

ADDRESS YOUR STRESS INDIVIDUAL COACHING PROGRAM

At one point or another, everyone feels stress. Without the right tools to take control of your stress, it can result in headaches, poor digestion, fatigue, and other serious health problems. My Address Your Stress Individual Coaching Program can help you cope with major life stressors, adjust your mindset, and *take control of your stress* – instead of it controlling you.



What you'll learn:

- **Where stress comes from:** Before I understood how to manage my stress, I felt it coming from every angle of my life. I felt pressure to perform well at work, pressure to be a fabulous mother and wife, pressure to keep my health in check, and pressure to make time for a social life. What I didn't realize was that trying to do it all resulted in my burning the candle at both ends. By reflecting on the various areas of your life, you'll learn where you are satisfied, and which areas of your life deserve nourishment.
- **The effects of stress on your health:** When you let stress build up and do not cope with it properly, it may lead to serious health problems. Things like weight gain, high cholesterol, high blood pressure, decreased sex drive, outbursts of anger, and much more can all be a result of the extra stress you carry. Discovering how stress effects your overall health may help you realize that sometimes, you must let things go because they are simply too heavy to carry.
- **How to invite harmony into your life:** When you're juggling all the commitments in your life – whether it's work, family, relationships, or all of the above – it can be hard to find time to stop and reprioritize. By deciding priorities and setting firm boundaries, you'll live a more harmonious life, spend more time doing the things that matter to you, and feel more freedom than ever before.
- **Strategies to overcome stress:** You will walk away with *at least* ten new strategies to manage your stress. From journaling to meditating and everything in between, these strategies will help reduce your day-to-day stress so your life will feel calmer, happier and healthier.

How does it work?

We'll meet for 50-minute sessions via phone or Zoom once a week for 12 weeks to unpack the things that are causing you stress, transform your mindset, and give you the tools to take control of your stress – and your life.

- **Individualized Coaching:** During personalized 1:1 sessions, we will do a deep dive to discover what specifically is causing you stress and determine the tools and habits best appropriate to reduce the stress in your life. We will also transform your mindset. Too often, people equate relaxing with being lazy. The truth is, relaxing and self-care are critical to living your best life – from your career to your health to your personal relationships. In this individually structured coaching program, you will learn how to reset your habits and thoughts to find harmony, feel calm, and still kick butt at life.

No matter how hard we try, we can't outrun stress. The key is finding a way to manage it in a healthy and positive way. It's so easy to allow stress to take over your life – but with the right tools, you can take back control and reclaim peace, joy, and harmony. If you're ready to address your stress, contact me at kelli@riseupandlivewellness.com.

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