

Ultimate Well-Being Newsletter

Issue Eight

October 2009

SET YOURSELF FREEWITH VICTORIA'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi All,
Recently I have been assisting at many of the Chris Howard's NLP trainings and the "Breakthrough to Success" weekend, and always find them very rewarding and satisfying. It was great to see people, to whom I had given free tickets, commit to their future and attended the weekend. I truly enjoy watching so many get so much from the weekend. I also recently gave a talk at the Melbourne Dietetic Centre, which was a great opportunity. Currently I am busy turning my "Wright Slimming Solution" into a weekend workshop incorporating all that I have learnt so I can travel with it in Dec 09.

Love and Light
Pam

PS. If you have not yet received your free tickets, these are available on my website under 'Free Stuff'

Book Your Appointment

Suite 3, 88 Sydney Pde

Geelong 3220

Ph: 5242 8887

Mob: 0417 524 324

www.pamwright.com.au

info@pamwright.com.au

Eva Lasting Touch

21 Hoyle St, Morwell

Every Even Month Phone

Next Visit **From 19th Oct**

for next visit **5134 3822**

Stress & Anxiety

Most of us have many stressors in our lives. These can come from finances, relationships with our partner, children, sibling, or other family members; it can be work related, not being happy in your job or just having too much to do and not enough time.

Anxiety, what is it? I have found that many clients cannot identify what they are feeling; they just know that they are constantly on edge, waiting for something to go wrong or just have this squeamish feeling in their stomach (or butterflies) and they don't like the feeling.

We all experience stress and anxiety in our lives from time to time.

The most important thing is how we react. Do we blame others, justify our behaviours and make excuses or worse still, take it out on our families or work colleagues? What happens in our lives is quite often out of our hands, but the way we react to it is not. Like the old saying "it is not the cards that you are dealt, but how you play your hand", that is important. We need to find ways of eliminating and releasing this stress so it doesn't build up and overwhelm us. We need to prepare ahead of time and ensure we start off in a relaxed state.

Now as we start to head into the silly season, it is important to keep a check on our stress levels. There is always much to do at this time of year and sometimes past issues can cause added stress or anxiety. It is important to be aware of what causes you added stress, eliminate what you can, and deal with what you must. Start now, get organised, and you may be surprised when you're enjoying the most relaxing Christmas you have ever experienced.

Stress Free tips

1. **Having a giggle** is great for your heart, watching a funny movie causes blood vessels to dilate increasing blood flow by 22%. Having relaxed blood vessels decreases the strain on the heart.
2. **Pucker up**, kissing stimulates the release of endorphins, which feels good and helps you fight stress
3. **Be generous**, little gestures can have a big impact. If people are friendly, it can bring out friendliness in others and that makes you feel the world is a better place. Make a friend a gift, try smiling at people on the street, be polite in the supermarket. You never know, you may make someone's day.

Are You Ready to Slim down and Shape up Forever!

At Last there's a better way!

I believe we all know what to do!

We work with why you're not doing it!

Discover the 'Wright Slimming Solution'
and transform Your Life Now!

No dieting, No deprivation and No willpower needed.

Geelong Sunday 11th Oct

Morwell Sunday 18th Oct

Still Only \$160 last time at this price

Free Two bonus follow up sessions

Hurry Now-Limited Places! - Phone: 5242 8887

Mini Workshop being run the day before both locations

Workshops and Private Consultations Available

Tapping tips

KC. Even though I feel so stressed and anxious I deeply and completely accept myself.

KC. Even though I can't control my stress I deeply and completely love and accept myself

KC. Even though I feel there are no choices I deeply and completely love and accept myself

Top H. I feel so stressed

EB. This stress in my body

SE. I don't know where to start

UE. I am feeling so overwhelmed

UN. I don't know what to do

CH. All this stress

CB. There is never enough time

UA. I have no choices

WR. I now choose to release all this stress from my body



=



"Life is not the way it's supposed to be. It's the way it is. The way you cope with it is what makes the difference."
Virginia Satir

"Happiness is not by chance, but by choice." Jim Rohn