

*Celine Healy*

THE  
**5** EASY STEPS TO  
TOTALLY ELIMINATING  
YOUR STRESS IN 21 DAYS!



## The fastest and most powerful way to rejuvenate your Career or Business!

This is a fast way to achieve a new you. Yes. It can be done. The challenge for you is to make the decision that you want to change, and then make a commitment to doing the work.

### **In your Career:**

- if you are suffering from exhaustion,
- feeling overwhelmed
- have a feeling that time is constantly against you, or
- feel that you are losing control of both your personal life and your work life

...it could be that you are suffering from underlying “unknown” stress-related issues that are holding you back from achieving the success you truly desire.

### **In your business:**

- if you are suffering from lagging sales,
- perhaps your bottom line appears to have stagnated, or
- clients are ignoring your offers

... it could be that your personal life is now impinging on your business life, with “unknown” stress-related issues that are holding you back personally and which are now affecting you, your business generally, your profits, your productivity, your staff and customers.

If this sounds like you, here is, with my compliments, what I believe is the most powerful total success advantage tool ever, that you can implement in your personal and business life, *the 5 Steps to Totally Eliminating Your Stress in 21 Days!*

This Boost Your Success System has been developed over several years of trial and error and I know it works every time, if you follow the instructions and implement them in your daily life. These skills are life tools and the results can be permanent.

### **If you want to:**

- have more energy
- gain a sense of having more time
- be able to sleep better
- be more focused in everything you do
- and gain more control over every aspect of your personal and business life

...then you have arrived at the right place.

In this short Report, I am going to tell you a bit about:

- Stress and how to define it easily so that you can recognise when you are going into this kind of state
- Then I am going to highlight five steps that give you some insight into what you can do on a daily basis in order to resolve stress permanently, not just “manage” stress, because there is a difference, and
- Then I will summarise these steps for you.

For those of you who would like to take this further and learn more you can read about this topic in depth in my new book: *Boost Success in All Areas of Your Life*. (<http://stresstosuccess.com.au/products-books-dvds-cds-others/>)

If you are totally dedicated to achieving this end result, i.e. resolving stress in 21 Days, then, I can tell you the results will come. However, the effort needs to be concentrated and holistic.

In that short space of time, **what you are trying to achieve is a state of FLOW**. Flow means getting your vibration up to a much higher level so that your natural state is one of positivity rather than your default state of negativity. When you are in a state of Flow your attractiveness level increases and you can draw to yourself more easily and effortlessly, what you truly desire. And that’s what a happy life is all about! Easy and effortless!

The challenge after that is to be able to maintain that new state, and that is where several of the things I mention in my new book: *Boost Success in All Areas of Your Life*, in Chapter 7, come into play. In the information that follows we will be discussing a few of those strategies from Chapter 7.

Just a note here, everything I speak about revolves around stress resolution. This means getting to the underlying causes of your stress and getting rid of these issues permanently. Whereas, when people talk about stress management, it implies that they do not want to get rid of it at all. They want to keep it and massage it into a different form.

