



combining coaching & kinesiology
is our speciality

our passion
professionals and corporate leaders

- coaching
- kinesiology
- team intervention
- corporate wellness

STRESS the sign that we need to change

The ultimate indicator that we are ready for change?

"In the US \$7500 per employee is spent on stress-related absenteeism or decreases in productivity according to Deb Shapiro. Stress and immune diseases appear to be the sign of the times.

Stress is responsible for hormones that shut down the digestive system (to conserve energy), increase the heart rate (to increase energy), suppress the sensation of feeling (so we can keep fighting without feeling hurt), and increase the rate of breathing.

Stress does have a purpose and it is to serve us during fight or flight situations like wars and hunting. Stress is a means of building up energy for our response. This increased energy has to be released and go somewhere or something will give.

Have you ever wondered why it feels so good to exercise and why we keep going back? If there is no war to fight or animal to hunt, where does that energy go? The urge to scream or to lash out is a natural release from the extra energy in our bodies. Some people are aware that they perform better under stress due to extra energy.

Unreleased stress has an excessive list of bodily symptoms of ulcers, IBS, loss of appetite, diarrhoea, constipation, heartburn, headaches, high blood pressure, palpitations, overeating, breathing problems, insomnia, back and muscle ache, excessive sweating, eczema and grinding teeth. Immune diseases also relates directly to our lifestyle of dealing with releasing stress, from colds to cancer.

If you do not experience the physical symptoms you might feel frustration from loss of control (very common in the workplace) and are psychologically unable to adapt with the increase in demand to perform.

Ask yourself how often events and demands seem beyond your capacity. With regular release of cortisol and adrenalin you become *out of touch* with your feelings.

Notice how unbalanced decisions become. You need a head and heart connection to get in touch with our feelings again.

It is your *perception of reality*, rather than what actually happens that is the real stressor.

When we are in touch with our feelings and logical thinking, we are also in a better place to perceive what is real. Is there really a war going on? If my body is storing energy, how can I release it to maintain a sense of balance? From this head and heart space we make better decisions that sustain us in the long run.

If you notice the biological and psychological symptoms of stress, you might want to do an audit on your life. I have a free self-assessment tool available if you are interested. (Please feel free to contact me for such an audit.)

The purpose of stress is to show us something is out of balance, and that something needs to change to bring back the balance. Employing a coach provide objectivity when making decisions in going through change in life and work. We specialise in creating successful and sustainable change in a gentle balanced way. (Click "[here](#)" to book a complimentary session to see if coaching will work for you)

If a coach is not your style. Remember you can benefit from being still to "smell the roses" and gain an objective perspective about what you need to do next. If you become aware of physical stress symptoms, your body is speaking your mind. A medical practitioner can confirm your intuition, but it is up to you to be more actively involved in your life choices to change.



Choosing a professional on a **personal** note

You choose a coach, doctor, or professional for both their accreditation and the person's personal qualities.

You are more aware, you want food that is organic, products where the manufacturers put money back into the community etc.

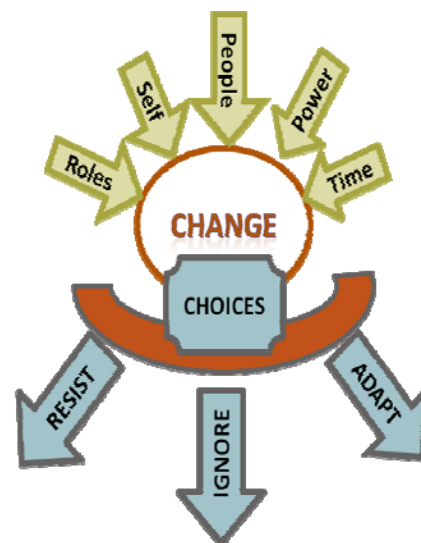
So who do you deal with when you "employ" the mind-body coach? What skills and values are available to you?

- A wide angle lens view where we look at a "forest and not just the bark of a tree", incorporating principles of psychology, philosophy and physics with coaching and kinesiology tools.
- Connecting patterns apparently disconnected, trained from a background of buying and fashion spotting trends.
- Realising how everything is interrelated, the mind-body sciences, the conscious and unconscious, the different contents of our lives and seeing synchronicities in our life that gives higher meaning.
- Learning to use the mind (conscious and unconscious) as a tool and not a limiting master from past programming.
- A belief that you can change anything in your life, despite what others around you say. Only you can limit your potential and you can live your values. You are the real expert.

life**PHILOSOPHY**

imagine you

SUCCESSFUL and SUSTAINABLE CHANGE



- Someone who will sit in the eye of the storm with you to create change that is peaceful and authentic for you.
- New ideas about business dealings with openness and harmony (a spirit of inclusion) as in inspired by a background of cut throat retail trading impacting on more conscious living.



about adélé **coach, kinesiologist, artist, business owner, mother, explorer of life**

the mind • body coach offers

- ❖ Individual coaching and kinesiology sessions
- ❖ Coaching programs for individuals and corporate clients
- ❖ Team workshops and presentations
- ❖ Wellness programs on mind& body

signature coaching

- ❖ Creating awareness of self (reflective)
- ❖ Connecting head (logic) and heart (feelings) for decisions
- ❖ Integrating sustainable actions successfully

contact us

How can I be of assistance?; Call 011 788 3225, agreen@global.co.za or 083 679 2000 or view www.lifephilosophy.co.za



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