

HOW TO GROW FROM YOUR STRESS

*Reframe, Rewire & Evolve your Stress
for a Life You Really Want*



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THE TRUE COST OF STRESS

The true cost of stress is losing what's most precious to you - your health, your key relationships, and your energy - both physical and financial.

It's hard to feel fulfillment in your life when you're perpetually on the edge of burnout. However, there are solutions out of this problem. Using stress-resilience strategies, you can approach these issues with courage and confidence. This way, stress can become a key opportunity for self-growth and expansion into new arenas of your life.

STRESS REALITY CHECK

The assessment below can help you find out the price you have paid for the stress in your life. It can also help reveal the risks you're taking to continue living this way. Without strategies to manage stress in our busy lives, we could potentially sacrifice all that is most precious to us.

What stressful challenges
are you currently experiencing?

Health problems. Costly medical bills, loss of productivity, progressing to life-threatening illnesses, like heart disease and cancer.

Burnout. Feeling a sense of exhaustion or overwhelm and a loss of fulfillment. When you feel this way, just trying to keep up with the success you've created can deplete your energy and stop you from earning your full self-worth.

Losing important relationships. You have no time to connect with loved ones and friends. No time to relax and enjoy their company.

Feeling guilty. For things like taking shortcuts at work, in your parenting, or with your partner

Feeling stuck. Like a hamster running in a wheel, you're spread too thin and feel too tired to invest in your own self-care.

What mode of stress is impacting your life?

How can you turn your life around and live 180 degrees differently?

When you work so hard and for so long, you're unable to refuel your tank. Your energy becomes depleted to the point where you feel burned out. You really care about being successful at your job, and you want to get ahead in your career, but what are you sacrificing for your success? Sometimes career stress feels so overwhelming that it keeps you stuck in the same job. You think to yourself, "At least it's the devil I know." You can barely imagine making a change, moving ahead, and experiencing things in a new, less stressful way.

Using stress resilience strategies, you will be able to meet the challenges of your career without wiping yourself out. These stress resilience strategies and tools help to change your mindset, offering you a new attitude and approach to the life you're living now—not in some distant future. If you think that finding a new job or going for a different relationship will solve your stress patterns, you're wrong. Your current lifestyle and communication patterns will keep showing up everywhere you are until you get off the fence and decide to do your life in a new way.

Stress resilience strategies & tools enable you to prioritize your busy schedule so you can have success without sacrifice and passion without pain. If you can change your mindset about stress, you can harness the energy of stress to meet challenges and create success. This is the evolutionary wisdom of how you can grow from your stress!

Stress resilience strategies help you contain your energy and connect you to your center, so you can be present and respond to a challenge with creative problem-solving rather impulsively reacting in the moment, which just drains your energy and keeps you stuck in the problem.

