

Proven advice to let go of anxiety, fear, overwhelm  
and, stress at work and at home!

# De-Stress, De-Dramatize Your Life



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# De-Stress, De-Dramatize Your Life:



## Nine Simple Tools To Let Go Of

Anxiety,  
Fear,  
Overwhelm  
And Stress

## De-Stress, De-Dramatize Your Life



Welcome!

Ongoing scientific research finds that health and well-being are affected by our mental and emotional states. This program will teach you ways to reduce stress to enhance your health and deal with life's inevitable challenges.

Everyone experiences stress and responds differently to it. No two people are the same.

Understanding your stressors can help you to manage your reaction and curb negative thinking patterns.

Studies show that those with a positive outlook (optimists) tend to relate to situations with more ease than pessimists, who may feel overly challenged and stressed with life's situations.

Some people suppress stress feelings knowingly or unknowingly, they express the feeling sometimes inappropriately and regrettably, or they avoid the feeling by using distractions such as eating, sleeping, watching TV, "surfing" the internet, smoking, drinking, or abusing drugs.

Not understanding or relating to our true emotions can cause patterns of overwhelming stress, inner turmoil and cause our bodies to experience *disease*.

During this program the goal is to help you become more aware of your emotions, your triggers, and your responses to stress, and to teach you stress reduction techniques that will help you to feel less overwhelmed and more in control of yourself and your reactions.

Practice this program over the next 21 days to experience significant reduction in your stress experience.

Live the Life You Were Meant to Live!

*Donna Marie*

## Stress Reduction Practices

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### Introduction

## How to Use this Program

This program is designed for you to take a serious look at simple, yet powerful methods to reduce stress in your life. As with any deliberate life alteration, there must be an ongoing process for the commitment and integration of change.

Modifications happen with sincere conscious practices done regularly. My wish for you is to commit yourself fully, openly and sincerely to this 21 day program.

Sometimes when we think we have to make uncomfortable changes, either large or small, there is a part of ourselves where we may experience little droplets or even buckets of fear that seem to hold us from the progress that we know can lead us to a happier or more productive existence.

Part of our thoughts and our connected feelings states produce thoughts such as, "I can't do this!" Or, "This won't work, I've tried things before". This darker side of ourselves, or the fearful mind, is often called the EGO.

The EGO is our preconditioned thinking pattern that has been developed by how we have perceived our experiences since the launch of our existence. These thinking patterns eventually take on a false reality and we then see them as "truth", our truth.

In actuality they are false or 'erroneous' thinking concocted by our conversion to social norms. These subtle or not so subtle thinking patterns guide us daily and result in our living either happy or fearful.

The EGO, also called our 'dark side', or 'our shadow side', or monkey mind, the inner chatter, etc. keeps thoughts from experiencing the present. It has many ways of preventing our happiness, growth, change, abundance, and healing.

But the EGO can be calmed and diffused. It doesn't have to overwhelm us or keep us in fear, despair or misery. The EGO thoughts often connect with the negative emotions that can trigger our actions or lack of action.

This is why some procrastinate, avoid, or over indulge, etc. in various behaviors that are generally unbecoming to us or to others. In essence we want to change the behaviors that aren't working for us but first we have to change our inner world.

That happens when we change the thoughts and feelings that affect the behavior; so in essence we have to create new patterns, rituals or practices and invite healing.

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Over time we generally become totally unaware of the EGO effects on our life. Over time these effects can creep upon us causing setbacks, downtime, uncertainty and frustration. Look at setbacks similarly to outdated computer software that slows the computer down causing little output, glitches or crashes. The computer system then needs updated software and rebooting. This is what you will be doing for yourself; upgrade your thinking, your mindset and emotional states and start rebooting.

## **Step 1 - Self Awareness Assessment**

The first step to change is awareness. You cannot change what you are not aware of. The following self awareness survey is designed for self reflection of your stress triggers, where your stress resides in you, and how you may react to stress.

You may also feel more vulnerable to stress if you don't know how to calm or soothe yourself when you are experiencing various emotions such as anger, fear, sadness, etc.