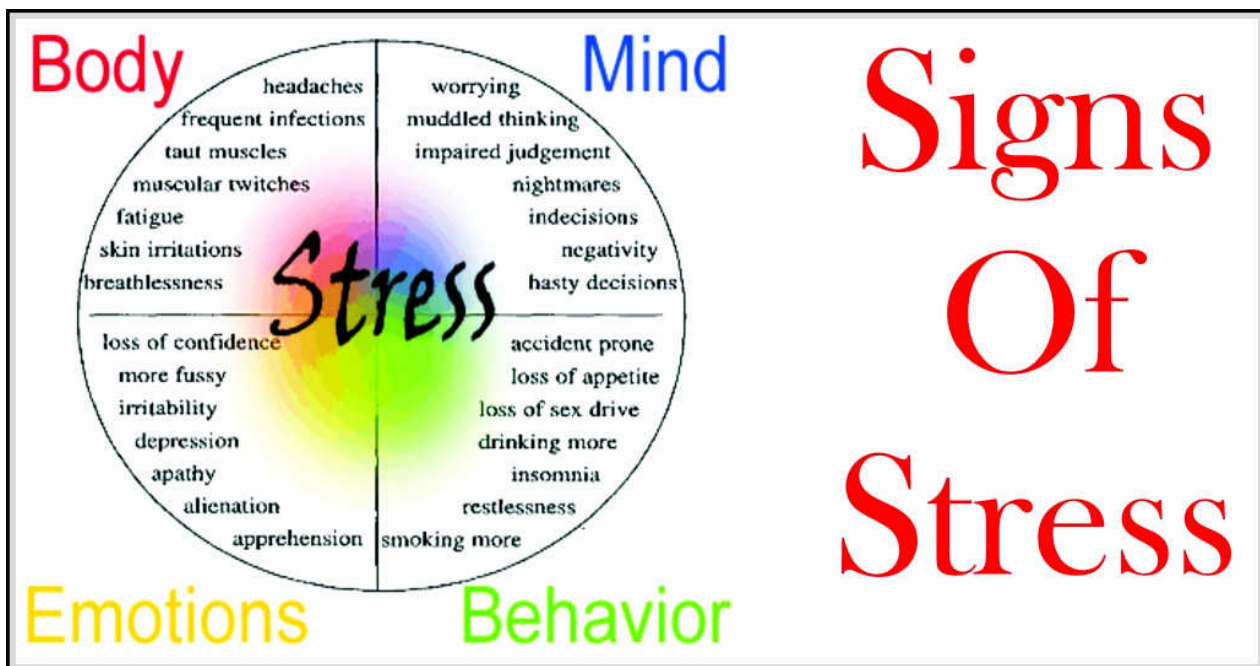
It’s about resolution. Let’s resolve stress permanently from your life!

## The signs and symptoms of stress

Astoundingly enough, many people do not recognise the signs and symptoms of stress. Quite often they are so used to working in a stressful environment and everyone around them is in the same or similar condition, that being stressed is considered a “normal” state.

Just to clear this up and to help you identify when you are stressed, and to highlight that the issue of stress is an increasing health hazard, and, people need to be made aware of the connection between health, disease and stress. Stress is the basis of up to 95% of all diseases. That’s right! You are creating disease through not resolving your stress issues. So, that is why this topic is so important to me, and my goal is to help inform you of the inherent dangers of being uninformed or being misinformed about stress. Stress is actually destroying lives.

Stress education needs to be made mandatory information for every employee and business owner so that the workforce can function in a happy and productive environment and be able to make the contribution that each person is here to make.



### You are stressed if you:

- Are constantly **struggling or straining** to do things or to achieve goals.
- You are **in pain**, emotionally, physically or mentally,
- You are **experiencing lack** in any area of your life, e.g. lack of money, lack of relationships, lack of clients, lack of promotion and so on, or
- You **have tension** anywhere in your body/mind, or
- You are **stuck** in a rut or a place you do not seem to be able to get out of.

When a stress event occurs, many systems are activated internally, and your body/mind responds by mobilising what is needed, sending signals and chemicals and activating hormones in specific areas. If this is going on, it then creates a depletion of energy. When your energy is depleted your base line level of resilience to stress is being reduced. You are not able to cope. You are not able to think, or sleep or make proper decisions. Your quality of life reduces on many levels. And this gets worse the more stress events you experience in life.

My whole approach to resolving stress is by taking an holistic approach by, informing people of the dangers that stress creates disease, with education of the various approaches and techniques available, and by letting people know what you can now do to resolve stress permanently. By making people more aware of what is available and how you can take action now to resolve stress permanently, once and for all, you can gain a new perspective, and gain control over your life.

My approach is holistic. Through my model of wellness, the “*From Stress to Success Model*,” the steps outlined, help people rid themselves of this curse forever, one step at a time. That is my goal for you!



## A Definition and an overview of stress

Firstly, let me tell you a bit about stress. A simplistic definition of **stress** is that it is a **sign of conflict**. The conflict is between:

- a. an external trigger event or an internal event, such as something you want to go for or achieve, like a goal,

AND

- b. your underlying hidden negative beliefs, patterns of behaviour, mostly of which you are unaware.

So, practically what this means is that someone or something is pushing your buttons and you continue to react in a similar way, a way you have learned in the past, and which has now become a pattern.

Or.

You are holding yourself back from achieving what you want, in a push/pull kind of struggle. For example, on the one hand you might be saying to yourself: "I'd really like to go for a promotion in the next few months". Then what happens is that the little voice within says: "No. But you're not good enough".