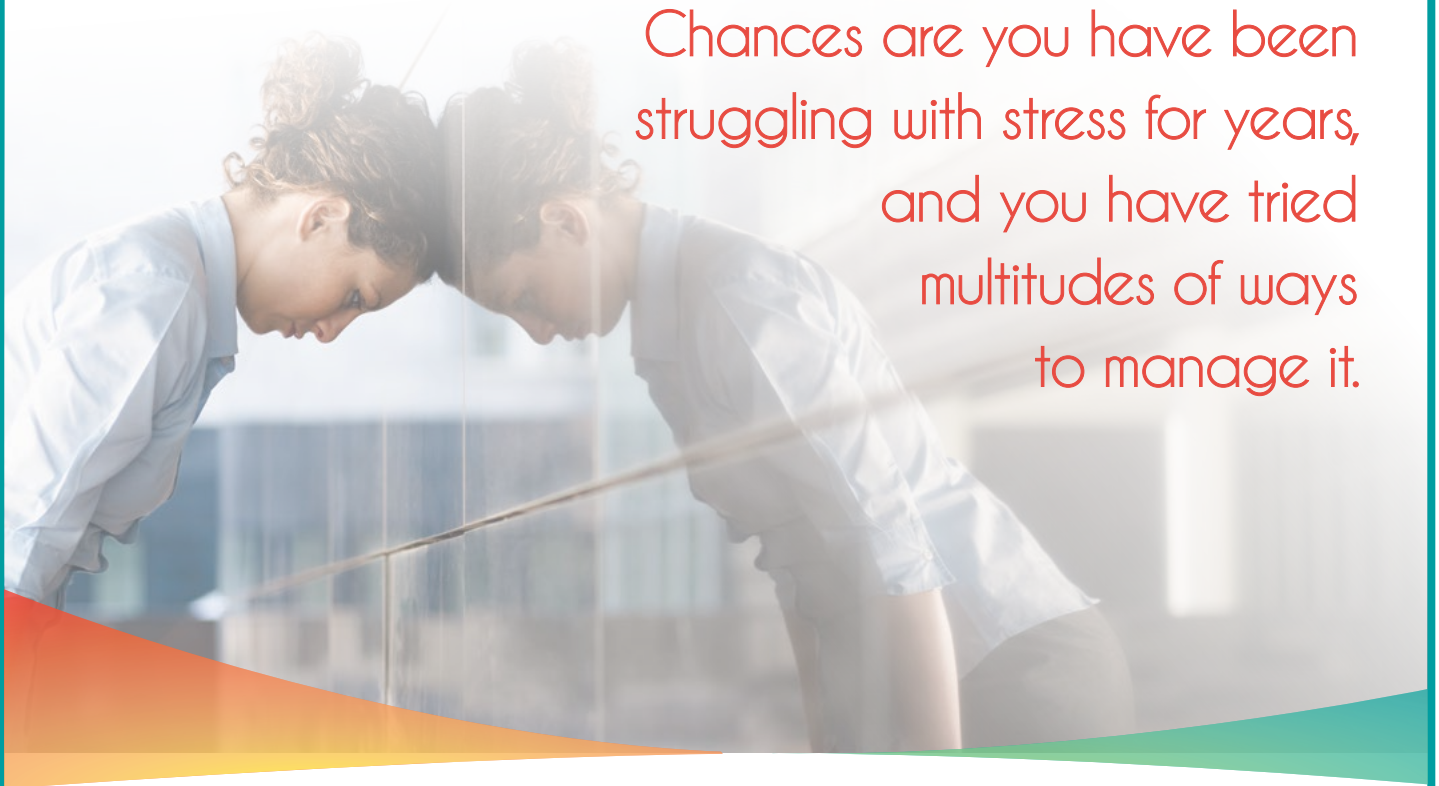


Cost # 1: PHYSICAL HEALTH WIPEOUT

In my practice, I've seen each one of these stress-related health conditions:

- IBS (Irritable Bowel Syndrome)
- Anxiety
- Cardiovascular disease
- Crohn's Disease
- Allergies: environmental, food
- Fibromyalgia
- Chronic Fatigue syndrome
- Chronic back/joint pain
- Lupus
- Arthritis
- Cancer
- Headaches
- Obesity
- Diabetes
- Depression
- Hypertension
- Skin problems
- Sleep disorders

When you live your life out of balance and harmony, you develop health problems. If you have health issues, your physical body is trying to get your attention to tell you that you need to change your life in some way. It's important to listen and to respond. You can compensate for pain in the short term, but in the long run, these health issues can be very costly, both financially and energetically. If left untreated, these symptoms will progress until they stop you in your tracks.



Chances are you have been struggling with stress for years, and you have tried multitudes of ways to manage it.

You may be addicted to the “boost” of stress hormones as a way to propel you forward into self-growth. You may unconsciously put yourself into stressful situations, believing that “boost” is what brings you a sense of your value and competence.

Stress Resilience Strategy # 1

CHANGE YOUR MINDSET

To change your current relationship with stress, you must first change your mindset about how you think about stress, so you can actually leverage the energy of stress to meet the challenges and adversity of a busy life and create your own success. Through this work, you will stop tolerating the high cost of stress in your life by living within the limiting belief that this is just how life is for you.

The mind-body-spirit approach to health is the way to true healing because it applies to the whole person. Understanding what your body and your mind is telling you about an imbalance through a physical symptom is the key to unlocking the pattern, so you can get back into alignment with your health and happiness. Your old patterns got you into dis-ease. Developing new patterns and a changed mindset will get you into new, more productive patterns. To do this work, I use a blueprint to study patterns so I can see where you need to close the door to rebalance and heal your physical health and mental harmony.

Stress Resilience Strategy #2

PRIORITIZE YOUR KEY RELATIONSHIPS

Lack of time or energy due to stress will always negatively impact your key relationships. To maintain high-quality relationships with your children, your partners, or your friends, you need to connect with your loved ones and be present for them. Stress will distract you and prevent you from connecting with the significant people in our life. What kind of parent do you want to be? How passionate is your intimate relationship? Stress will destroy your libido and desire for bonding. How often do you connect with your friends so you can lean in for their support and experience more fun? Putting your key relationships on the back burner will destroy the connection and deteriorate the bonds in all your relationships.