Look at this as a process of self-discovery. Of the numerous clients I have worked with one common theme is that they have events throughout their life that they have not been proud of. I too have things that I wish never happened. But in reality ... no one is perfect or had the perfect life. In other words be ok with any perceived shortcomings (remember it's your EGO anyway.) Your EGO is not who you are, it's concocted by erroneous and distorting thinking; an unconscious conditioning of one's past.

Start today with finding you as an individual with various experiences where you formed distorted beliefs of yourself. I know it sounds rather simple but you at one time knew (whether you remember or not) that you were an acceptable and loving being. Please don't try to talk yourself out of this (it's your EGO doing it by the way.) And you can start to move towards that authentic thinking that was once your natural right. In the big scheme of things we are exactly where we are, whether we like it or not.

So start by saying yes, and practicing and integrating these simple, yet proven, methods towards acceptance of yourself and situations. Remember, the only thing we can change is ourselves. We can only change our thoughts; our mindset and emotions.

Take a moment now and circle your level of, reactions to and behaviors associated with stress as it applies to you recently over the last few weeks.

Be honest with your answers. You of course can keep your answers confidential. You do not have to share this with anyone. It's for you to think about and ponder. It's important that you not make these elements you noted below as "wrong" about you.

Self-Awareness Assessment

**WHAT TRIGGERS YOUR STRESS?**

On a scale from 0 – 5, circle your level of stress associated with the following items/events you have experienced in the last 3-6 months.

0 = “No Stress”

1 = “Very little stress” to 5 = “Highest level of stress”.

Work/career concerns	0 1 2 3 4 5
Co-workers	0 1 2 3 4 5
Supervisor-Mgt.	0 1 2 3 4 5
Schooling/Education	0 1 2 3 4 5
Technology	0 1 2 3 4 5
Finances	0 1 2 3 4 5
Home/living area	0 1 2 3 4 5
Retirement	0 1 2 3 4 5
Health	0 1 2 3 4 5
My safety	0 1 2 3 4 5
Media/News	0 1 2 3 4 5
My significant other	0 1 2 3 4 5
Not having a significant other	0 1 2 3 4 5
Divorce/separation	0 1 2 3 4 5
Recent death or loss	0 1 2 3 4 5
Children	0 1 2 3 4 5
Family	0 1 2 3 4 5
Friends	0 1 2 3 4 5
Weight gain/loss	0 1 2 3 4 5
The Unknown	0 1 2 3 4 5
Life’s purpose/direction	0 1 2 3 4 5
Fear of failure or success	0 1 2 3 4 5
Other _____	0 1 2 3 4 5

**When completed, circle your top 3 stressors from the above list.**

*“The mind is conditioned by the past, you, are then forced  
Eckhart Tolle*

**WHAT ARE YOUR REACTIONS TO STRESS?**

On a scale from 0 – 5, circle your reactions to stress in the following categories.

0 = “None or does not apply”

1 = “Seldom” to 5 = “Most Often”

**PHYSICAL**

*How does stress show up in your body?*

Fatigue/no energy	0 1 2 3 4 5
Sleep problems	0 1 2 3 4 5
Headaches	0 1 2 3 4 5
Back/Neck/Chest pain	0 1 2 3 4 5
Digestive/stomach upsets	0 1 2 3 4 5
High blood pressure	0 1 2 3 4 5
Appetite-Increase/Decrease	0 1 2 3 4 5
Difficulty breathing	0 1 2 3 4 5
Frequent colds/flu	0 1 2 3 4 5
Other _____	0 1 2 3 4 5

**THOUGHTS AND FEELINGS**

*How does stress show up in your thoughts or with your feelings?*

Easily upset or irritable	0 1 2 3 4 5
Angry or frustrated	0 1 2 3 4 5
Anxious or fearful	0 1 2 3 4 5
Worry	0 1 2 3 4 5
Lack of concentration	0 1 2 3 4 5
Sadness or lacking joy	0 1 2 3 4 5
Feeling hopeless	0 1 2 3 4 5
Feeling helpless	0 1 2 3 4 5
Feeling overwhelmed	0 1 2 3 4 5
Feeling overworked	0 1 2 3 4 5
Not feeling respected	0 1 2 3 4 5
Negative self-talk	0 1 2 3 4 5
Other _____	0 1 2 3 4 5

