



## A “3 Minute Process” to Break the Cycle of Stress at Work Due to Lack of Willpower Because You Are Too Exhausted and Have No Energy

- Did you know you can overcome the lack of willpower to resolve stress issues at work by making this small, tiny, seemingly insignificant tweak, in just minutes per day?
- Using these little-known, scientifically researched and proven techniques to resolve your stress issues, permanently...
- You will be surprised how many people do not know about these techniques...

Hello

If you are stressed out, exhausted, have no energy or willpower to do anything about stress, you have come to the right place.

You know you are stressed, but perhaps do not know exactly how stressed you are and how much this on-going, unresolved stress is affecting your long-term health and wellbeing, not to mention your work/life balance and long-term career options. You know you need to do something about it but you do not know where to go or what to do exactly because everything you have tried so far does not seem to have any lasting effects.

If you know your stress is getting worse each year, and, that it is important to do something about it, but you lack the willpower to do anything because you are so stressed out that you are suffering from utter exhaustion, and hence have no spare energy to take the action you know intuitively you should, then you have arrived in the right place.

***This “3 Minute Process” to break the Cycle of Stress will transform you from being stressed out, having no willpower, being too exhausted to take action and having no energy to implement strategies and feeling out of control, to, feeling liberated, refreshed and feeling composed... and you will begin to feel the changes within the first week.***

***That's a promise!***

You see, this stress is coming from all areas of your life and is impinging, not only on your work but also on your family and personal life and your health, which is even more important, because when your health goes, you lose big time.

In the workplace women are generally more stressed than men. This is usually because women tend to have more on their plate such as: household chores, grocery shopping, minding the children and so on. At work, women tend to be able to express themselves to their managers, however, even though they are more stressed and know that it is important to do something about it, they tend not to take massive action.

**Did you know - the number one reason women say they cannot or do not take action is because they say they do not have the willpower to take action.**

And.

The two main reasons behind this lack of action is because they say they are **too exhausted and do not have the energy to take action.**

The main point being, that career women know that they need to take action to resolve stress or manage it, and they know that they are getting worse each year, yet they do not seem to have the “oomph” to do anything really active, and tend to resort to soft options to relieve some tension such as: talking to friends, reading, listening to music or watching television. These are only band-aid approaches at best, and do not resolve the underlying issues which are the real cause of your stress.

**If you've ever wanted to know how to gain more energy and to be able to sleep better within the first week ...then the next few scrolls will make you a VERY happy person...**

The biggest personal stress issue that people face outside of work is the constraint of their personal finances. People are so over-committed on their mortgages, credit cards and everyday bills, that this pressure is keeping people in jobs they don't necessarily like, are not suited to, or don't actually enjoy.

On-the-job issues that employees face, are many and varied. The two biggest issues that have been uncovered in recent research are that workers complain about time and control.

**Employees are not given sufficient time to complete tasks** or staff numbers are depleted and so those remaining have to do that extra work on top of their own. The demands of the job can become too constraining and they cannot complete tasks in a timely manner.

**The other major issue that workers complain about is lack of control.** They feel they have no authority and responsibility over their work, decisions and outcomes and the managing of their tasks. Workers feel that they do not have control or are not given enough authority and this makes them feel like autonomons.

The Australian Psychological Society completed a long-term research project over 5 years on Australian workers between 2011-2015. The evidence from 2015 indicates that the figures below are getting worse.

### **Did you know that**

- 87% of Australian workers are depressed – either: mildly, medium or severely (this is a cumulative figure and it has been increasing every year over their five-year study)
- 49% of workers felt that their employer did not care about their mental well-being
- 49% felt that their employer did not value their contribution.

Recent research also indicated that Australia is now positioned at number 2 in a list of countries prescribing medication for depression. For a very small country our dependence on depression medication seems outrageous!

However, when you compare Australia's listing at No 2 in the world for prescribing depression medication with the results of the APS 2015 study (mentioned above), you can see that this must be pretty accurate.

Measurable depression is on the increase.

**So, when you look at all of the research done and the evidence gathered, it is apparent that employees are buffeted around with several areas of stress impacting on their lives**, not to mention those things that happen out-of-the-blue such as: accidents, a family death or emergency, or injury.

So, if you are feeling that stress is attacking you from all angles, isn't it any wonder that you are feeling overwhelmed and not knowing what to do and becoming more depressed?

You can see from the above that depression is on the increase and if you also do not feel that your employer values your contribution, or cares about your mental health and well-being, you can see that all of these things are adding up and exacerbating your personal stress situation.

In fact, a study reported in the Washington Post in 2013 indicated that only 13% of workers actually really liked their job and were actively engaged and keen to get to work every day.