The key to prioritizing your relationships is to know how they support your core values.



When you are clear about your core values (love, forgiveness, health, independence, freedom, generosity, etc.), you can prioritize what really matters and stay out of inner conflict and feeling guilt for the choices you make. Honoring your values will strengthen and deepen the bonds in your key relationships.

Harmonizing your communication with others can also turn around your relationships. One key to creating thriving relationships is being present and connected for the open, heart-to-heart communication style where you can listen to those you care about without judging them. This way of listening helps you hear their perspective. From this neutral place, you can truly support your loved ones and colleagues, and if needed, offer feedback that can help without triggering them. In short, stress-resilience strategies can help you better support others.

Mental Stress Reinforces “Monkey Mind”

Anxiety and critical self-talk keeps you stuck in the same negative brain chatter, often known as “monkey mind,” which repeats over and over again like a warped record. When you’re feeling anxious, you are either ruminating in the past or imagining the future. You are not staying in the present moment. Stressful thinking will block your clarity and creativity. It will prevent you from problem-solving and keep you from seeing the bigger picture, which is exactly what you need to move out of your stressful thoughts.

Anxiety will also keep you in the “fight or flight” stress response that causes a tremendous amount of damage to your internal organs. As a result of this anxiety, a constant stream of stress hormones flood your body, which leads to an inflammatory process that sets up the chain reaction of stress-related health problems.

Stress Resilience Strategy #3

RESPOND RATHER THAN REACT TO STRESS

When you learn how to RESPOND to stress with stress-resilience strategies, rather than REACT to stress in a triggered response, you will be able to handle stress by using that energy to successfully meet the challenges and adversity in your life. This is why you want the “challenge” stress response to be your default stress response and not the “fight or flight” stress response. Sustained “fight or flight” stress response will impact your health when it is your default response. The “meet the challenge” response will trigger the “rest and digest” response from your parasympathetic nervous system to support your physical response and mental clarity.

When you’re connected to your core, you can change your inner dialogue to quiet the critic within and turn up the volume of your wise intuitive voice. With new tools that support you in encoding new patterns of how you talk to yourself and where you focus your attention, you can rewire your inner dialogue to make it more self-empowering. Attention equals power. Where your attention goes is what grows.

Taking a breath to pause for a mindful moment will help you to choose how to respond to a challenge with balanced emotions. This is also a way to access the “rest and digest” response.

THE DO-GOODER SYNDROME



If you are a people pleaser, always ready to offer your support to others, you may be someone who has a challenge with saying no or setting boundaries. Saying yes to everyone else except yourself is an enormous source of stress. You may feel like you need permission to invest in your self-care or in activities that bring personal pleasure, joy, energy, or inspiration to your life. I call this personality trait the “Do-Gooder Syndrome.” People who suffer from this syndrome feel conflict every time they are asked to do something for another person when they really want to say no. For a cascade of reasons, including shame or guilt, they overcommit themselves for the benefit of others but to the detriment of themselves. In this pattern, people become “other” focused and “self-forgetting.”

Stress Resilience Strategy #4

STAND IN SELF AUTHORITY

The key to personal transformation is learning how to stand in Self-Authority for your SELF and how to invest in yourself without permission from others. When you start to take responsibility for your own health, happiness, and harmony, you begin to live 180 degrees differently from the way you have been living. This journey takes place over time. It takes conditioning to learn new ways and to set down a foundation of new patterns and habits.

When you're empowered to stand up for yourself, know your limits, and find your voice, you can be true to yourself. You will say YES to yourself more often. And when you say YES to yourself, doors of opportunity will open. The key to this turn-around is to check in with your heart's desire. When you give to yourself from that place, you can be more receptive to pleasure and fun without the guilt. I can support you to feel courage and confidence to follow your heart's desire and to exercise your ability to say NO. I will help you become clear on how saying YES or NO will impact your personal values.

TURN YOUR STRESSFUL LIFESTYLE INTO A SUCCESSFUL LIFESTYLE.