So, **this is the conflict. It is between what you want ideally or what is happening in reality, and what you believe to be true about yourself.** Subconsciously if you believe you are not good enough then you will always trigger a stress response when trying to achieve success, no matter what.

Another example might be, say your manager says to you: "I'd like you to re-do the report as there were some aspects of it that are unclear. Can you please take into account these criteria?" Now. What you might interpret this to mean is this: "I am not good enough and never will be good enough in this job."

So, what I am trying to get at here is that, yes, stress is the result of a conflict, but that the real causes of your stress are your underlying negative beliefs, not the person delivering the message, or the situation, or the government or the economy. Because of this you will never be stress-free unless, and until, you deal with these underlying issues.

The other thing is that stress, our automatic fight for survival, triggers a state of fear. When we are happy we are in a state of love or peace. When we are stressed we move into a state of fear. So, part of what we are talking about when we talk about your underlying hidden negative beliefs is that these beliefs are based on a fear of some kind. You are fearful of not being good enough. You are fearful that people will think less of you when they come to know the real you. And so on. These underlying negative beliefs hold fear at their core. The act of holding onto that negative emotion of fear takes up a lot of energy and causes energy leaks. So, when we are stressed we are in a fearful state. When we move out of stress we move to a positive state.

## How do you do address the underlying issues which are causing your stress?

The slower, harder way is for you to become more observant and aware in watching and interpreting your response patterns. You see, we tend to respond in a similar manner to all kinds of stressor triggers. For example, if someone questions us, you might naturally respond as though the very words are an affront to your senses and you might respond accordingly: you might get angry, go into rage, become overwhelmed, become aggressive or go into your shell. You have “learned” that this is the best way for you to “survive” these kinds of attacks. When you can recognise the patterns of response then you will have the ability to alter it in some appropriate way. However, this will take an enormous amount of willpower and will require focused, conscious effort, on your part.

An easier way is to have some RELEASE sessions using various techniques, which resolve your underlying specific negative issues, or those patterns of negative behaviour that you keep repeating, almost immediately.

**Your stress response is an automatic function of the stress response mechanism which is housed in the autonomic nervous system.** It has been inbuilt as part of our survival mechanism. So, if someone “appears” to be attacking us, whether it is an “actual” attack or a “perceived” threat, our body/mind swings into automatic protection mode because it thinks we are fighting for survival. Your body/mind does not distinguish between “real” or “perceived” when it comes to an act of survival. Once a stressor trigger has been activated everything swings into action automatically.

So, our stress responses are the reactions we initially learned when we thought our survival was threatened. Each reaction we have to an “actual” or “perceived” threat, is based on our survival memories. Some are intrinsic and we were born with, needing to protect ourselves in this foreign new world. The others are learned behaviour. The stress reactions, or the conflict, comes from our interpretation, or by us placing a meaning on the event, or the words that a person says, or from the behaviour they do.

For example, if you have a new boyfriend and he does not call you after your first date or second date when you thought things were going well, you might swing into an interpretation of what that might mean. For some people, it could mean: “He doesn’t like me and therefore I am not good enough.” For others, it could mean: “Next!” The real issues arise from our “interpretation” of what the other person meant. If we could refrain from making an interpretation on events, then the number of emotional issues would diminish enormously. You see, the interpretations become our beliefs, which are generally negatively held ideas of our self-worth.

So, what this means is that the real cause of all “perceived” threats (not actual threats such as a terrorist event, a car crash or someone holding you up with a gun) are your underlying negative beliefs which keep running your life. Secretly you might know this but you are unable to clearly identify what those might be.

As I mentioned earlier, this **stress response mechanism is housed in the autonomic nervous system (ANS)**. The ANS is run by your subconscious mind which runs all of the major automatic functions of our everyday life such as: breathing, digestion blood flow, elimination, metabolism,

heart-beat, muscle contraction, sleep, eating and so on. It is not possible to run efficiently and effectively without these functions being relegated to the subconscious mind. Otherwise we would spend most of the day turning all of these functions on.

So, part of what you need to do to resolve stress in 21 days is to be able to retrain an aspect of this subconscious mind. **If you can retrain your ANS**, which houses your stress response mechanism, then you will gain control over this function, i.e. your automatic stress responses, and instead, be able to choose to react differently to each and every stressful event, because you will have changed how you deal with stress triggers. And this is where the magic happens because you will be repairing your physiology!