**BEHAVIORAL**

*How does stress show up in your actions?*

Withdrawing/avoiding others	0 1 2 3 4 5
Saying things & later regret	0 1 2 3 4 5
Overeating, drinking, or smoking	0 1 2 3 4 5
Little or no exercise	0 1 2 3 4 5
Critical or judgmental	0 1 2 3 4 5
Blaming others	0 1 2 3 4 5
Procrastination	0 1 2 3 4 5
Over spending	0 1 2 3 4 5
Excessive TV/Internet, etc.	0 1 2 3 4 5
Clutter or being unorganized	0 1 2 3 4 5
Other _____	0 1 2 3 4 5

## Step 2 - Deep Breathing

Did you know that you can reduce the intensity of stress by breathing deeply? Many people hold in stressful feelings with shallow breath. Think about when you are in traffic and someone cuts in front of you. Do you step on the brake, gasp and hold that experience in that breath? Feel some fear? Most do. Over time this contributes to very shallow and ineffective breathing patterns.

As you breathe in, breathe down very deep as if you are by-passing your lungs and breathing into the pit of your abdomen. Think of this as breathing deep into your tail bone, and then breathe out slowly. This will help you to become aware to breathe deeper than usual.

Practice daily this method of deep breathing. Upon awakening find a place with little distraction so you can breathe deeply 6-9 times. Doing it three times a day will shift your levels of anxiety and stress. Place reminder notes around you as a way to assist with your commitment to consciously de-stress. I find that doing it morning and before bedtime essential. But practice throughout the day, in your car, your office, before making a call or whenever you feel the overwhelm of stress.

This is also a wonderful technique to teach children, helping them to learn self-calming methods.

*"Listen, are you breathing just a little and calling it a life?"* Mary Oliver

## Step 3 - Mindfulness

Mindfulness is being in the state of "present awareness" or "being in the present moment." The opposite is when one is not fully aware of what is happening around them and within them. Some people typically refer to this as being on "automatic pilot."

The practice of mindfulness is not to avoid or to distract your mind away from thinking of stressful events or situations; it is to observe your thoughts and emotional reactions. Instead of being the critic and viewing them as right or wrong, just observe.

Start by finding a time and place that works best for you. Sit in an upright position and where there are few or no distractions. Close your eyes. Observe your thoughts. If you notice any distracting sounds, observe them and then let them go. The key is to not make your thinking "right" or "wrong."

Mindfulness will help you learn to react to daily stress from a different perspective; as an observer. Note that mindfulness relaxation takes time and practice like learning other new skills. Some people may become frustrated by not experiencing immediate results. Try to be patient and practice. You will start feeling centered and find that you are able to handle stress more effectively.

*"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher."* - Pema Chodron

## Step 4 - Gratitude/Appreciation

Results from research on gratitude discovered that people who practice gratitude and appreciation have lower levels of stress hormones and are in better physical health.

The practice of gratitude can help you maintain positive feelings even when faced with challenging situations and events. You might think "This is impossible with \_\_\_\_\_ that is going on in my life." That response is totally understandable. However, gratitude is a mindset, and thoughts do generate feelings. It makes sense that if you focus on all negative aspects of any given situation, then you will experience negative feelings. Consequently, when your thoughts are focused on gratitude (finding some good in any given situation), positive emotions and positive attitudes will follow.

As you practice gratitude, you are likely to find that you experience a greater sense of well-being, a happier disposition, and an improvement in your personal and professional life.

Start by thinking about those things you are grateful for. To be more effective, write it down in a journal if you have one, or in any handy notebook, or paper. Keep it simple.