As a registered nurse for over 30 years, and as an integrative health coach and stress mastery expert, I can help you turn your stressful lifestyle into a successful lifestyle using the unique tools and techniques I've developed over years of practice. ***As a Stress Mastery Expert, I am fully aware of these stress patterns because I have personally experienced them.*** As a result, I wiped myself out and made many personal sacrifices for my success. Fortunately, I eventually learned the keys to creating a stress-resilient lifestyle, and now I can teach you techniques, tools, and strategies to manage your stress, too.

These keys are based on the new science of stress management and on the unique programs that I have created based on my expertise in mind-body-spirit healing. I can support you to create a stress-resilient lifestyle. With my help, you'll be able to align with your busy life and harness the energy of stress to be more successful, create harmonious relationships, improve your health, expand your financial prosperity, and feel more passion for what you do. This is called happiness. Being happier in your life is a choice you can make. I have the wisdom and tools to support your personal transformation.

Imagine a life where you can say NO without feeling guilty and YES to your heart's desire. You can meet stress triggers with courageous self-expression and confidence.

You can be a stronger leader when you are present, neutral, and centered in your body with a magnetic energy that attracts more of what you want into your life.



Imagine a life where you prioritize time for your **SELF**, so you can fuel your tank with energy, joy, happiness, and pleasure; a life where you can see clearly how to move toward joy instead of numbing out through sabotaging behaviors or feeling incapable of escaping from your pain.



Imagine your life filled with deeper, more connected bonds in your key relationships; with open heart-to-heart communication where you're empowered to speak your truth with honesty.

Ask Yourself:

- What would be possible in my life if I could respond to challenges with creative problem-solving when life gets busy without losing energy from reacting emotionally?
- What could I achieve when I can respond in a way that contains my energy rather than drains it by stress?
- What would be different in my life if I were healthy?
- What would be possible if I could feel more energized?
- What can I learn from listening to my body, so I can heal and transform my mind-body-spirit?
- How would I feel if I could stop the energy leaks that exhaust me?
- What if I could prioritize activities that would fill me up?



When you are not stressed, that usually means you are living in your comfort zone - instead of being at the edge of a life you really want.



Stress Resilience Strategy #5

MAKE A DECISION TO TRANSITION

I encourage you to feel confident and courageous enough to get off the fence and make a clear decision about what keeps you stuck in your comfort zone.

Step out onto the edge and dare to stretch into personal growth and excellence. Through my expertise, I will support you in your transition to move from where you're stuck to where you want to be. I can help you to transform with courage and confidence by rewiring your mindset to live more fully aligned with your fullest potential and shine authentically. I will be there for support as you navigate through the stress, fear, and vulnerability that can occur during this process of change.

DHARMA DESIGN SESSION

Discover Your Dharma and Design a Life You Love

Learn about your personal evolution and how it relates to your stress resiliency in this 90-minute session with me. I have developed the Dharma Design Session based on my training as a registered nurse combined with my ancient Shamanic lineage. The session maps out how you are personally designed to evolve and grow in this lifetime. You will gain insight about what's currently happening in your life process. You'll find out where you are growing in relation to your personal evolutionary cycle. And you will learn about your personal animal totem ally, which has been guiding and supporting you throughout your life.

During the Dharma Design Session, you will get answers to the following questions, which will inform the elements of your Dharma Design:

- ✓ How are your biggest life challenges part of the design for you to learn and grow?
- ✓ Who are you as your authentic nature and what is the key to accepting yourself?
- ✓ What are your patterns that keep you stuck in resistance and sabotage?
- ✓ How do you evolve and grow as a person?
- ✓ What are your health problems teaching you, so you can heal?

HOW TO GROW FROM YOUR STRESS



You don't have to remain in karmic patterns of struggle and pain any longer.

We are living in an interesting era, where the collective human world is waking up consciously and seeking new wisdom and tools for living in a state of conscious awareness.

In Karma, we asked ourselves, “What should I do?”

In Dharma, we now ask, “How do I choose to do it?”

The key to Dharma is to step into a stronger relationship with our free will and what we choose versus being stuck in habits and patterns that no longer work for us.

Most of us live in emotional cycles of karmic patterns with the people and events in our life. These karmic patterns reproduce drama, pain, and suffering. This 90-minute session will enable you to identify the karmic patterns that keep you stuck. You will also uncover your unique dharmic destiny, so that you can heal your past, expand your awareness of your unconscious choices, and learn how to live a stress-resilient, happy, healthy life that you love.

The Dharma Design Session explores how you may be moving from cycles of Karma into Dharma. You will learn more about the impact of these evolutionary cycles on your life to understand why your life now feels different. The rules of engagement have changed but no one taught you the new way through more choice and less pattern. Through this session, you will understand why and how that happened.

