: How are you feeling/what stress are you experiencing/not experiencing now, at the end of this 6-week program?                      End Date: .....**

**Physically:** e.g. I no longer have pain in my left hip

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**Emotionally:** e.g. I don't feel angry all of the time

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**Mentally:** e.g. I no longer have difficulty keeping focused

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**Spiritually:** e.g. I am now clear about my direction in life

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**If you need a longer time period to complete this program**, and do not as yet, feel fully back in control of your life, then copy the relevant pages and extend your weekly observations and insights pages, and then complete the END RESULTS/OUTCOMES page, after the extra weeks. You may need: 8, 10 or a 12- week time period instead.

(Please email with your queries and concerns so that you can gain the information and advice you need. This program works! It just might take you a little longer to get solid results. Email: [personalcoaching@iinet.net.au](mailto:personalcoaching@iinet.net.au))

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### Having completed your program

what commitment will you make to yourself, on an on-going basis, so that you maintain the success you have already gained?

What other things can you add to make this a life time habit?

The most important aspect of this program is that you have completed it.

You have made progress.

You have noticed the subtle changes each week.

You feel better.

You will be wondering how and why you have not done something like this beforehand.

So, my question to you is: **what are you going to do to maintain your progress?**

The easiest steps to take in order to continue on this journey is to map out a plan of action. This means picking out two or three techniques that you prefer and are the easiest for you to do, and lay out a plan to do these techniques each day.

An example of your new commitment could be this:



# My New Commitment

I, ----- from this date: from this date:-----

choose these three techniques to continue to do regularly:

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If the situation arises and I need to do other techniques, then I will do so. If I need to do these exercises more than I have stated, I will do so if and when I need to.

**I will start the day with 5 minutes of** -----

**During the day I will do** -----

**And at night before I go to bed I will do** -----

**Four times per week** I will do the: Heart Lock-In Technique **for at least 10 mins.** each session. (This one is imperative!)

Signed: -----



### **Make your plan and carry it out.**

If you feel that you need to do the program for longer than 6 weeks, then by all means do this. Some people do take longer to get more satisfactory results. You will have email contact for 12 weeks so by all means use this tool and ask questions if you need extra help.

**The final pages of this booklet have a time schedule already set out for you,** with suggested times to perform each exercise. To remind yourself during the day, you could set your phone alarm, or get into the habit of doing these techniques in your breaks during the day, at work, or at home. You could tear these pages out and set them on your kitchen table or somewhere prominent, so that you will see it, and be reminded to do the exercises, and then tick these off when you have completed the exercises, during the times allotted. If you miss one, then do an exercise for a longer period of time the next session.

### **We wish you ever success on your journey towards health and happiness.**

We know you will be pleasantly surprised with your results! Notice the changes, and celebrate the results!

Do keep in touch. If you are looking at continuing your journey and gaining the most benefit, now that you have improved your physiology, you might look at doing the RELEASE work which will turbo charge your life. This is Step 2 of the “From Stress to Success Model”. ([www.stresstosuccess.com.au/Products/Release](http://www.stresstosuccess.com.au/Products/Release))

Best wishes

***Celine Healy***

Stress Resolution Expert

Ph: 0408 646 887

[www.stresstosuccess.com.au](http://www.stresstosuccess.com.au)

[personalcoaching@iinet.net.au](mailto:personalcoaching@iinet.net.au)





**Week 1**

**Breathing Plan - 6 week program**

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



# Week 2

<b>Week 2</b>	<b>B'fast</b>	<b>Morn- Tea</b>	<b>Lunch</b>	<b>After- Tea</b>	<b>Dinner</b>	<b>Bed</b>	<b>Name of technique and Notes</b>
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wed</b>							
<b>Thurs</b>							
<b>Friday</b>							
<b>Sat</b>							
<b>Sunday</b>							

**Week 3**



<b>Week 3</b>	<b>B'fast</b>	<b>Morn. Tea</b>	<b>Lunch</b>	<b>After- Tea</b>	<b>Dinner</b>	<b>Bed</b>	<b>Name of technique and Notes</b>
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wed</b>							
<b>Thurs</b>							
<b>Friday</b>							
<b>Sat</b>							
<b>Sunday</b>							



# Week 4

<b>Week 4</b>	<b>B'fast</b>	<b>Morn- Tea</b>	<b>Lunch</b>	<b>After- Tea</b>	<b>Dinner</b>	<b>Bed</b>	<b>Name of technique and Notes</b>
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wed</b>							
<b>Thurs</b>							
<b>Friday</b>							
<b>Sat</b>							
<b>Sunday</b>							



# Week 5

<b>Week 5</b>	<b>B'fast</b>	<b>Morn- Tea</b>	<b>Lunch</b>	<b>After- Tea</b>	<b>Dinner</b>	<b>Bed</b>	<b>Name of technique and Notes</b>
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wed</b>							
<b>Thurs</b>							
<b>Friday</b>							
<b>Sat</b>							
<b>Sunday</b>							



# Week 6

<b>Week 6</b>	<b>B'fast</b>	<b>Morn. Tea</b>	<b>Lunch</b>	<b>After. Tea</b>	<b>Dinner</b>	<b>Bed</b>	<b>Name of technique and Notes</b>
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wed</b>							
<b>Thurs</b>							
<b>Friday</b>							
<b>Sat</b>							
<b>Sunday</b>							

Repairing Your Physiology Workbook

**Celine Healy**

Stress Resolution Expert  
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