Begin your statement of gratitude with a sentence stem such as this one:

*"I'm so happy and grateful that \_\_\_\_\_, Then fill in the blank.*

To help you get started, here are a few examples:

*"I'm so happy and grateful that I have food on my table."*

*"I'm so happy and grateful that I have friends that support me."*

*"I'm so happy and grateful that I awaken each day to the sounds of nature (or children)."*

After a couple of weeks of writing a daily gratitude statement you will notice how much you appreciate many things in life. Focusing on what you have instead of what you don't have develops a greater sense appreciation of life and of others.

Use the following form to focus on and write down your daily gratefuls:

## Grateful Awareness . . .

*No matter how small or how enormous your gratefulness is, write it down often!*

*It will give you a sense of joy and peace.*

I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_

I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_

I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_

I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

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I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_

I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_

I am so happy and grateful that \_\_\_\_\_

\_\_\_\_\_



"Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously and abundantly." -Joseph Murphy

## Step 5 - Kindness/Affirmations

*"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Dalai Lama*

The kindness movement has shown that those who practice acts of kindness receive kindness back in many ways. Practicing "random acts of kindness" fills one's spirit with joy and abundance and creates a positive feeling state. Step outside your self at least once daily to offer an act of kindness to those that you know or to those that you do not know. Expect nothing in return.

Practicing daily affirmations - a positive statement or belief - offers a conscious effort to change thinking patterns. Create your personalized affirmations. Write them out and recite them often. Attach positive feeling states to them as you say them. Use the handy format below to start:

## AFFIRMATIONS TO A POSITIVE FUTURE

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*"When I look into the future, it's so bright it burns my eyes." Oprah Winfrey*

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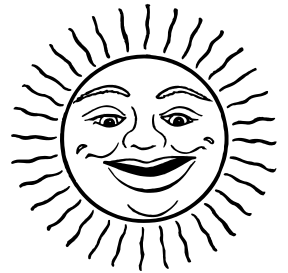
Many behaviors follow the beliefs we have about ourselves. The subconscious mind does not differentiate between types of beliefs, only what is sent to it from the conscious mind. Therefore, to change a thought a conscious awareness is necessary.

Positive affirmations are positive declarations that engage the mind to new truths and beliefs. They conquer and change previous erroneous patterns and beliefs when supported by ongoing self-reinforcement. As positive beliefs and truths are realized into the subconscious, one will experience life with less effort and an increased energy level.

It is a painless process and requires only an awareness and willingness to change.

Positive affirmations generally begin with an "I am....." or "I...(your name)" or "I now....." statements and are written with positive words in present tense.

Examples: "I am realizing my true potential and greatness."  
"I, Mary, realize my true potential and greatness."  
"I now realize my true potential and greatness."



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Write them 7 times daily and recite them 7 times daily. As you recite them, be conscious to attach a positive feeling state to the affirmation as you think, write, or say it. Practice to not allow negative thoughts/emotions interrupt the positive flow. Trust the process of the power of your mind. It is endless.

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### EXAMPLES:

1. I (your name) am powerful, loving and in control of my life.
2. I \_\_\_\_\_ gain courage and strength because I am willing to grow.
3. I \_\_\_\_\_ hold only good positive thoughts about others and myself.
4. I \_\_\_\_\_ am flexible, tolerant and accept myself as who I am.
5. I \_\_\_\_\_ accept my body. I honor it by nourishing it with moderation and proper nutrients.
6. I \_\_\_\_\_ change my life by changing my thoughts and my attitude.
7. I \_\_\_\_\_ am conscious only of the goodness of others.
8. I \_\_\_\_\_ laugh and have fun with life. I give joy to others I meet.
9. I \_\_\_\_\_ live my life with love. I send only loving thoughts to others.
10. I \_\_\_\_\_ have the power to choose happiness, joy and peace.