As a result of our work together during the session, you will gain clarity about why life feels so much faster and with expansive energy. You may not be as clear about what to say YES to because there are so many opportunities in front of you to choose from. You may lack clarity about the direction you want to take in your life. You may notice that how you have always done things before no longer works for you. As the facilitator in this process, I will support your journey and help you find the answers you need for this transformation. Heal your life and your health gets better. This is the gift of Dharma.

HOW TO GROW FROM YOUR STRESS

In this image, on the left, you can live “safe and secure” in your comfort zone with the devil you know. On the right, you can choose to open up to your potential and let your life shine with the full light of your natural gifts.



Sara Regester
Directions 4 Wellness

YOUR DHARMA DESIGN

Living at Your Edge - Taking Risks

- ✓ Growth Opportunities
- ✓ Vulnerability
- ✓ Confidence
- ✓ Courage
- ✓ Stress
- ✓ Fear

Comfort Zone

- ✓ Stuck
- ✓ Unhealthy
- ✓ Tolerance
- ✓ Complacency
- ✓ No Confidence
- ✓ Keeping the Peace
- ✓ “Other” Focused
- ✓ “Safe” Problems
- ✓ Being “Good”
- ✓ Living Safe
- ✓ Mediocrity
- ✓ No Passion

Destination of Transformation

- ✓ Passion
- ✓ Fulfillment
- ✓ Bigger Vision
- ✓ Renewed Hope
- ✓ Shine Authentically
- ✓ Resourceful/Creative
- ✓ Rich Relationships
- ✓ Empowered
- ✓ Prosperous
- ✓ Magnetic
- ✓ Healthy
- ✓ Happy

You may be sitting in the center, between the two sides. This is where the great work of transformation is, when you make a decision to get off the fence and embrace change. Your personal journey cannot be rushed. The butterfly can only fly after it strengthens its wings from the struggle to break free from the cocoon. If you try to free the butterfly from the cocoon, you could ruin the process. The butterfly could die because its wings are still too weak to fly.



“Sara’s approach to stress reduction is profound and deeply healing. Her knowledge of shamanic wisdom transcends modern stress reduction approaches, such as time management, sufficient sleep, and work life balance. This background allows Sara to guide her clients to address the emotional issues that lie at the root of what causes them stress.

Working with Sara has been truly transformative!”

“Sara is the most remarkable healer I’ve worked with to date. She combines a dazzling knowledge of health, wellness, and spirituality with an uncanny instinct for what her clients need. In just three short months, I feel more joyful, confident, resilient and clear-headed. Plus, I’ve started a beautiful relationship and continue to build my career vision—thanks in large part to Sara’s coaching. I highly recommend Sara for the driven, conscious woman who wants to wake up to her true potential and kick the ‘no pain, no gain’ mindset to the curb.”



Schedule your Dharma Design Session:

You don’t have to do this work alone. In fact, the work moves faster and deeper when you have someone to guide your journey into your Dharmic Destiny.

If you’re feeling ready to transform your physical and mental stress with innovative techniques, ***schedule your Dharma Design Session with me today at www.Directions4Wellness.com.***

If you’d like to know more before you commit, schedule a complimentary 30-minute consultation. I’d be happy to answer your questions.



About Sara Regester RN, BSN, NBC-HWC International Teacher of Shamanism

Sara Regester is a registered nurse, stress expert, integrative health coach, author, and speaker. She supports success-driven individuals to free themselves from the push-pull of resistance that keeps them stuck where they are in their “comfort zone,” unable to create the vision and fulfillment they desire from their work, their relationships, and their health. She leads highly transformational programs for individuals, groups, and companies using mind-body-spirit techniques that come from years of studying indigenous healing, for a holistic approach to rewire mindset and lifestyle.

Sara is an A-Road certified international teacher of Shamanism for an ancient lineage called the Deer Tribe Metis Medicine Society. This certification and lineage is at the core of her deeply transformational work. In addition, she is a Duke certified integrative health coach, a Nationally Board Certified Health and Wellness Coach, and a faculty member for a specialized team that brings Whole Health Coaching and training to the Veterans Administration nationally through the Office of Patient Centered Care and Cultural Transformation.

Sara Regester founded Directions 4 Wellness, an international health-and-lifestyle consulting practice. For more information, please visit www.Directions4Wellness.com