This means that **87% of people are either mildly, medium or severely unhappy about their work.**

The other issue is that even though you might be exercising, eating well, drinking water and doing mindfulness techniques, you are still stressed.

This means that there is something else which is the real cause of your stress which you haven't yet identified. This means that there is much more to it than just managing those aspects.

You would naturally expect, that by doing stress management techniques recommended by stress management experts and health practitioners, that all of your stress problems would be solved by following these health tips. You wonder why you're not getting the results you desire!

How to get to being fully present and totally aware in as little as minutes per day without spending any more time or dollars being stressed out, having no willpower, being too exhausted and lacking in energy.

Without going into too much detail here, this nifty little "3 Minute Process" will help you resolve your stress issues, permanently, within in a short period of time.

I will teach you how to break the habit of how you are responding to stress. You see, how you have been responding to stress you have "learned" way back when you were small, and unfortunately, you have been continuing to repeat this habitual response throughout your life.

If you follow this "3 Minute Process" for the next week, then I promise you will get results, providing you do this every day and a few times each day for 3 minutes at a time.

### **Why stress response is a habit?**

The original design of your stress response mechanism was to alert you to potential real danger of being attacked by a wild beast.

In prehistoric times when you saw, felt, or perceived a threat from a wild beast your stress response mechanism would become activated and you would either flee, freeze and do nothing, or stay and fight. Over time we moved into less threatening times and we were not threatened by these situations. However, what has happened is that we either imagined or were

told of threats that may or may not have been real, and we have continued to react to these “perceived” or “imagined” threats the same way. This means we are reacting to stress, based on false premises.

**There are very few “real” threats nowadays yet we continue to respond to stress, as if we are in actual danger.**

What this does is set off a chain reaction of response throughout the body/mind and over time these individual responses have become a habit.

### **What is a habit?**

A habit is a set of events that when repeated often enough become an automatic function that you do not even think about.

If something is a habit it means you have “learned” this and trained yourself to repeat the reactions over and over again. If something has been “learned” it can be “unlearned”.

### **Now this is the secret to unlocking stress!**

When a stressor is triggered the mechanics of what you do is:

- You gasp for air – shallow breaths taken in at the top of your lungs
- Your head goes back – like a whip lash
- Then your head and tail bone bend forward and you bend down into a tuck-like position – a survival position.

This is all very fast and you will not necessarily feel this whole scenario. This is your habit of how you respond to stress.

You automatically go into a position of survival because how you respond to stress is, as if you are in fear of your life. You have learned specific coping habits that you continue to use because you feel that they are still working for you. These habits are your ways of coping or responding to stressor triggers.



## A habit is comprised of 3 elements:

- A cue – a trigger/a belief/ a feeling
- A behaviour/routine – what you do after the cue- what action you take
- A reward – how you congratulate yourself on taking that action and overcoming the feeling of the cue.

In order to change a habit, you need to change one element above.

## Which part of a habit is easiest to change in the stress response mechanism and how you respond to stress?

In order to resolve stress and help you transform from stressed-out to being back in control, the easiest thing to do is to change your behaviour, or part of your routine response to stress.

You see. It has been found that the link between the conscious and the subconscious, which runs the automatic functions, is via the breath.

You can gain control and move out of automatic responses and habits and be able to get back into control, which means you are more conscious and aware, by controlling your breathing.

When trying to resolve stress people tend to try using conscious-level techniques such as using willpower. For most people this is too hard as you have to keep overcoming your negative beliefs, feeling and attitudes, which have been ingrained over many years. Responding negatively has also become a habit.

So, in order to resolve the: lack of willpower, exhaustion, lack of energy, being out of control and having no time to complete tasks, we are not going to work on those things specifically. **We are going to tweak one aspect of your stress response behaviour, how you breathe**, because, how you are breathing, which is generally badly, is that you are taking in shallow breaths at the top of your lungs. This is a bad habit which has exacerbated the disconnect between your conscious and your unconscious body/mind.

**Breathing is an automatic function of your subconscious mind.** It requires no effort on your part. Whereas, **willpower is a conscious level strategy** which

requires thought and effort and this is why it can be so hard to implement.

Once you can control your breathing, that one behaviour aspect of your bad breathing habit that disconnects the conscious and the subconscious minds, you will find that you do not have to implement willpower or energy to overcome this bad breathing habit. **You will be bypassing the need for willpower**, which, for most people, is their downfall in trying to change any habit.

At the same time as you are gaining control over your breathing, you will be relaxing your stress response mechanism and the central nervous system and also relaxing your lungs and diaphragm. By doing this you will be able to insert a new breathing pattern which is more effective.

Once this happens, then, I promise you, you will never, ever, respond to stress the same way again.