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11. I \_\_\_\_\_ have special abilities and greatness within me that is released as my self-awareness grows.
12. I \_\_\_\_\_ am open to new ways of learning about others and myself.
13. I \_\_\_\_\_ am patient, skillful and understanding while interacting with people in the workplace. I remain determined to make a positive difference.
14. I \_\_\_\_\_ am here to make a difference in this world. I create possibilities of positive change.
15. I \_\_\_\_\_ face each day with confidence and poise. I trust myself to matter.
16. I \_\_\_\_\_ greet everyone I meet with acceptance and compassion.
17. I \_\_\_\_\_ am responsible for MY LIFE! I hold myself accountable.
18. I \_\_\_\_\_ work with businesses that perform valuable service for the highest good of all. Its mission is satisfying and it grows abundantly.
19. I \_\_\_\_\_ create honest relationships and treat others with sincere respect.
20. I \_\_\_\_\_ now experience wealth and prosperity.
21. I \_\_\_\_\_ create abundant thinking. I deserve and reach for the world's riches.
22. I \_\_\_\_\_ am patient, loving and understanding in dealing with all members of my family.
23. I \_\_\_\_\_ find all people I meet another step in my growth. I allow myself to learn from them.
24. I \_\_\_\_\_ am accepting of my day. I accept every challenge as an opportunity to accept others.
25. I \_\_\_\_\_ am dedicated to my growth and responsible for my own choices
26. I \_\_\_\_\_ love, believe in, trust and respect my children so wholeheartedly that I convey this confidence in all my relationships with them.
27. I \_\_\_\_\_ allow myself to forgive others, because I ask for forgiveness.
28. I \_\_\_\_\_ have the power to choose only that which is good for me.
29. I \_\_\_\_\_ totally and completely accept myself, knowing old beliefs no longer carry truth. I move forward with ease and love.
30. I \_\_\_\_\_ speak only with confidence and an enlightened attitude.
31. I \_\_\_\_\_ am one with beauty, order and harmony of the universe.
32. I \_\_\_\_\_ am relaxed, poised and confident in front of any number of people.
33. I \_\_\_\_\_ express myself fully and clearly at all times.
34. I \_\_\_\_\_ now forgive where I have not forgiven before.

———*"You live longer once you realize that any time spent being unhappy is wasted."* Ruth E. Renkl———



## Step 6 - Silence/Meditation/Prayer

Taking time each day for silence and/or meditation or prayer has shown to result in positive health outcomes. It also opens up creativity and helps one to find greater life purpose and inner guidance on decision making.

An effective way to silence the mind is to sit in an upright position, with your eyes closed and place yourself where there are little or no distractions. Focus on your breathing. By noticing each and every breath going in and out to you your focus can stay there versus your idle EGO chatter. Many find that this practice of breath focusing leads them towards mind clearing. It does take practice, so practice your patience.

Prayer is a therapeutic way to acknowledge a higher self or spirit no matter one's belief. Using statements or requests of this higher power are answered when one trusts. Using simple prayer forms is beneficial and actually easy to remember throughout the day. Praying can be done anytime or any where. Use your form of prayer that you feel comfortable with. Here are some easy prayers that you can use or modify to your specific ways:

- *I surrender this to you.*
- *Guide me in what you would have me do, say or think.*
- *I surround \_\_\_\_\_ with love and light.*
- *Please send healing to \_\_\_\_\_*
- *Show me the way to \_\_\_\_\_*
- *I appreciate all signals you send me*
- *Send me your strength to \_\_\_\_\_*
- *I want to feel love toward \_\_\_\_\_*
- *I trust that you protect me.*
- *Allow me to love deeper and fuller.*
- *I want to accept \_\_\_\_\_ and let go of \_\_\_\_\_*

Meditation CD's are practical and quite portable. You can find the popular and most effective CD "Relaxations for Inner Peace" easily available as a down load on [www.DealWithStressToday.com](http://www.DealWithStressToday.com)

## Step 7 - Movement/Stretching/Exercise

Exercise programs are another natural way to reduce stress. However individuals who are under much stress often find it difficult to start a workout routine. Consider starting a movement routine on a smaller scale. *Doing something is better than doing nothing.* You can do these anywhere:

- 1) Gently jogging in place.
- 2) Neck and head rotations to stretch out your neck and relieve shoulder tension.
- 3) Stretching, squatting and mild twisting.