## How can you retrain your automatic nervous system?

You see, the link between your conscious brain, which governs those functions that you need to think about, and the subconscious brain, which governs those functions that you do not appear to have control over, is via your breathing. When you gain control over how you are breathing, you will start to gain control over some of your automatic non-thinking functions.

**When you gain control over how you are breathing**, you will have retrained your automatic stress response mechanism and your ANS. When you do that, you will suddenly realise that you are now responding to stress differently. You will feel like you have gained back control over your life. And. You will have more energy, because, being in a stressed state, takes up a lot of energy. Being in a stressed state also keeps you locked into a negative frame of mind, a dense or low vibration, and this can drag you down further.

So, when you gain control of your breathing, not only will you gain more energy, and be able to stand back and know that you can choose to respond differently to any stressful event, but you will also move into a more positive frame of mind, and your vibration will be lighter. When you are more positive this stops the energy leaks. Negative emotions cause energy leaks. When you move out of a dense vibration and into a higher, lighter, more positive vibration, then you will be moving more towards flow. And we know that when you are in flow you are able to achieve greater success more easily and effortlessly. And this is where we want to be!

So, all of these physiological changes you are achieving are coming from you having retrained your ANS and gained more control over the part of your subconscious that governs your stress response mechanism. This results in you feeling better, sleeping better, having more energy, gaining a sense of having more time to respond to stressful events, and you will feel that you have more time to complete tasks, and, you will definitely gain more control over your work/life balance. And this is all through changing your breathing!





## So, what are the 5 Steps to totally eliminating stress in 21 days?

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1. **The first step** is to heal your physiology by retraining your autonomic nervous system (ANS), and by doing this, you gain control over your automatic stress response mechanism. How you do that is by instigating an intense retraining period of breathing in a specific pattern. You do that with deep belly breathing, moving your abdominals out when you breathe in and pulling your abs back against your spine, on the exhale, when you breathe out. You do this for a count of five each way. In for five and out for five. You will need to practise this for several minutes ( between 3 and 5 minutes) at a time, and for at least six times per day, for the whole 21 days. Yes. You will definitely get results. However, you need to do the work.
2. **The second step**, is, you will either need to become more observant and aware of your habitual responses and patterns of behaviour and resolve to change that by conscious effort and willpower. Or. You can choose the easier method whereby you have a coach/facilitator for three private sessions, who is well-versed in several types of therapies, including guided imagery, relaxation techniques and hypnosis. In these three sessions, you deal with specifically, the various major limiting beliefs that are holding you back and which patterns of behaviour you keep repeating often. The facilitator helps you define what the important ones are. I personally would take the easier option. (I have facilitators/coaches who do this very process in what is called: the REPAIR & RELEASE Sessions.)
3. In the third step, there are three different aspects, and these all stem from my model of wellness titled: “From Stress to Success Model” – the RENEW section, which is from Chapter 7 of my new book: Boost Success in All Areas of Your Life.

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Having retrained your ANS and repaired your physiology and gained control over your stress response mechanism and dealt with your major underlying negative beliefs, this next step involves three parts, all of which stem from the premise of getting yourself into flow, and keeping your vibration high.

If you are operating at a low or dense vibration, which is due to an accumulation of negativity, you need to be doing something to increase your vibration and keep it there permanently.

These individual steps are all based on the hypothesis that I maintain and that is: when you heal your physiology first the rest will follow.

3a. **The first step** is to make sure you are **eating a proper balanced diet** rich in nutrients from live food, not food in a package of some kind. As we get older we need more protein, fruits and fresh vegetables. Many people have food intolerances of which they are unaware. Most people have an intolerance to gluten, wheat and/or dairy and do not know this. (Take a look at [www.dfoodintol.com](http://www.dfoodintol.com) for a more comprehensive discussion.) If you eliminate these types of foods for 21 days this will give you a good idea of whether you feel you have an intolerance or not.

I came across this survey: The Foodintol Survey 2012 – a snapshot of food intolerance in the community, prevalence, symptoms, testing and results conducted via this Australian company, above. The study comprised 999 respondents from several countries around the world.