So, what we are doing is not working on those perceived problems: lack of willpower, exhaustion and lack of energy. **We will work on how you breathe, and, this seemingly small adjustment, will have an enormous impact on all of your stress issues**, so that you will be able to deal with anything that arises, from a new position of awareness and control.

Steal all my Secrets: Go From having no willpower, being too exhausted and having no energy, to being in total control, feeling fully refreshed with energy to burn... in as little as minutes per day.

In order to demonstrate how you used to breathe when you were as stress-free as a baby, let's look at this YouTube video. (I show people this video as a way of demonstrating how easy this new breathing pattern can be.)

It's about 1 min. 54 seconds long. So, take a look now.

[https://www.youtube.com/watch?v=N91TUXfTT\\_E](https://www.youtube.com/watch?v=N91TUXfTT_E)

Now. You notice that the baby is breathing from the abdomen, the lower belly. nothing else moves.

**You're about to discover the secrets of overcoming the lack of willpower to finally resolve stress permanently without the pain of spending any more time, energy or dollars on useless remedies, and still being unnecessarily stressed out, feeling exhausted and lacking in energy.**



So, what I want you to do is to copy that method of breathing that the baby does by moving your lower belly/abdomen in and out, without moving any other part of your body, and follow these steps for The “3 Minutes Process.”

### The Steps in The “3 Minute Process”:

1. At first just move your abdomen in and out to practice the muscle isolation movement. If you watch the baby you will see that this movement is pretty quick: in and out.
2. Then stop breathing for about 5 seconds whilst moving your belly in and out fairly quickly.
3. Start breathing again taking in fast breaths in and out. You will notice that as you breathe in, the belly goes out or rises. And, as you breathe out, the belly comes back towards the spine.
4. Now we will slow this down. Breathe in for 2 and out for 2 making sure nothing else moves except your belly.
5. Slow your breathing down even further, and breathe in for 5 and out for 5, noticing how high the belly expands out as you breathe in and how far the belly has to retract when the air is expelled from the lungs.
6. Do this slower breathing (in for 5 and out for 5) for 3 minutes each time.
7. Do this short breathing exercise several times per day for one week.

This method of breathing helps slow down the stress response mechanism and increases the amount of oxygen into your system and helps repair your body/mind.

At the same time, it helps you relax the central nervous system, the diaphragm, the ribs and the muscles around your lungs, and breaks the cycle of how you respond to stress.

It's as simple as that!

*If you use this simple breathing technique, several times per day for 3 minutes at a time, then I promise, you will feel different within the first week.*

Most people notice they are sleeping better within the first week.

In fact, some people notice an increase in overall happiness in just one week!

And.

***Did you know there is hardware and software available that can measure and help you monitor your stress levels so that you can make small adjustments, which will help you improve?***

It's all been scientifically researched, tested and proven, using thousands of people world-wide, over many, many years, so you know this will work!

There is no guesswork about how stressed you are using this little-known stress resolution hardware and software.

And.

Using the equipment together with specific breathing exercises, I can guarantee your success from stress!

## Want to know more?

- a. If you would like to see how this equipment works, Celine can send you a short video of a live demonstration.

Or.

- b. If you would like to speak with Celine in an obligation-free chat about the equipment and the techniques, and how it might work for you or your team, then send a request to this secret **email address**:

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

## Otherwise

Come on over to the **website**: [www.stresstosuccess.com.au](http://www.stresstosuccess.com.au)

and

Send friendly **emails** here: [info@stresstosuccess.com.au](mailto:info@stresstosuccess.com.au)

Follow me on

**Twitter:** @CelineHealy

**LinkedIn:** /CelineHealyStress

**FB:** @StresstoSuccessAustralia

## Who am I?

I am Celine, a mother of two adorable moggies, a lover of new, easy and simple techniques to help others live a better life, a stress resolution specialist, a “see food” – any food, connoisseur, a mild gym enthusiast, a footy and cricket fan, a rabid reader of detective stories and who-dun-its, a Red Cross Volunteer, a church goer, and an applied psychology aficionado.

From being featured in the Women’s Network Australia Journal, CPA Journal, Her Business, local radio and newspapers, and an avid blog writer – just having had my BLOG site listed on the Top 50 blogs in the world, on stress – by Blog. FeedSpot.com, I am quietly building towards resolving the stress of the world, one person at a time.

I believe that many things we do are habits and if we can articulate what these are and delineate the particular offending habit then we can “unlearn” these habits and insert ones that have a more positive impact on our lives.

Just one more thing.

This may not be for you but, if you know of anyone else who may benefit from this work on how to resolve stress permanently in your life within 37 days using simple, scientifically researched and proven techniques, then please pass this information and my details to them

Speak soon



*Celine Healy*