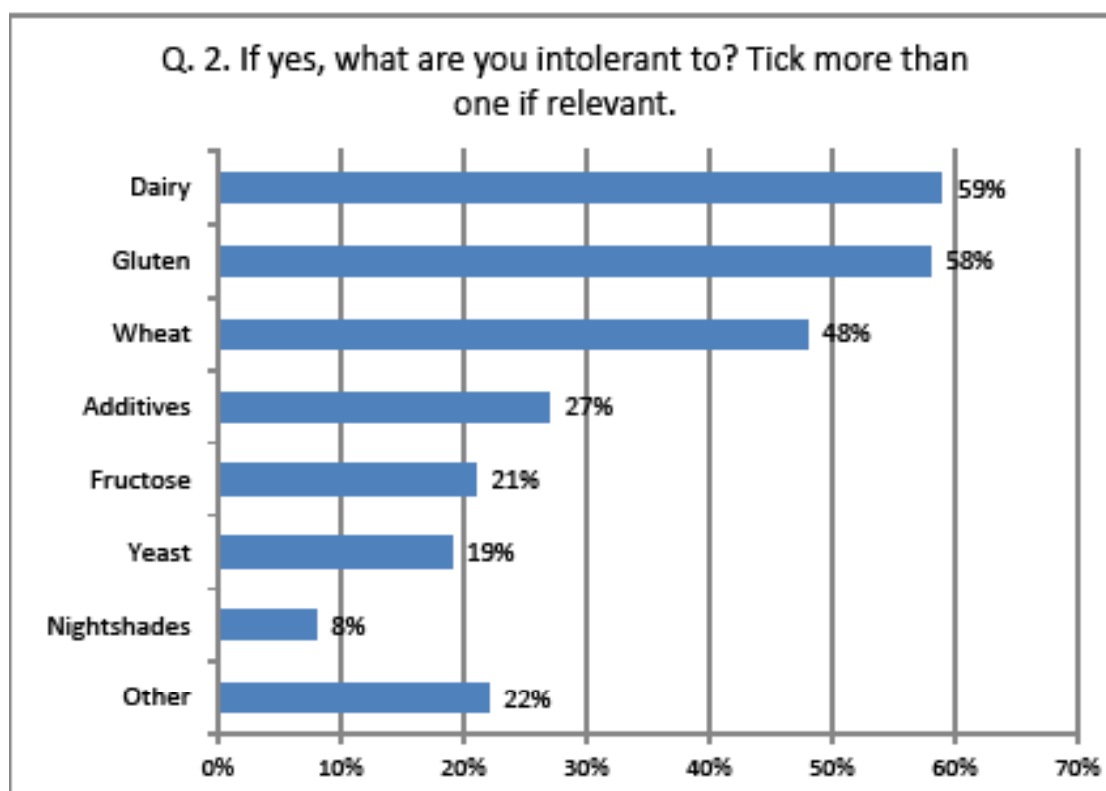
## The key findings include:

Symptoms suffered	No. of respondents	After substituting problem foods
Stomach bloating	85%	79% reported bloating better
Irritable bowel, diarrhea	83%	70% reported this was better
Headaches	50%	41% reported it was improved
Gradual weight gain	44%	38% had weight loss
Arthritic or stiff joints	52%	36% reported more mobility

**Source - The Foodintol Survey 2012**

So, when 85% of respondents took the survey they indicated that they had stomach bloating as an issue. After they took out the food that was causing the disturbance 79% of those participants reported improvement in their symptoms of bloating.

The results appear to be quite extraordinary in that once a food was identified and eliminated the majority of the respondents noticed improved benefits.



The interesting thing to take note of the was **the types of foods that caused intolerances. These included: dairy, gluten, wheat, additives, fructose, yeast, nightshades** and an unidentified category.

**NB:** Dairy and gluten were by far the biggest factors of intolerance.

3b. **The next thing** we need to do is to **move more** and this could be: walking, going to a gym, doing specific exercises or some other activity. We also need exercises that activate and grow the muscles as our muscle mass tends to decline as we get older. This involves some kind of load- bearing or weights exercises.

Part of the type of specific exercises you need to do in this first 21 Days is called: Trauma Release. You can see these exercises in a book titled: *The Revolutionary Trauma Release Process* by David Berceci, PHD. These exercises specifically deal with releasing the stress held within the psoas muscle.

Why we specifically look at these types of very specific exercises is because our survival response is locked into our subconscious and everything we do is geared towards protecting ourselves from harm. This is locked into our autonomic nervous system which connects the brain to various body systems via the spinal cord.

We know that the subconscious controls our breathing, our heart rate and the flight/fight response mechanism of our response to stress. One of the ways that this automatic reaction is controlled is via muscular activation of the psoas which is directly linked to the diaphragm.

When you are stressed the psoas muscle is tight and pulls down on the diaphragm muscle, thus restricting your breathing. So, when we are able to release this tension in the psoas muscle, this will allow our bodies to gain control over some of this automatic stress response. You see, stress can be held deeply within that muscle for a very long time, and because it is directly linked to our notion of survival, part of what we need to do is to resolve stress held at that deep level.

The psoas muscle can be a place of storage of emotional response. You may have released stress on other levels but it is imperative that you look at releasing vestiges of stress deep within your body at the muscular level.

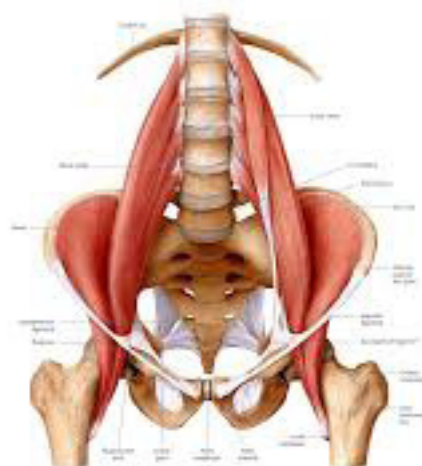
The major point to know here is that if your psoas muscle is in contraction all of the time because you have not been able to release and resolve stress, then this muscle will keep your stress response mechanism open. You will be in a constant state of low grade underlying stress, mostly of which you are unaware.

So, the important point here is that tight muscles, particularly the psoas, tells our brain that we are still in danger.

The other aspect of what happens in relation to the psoas is that when a stressful event occurs, notice how we gasp for breath instantly and we often go into a period of shortness of breath after the event. If you are experiencing stress on a daily basis this means that you will eventually get into the habit of breathing that way. Because the psoas has shortened the diaphragm it then shortens the breath.

To combat stress, the psoas needs to be in optimal condition. If your muscles are already tight then these muscles are the first to be affected by stress and the last to let go, after the stressful event has passed. It becomes an habitual response, a pattern.

In step 1, above, we firstly repair the autonomic nervous system and retrain one aspect of our subconscious mind through the act of better breathing. By association we will be helping the psoas as well. However, we will still need to do specific exercises to make sure that all of the release work has been done. So, you can see how important this muscle is to your overall stress-free state.



And

- 3c. **In this step**, you need to **increase the amount of water you are drinking** to between 2 and 3 litres of water every day. If you are drinking coffee and tea you will need to add another glass of water for every extra beverage you drink. The stress response mechanism uses up a lot of water and draws water from your cells to lubricate the brain so that it can function effectively. You then need to replace that used up water as soon as the stress event is over.

Just to explain how imperative water is to our survival. When a stressor trigger is activated various electrical and chemical reactions occur in the body. Most of the activity occurs in the brain whereby it is working out how to respond and then sends signals throughout the nervous system super highway. This is exactly like an electricity station which needs water to continue to pump the water into the station in order that the electricity is generated. It is the same for the brain.

**Water is constantly needed to keep the brain functioning effectively**, particularly in a stressful event. If a person does not have sufficient water available outside the cells, the automatic systems draw water out of the cells so that the brain can continue to be lubricated. Now what this does is result in water shortages in various parts of the body. If the person does not drink sufficient water and these stressful types of situations continue to occur this will result in pain in specific areas of the body. Pain can be the result of dehydration. If the pain is not addressed with sufficient water to lubricate this area, this body area could then generate inflammation and hence go more into a disease state.

You see, quite often our bodies are crying out for water instead of food, however, we do not easily recognise these thirst signals. So, if you have a pain anywhere in your body and you take a tablet to make the pain go away, in effect, you are simply masking the pain when the pain is trying to tell you some message. If you continue to take pills to dull the pain, you will then not only have the pain, but also a potential new problem, the beginning of disease. You see, dehydration is caused by repetition of stressful events. If you do not top up with sufficient water daily, you have the potential to head towards disease.

Stress causes dehydration and dehydration causes stress to your body. So, one of the first remedies you probably need to look at is: are you drinking enough water to satisfy the brains' needs for water in order to function effectively? Most probably the answer is: No. I would urge you to buy a copy of: Dr Batmanghelidj's book: *The Body's Many Cries for Water*, as it explains in detail the effects of dehydration on your body.

Stress affects us on so many levels, in order to feel really well, better than you have ever felt in your life previously, it is imperative that you approach stress resolution from an holistic angle. And that is why, in my model of "*From Stress to Success Model*" we approach stress resolution in stages, taking care to involve the physical, mental and emotional levels to ensure resolution on every level, one step at a time. However, we start with the physical first and heal our physiology first.



## So, in summary:

In the 5 Steps to totally eliminating stress in 21 days, I incorporate the first three steps of my: “*From Stress to Success Model*”: REPAIR, RELEASE and RENEW. Yes, these steps can all be done within 21 days. However, you will need to be diligent and stick to a very organised program and make a commitment to do the work

- 1 **Repair your physiology by retraining your ANS** which houses the stress response mechanism. How you do that is by deep belly breathing for several minutes at a time, and for at least 6 times per day, for the whole 21 days. Breathing in for five and out for five each time. Each session should last between 3 – 5 minutes.
- 2 **Release the underlying negative beliefs and patterns** by either becoming more observant and aware of your responses and patterns of behaviour when you feel you are under threat, and resolving to change these patterns consciously. Or. You can take the easier option and have a facilitator/coach who is well-versed in several therapies including, relaxation techniques, guided imagery and hypnosis, who will help you totally eliminate the major underlying negative beliefs that keep holding you back from achieving what you want, by doing the necessary RELEASE work. This easier step involves no conscious effort on your part and is the easiest part of the 21 Days.
- 3 Then having done the first 2 steps, all within 21 days, **the next step is to continue to renew your vibration** to keep it high so that you can attract what you truly desire into your life. In this way, you will be moving out of a negative vibration and into a more permanent state of positivity. How you do that is via the next three aspects, which are part of the RENEW segment of my model of wellness.
  - a **By eating more live food and excluding those foods** said to give people intolerances such as: wheat, gluten and dairy. If you eliminate these for 21 days this will give you a good idea if you have specific intolerances.
  - b **By moving more and doing very specific exercises** that deal with releasing the tension held within the psoas you will turbo-charge your results, because the psoas is intrinsically linked to our survival mechanism. As well as moving more you need to do these specific exercises for the psoas for 15 minutes each day for 21 days, and
  - c **By drinking more water** (between 2 and 3 litres per day) because stress uses up a lot of water and you can become dehydrated easily, especially if you are consuming lots of coffee and tea throughout the day. The water needs to be filtered, not just tap water.

As I said, if you instigate these 5 steps and do what is required diligently, you will be able to totally eliminate the stress that has been impinging on your success, once and for all, in as short a time as 21 Days!

**The above 21 Day Model for permanently resolving stress in your life will work!**

It is for that really small group of super, duper, action-takers who are ready to change their lives permanently, who can take the information and diligently apply it themselves, and who do not need any other help.

*For those people who want more detailed information*, and who like to weight things up in a more considered manner before taking action, then please click on this link and purchase either the eBook or the combo eBook and hard copy of my latest book titled: ***Boost Success in All Areas of Your Life***. You can also download the first 75 pages for FREE, like a try-before-you-buy scenario, if you go to the FREE Resources Page.

<https://www.stresstpsuccess.com.au/FREE-Resources>

*As a bonus for reading this far*, and if you would like to buy the combo eBook and hard copy together and receive a **SPECIAL OFFER** of \$15 discount off the purchase price, then go to the Books Page and enter this code word: RECLAIM for this Special Offer.

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*For those ACTION-TAKERS*, like the rest of us, who are ready to make a change because they are sick and tired of being sick and tired all of the time, have no energy, have no time and seem to have lost control over their work/life balance, and who want to feel different and feel happier than they have been in ages, and who want to:

- Increase their energy
- Gain more time, and
- Gain more control

...then please click on the FREE Resources Page and book in for a FREE Strategy Session to find out if this is right for you!

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If I can be of service to you in any way, then please go to the Contact Page and send me an email with your request. <https://www.stresstosuccess.com.au/Contact>

In all cases I wish you every success in your endeavours.

Best regards

*Celine Healy*

The Stress Resolution Expert

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