Proper nutrition in addition to any exercise program is important. The internet provides many resources to investigate various strategies along with the guidance of your physician.

## Step 8 - Support Systems

Whether we recognize it or not we cannot do it all alone. We have others assist us in doing chores such as dry cleaning, an oil change, obtaining legal advice, child care or home improvements. We solicit these services because others have the special knowledge and skills, or we lack the time to do it ourselves.

However, when our inner self doesn't seem to be feeling good or is out of sorts we don't always reach out for assistance for relief and understanding. Examples of support systems/people may include; counselors/professionals, coaches, friends or family, workshops/seminars, support teams, church groups, inspirational music or books, DVD's, journaling. What has been helpful to you? Do you seek more? If you find that your journey is too challenging seek a professional to aid in your emotional healing.

*"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down"* Oprah Winfrey

## Step 9 - Mind Style Changes

Have you ever considered giving up or letting go any of the following? It takes a conscious awareness, choice and practice to limit and change old patterns of thinking and feeling. The following illustrates elements of drama that individuals bring forth yet are challenged at times to admit it. Circle any elements that you might consider letting go of:

**Pleasing Others** – Understand this; not everyone is going to like us. Wanting others approval is a waste of time and energy. Seeking constant approval can be exhausting and will cost you happiness and well-being. You will also appear needy to others and your self-confidence will suffer.

To help curb the pleasing urge, first notice your reactions and your feelings associated with you thoughts. Gain a sense of wonder about the need to please... go deep into the feeling(s) that surfaces with the need to please. Stay with the feeling long enough to let yourself allow the feeling, then accept the feeling without making it right or wrong. Often when we allow and accept a feeling for what it is, a feeling, it will start to dissipate or evaporate. The longer you can sit still with an uncomfortable emotion the easier it will leave you. Try this with any uncomfortable feeling of pleasing or any other emotions that are associated with the elements listed below.

Focus on pleasing yourself by using incremental changes; practice doing one thing daily that pleases you or makes you happy.

**Rescuing Others** – Allow others to experience life's' challenges on their own, especially your children. Our experiences, not another's, have been our greatest teacher. So give others the gift of experiencing good or bad situations. It will empower them and it will free you.

**Being Perfect and/or Expecting Perfection in Others** – Perfection does not really exist. It's a mindset conditioned by others expectations of us. Just always do your best instead of striving for perfection.

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**Opinionated** – I use to think that others always wanted opinions or advice. Often I found the opposite to be true. Others don't necessarily want our opinion even when asked, so why bother giving it unsolicited. It's better to *ask questions of their situations* and *ask* them what *they* think. Prompting questions will help others to think for themselves. Here are some questions you can ask during a conversation instead of giving your opinion:

- Why do you think that matters to you?
- Have you thought of other options?
- Are you saying that relationship is okay or not okay with you?
- Is that working for you? Why not? What tells you that?
- Have you thought about getting another job/position? What's holding you back?
- Are you saying that you are hard on your self? Why do you think that? Would you like to change that? How would you go about doing that?
- Are you noticing any strong emotions with this situation? Can you describe them?

Practicing asking questions instead of giving your opinion will empower you. They will feel stronger knowing they can come up with answers on their own. Trust them in their self-discovery.

**Worry** – Is a preoccupation of negative thoughts of past or future events. The feeling state associated with worry can be anxiety or fear. Worry has never been associated with finding any peace of mind. That is because it can also be looked upon as negative goal setting. Worry thoughts are fearful negative thoughts of assumptions we make about what we think WILL of MAY happen. In truth no one can forecast all outcomes to life. But by putting worry thoughts into gear that is speaking them out loud or not is like utilizing negative prayers for your self or for others. Thinking is a thought process and thought is energy. It is important not to forecast that what you do not want. Try this, write your worry down on a piece of paper and tell yourself you will handle it later. At a later time, energetically tear up the paper and throw it away. Tear it up using all your emotions surrounding it. Yell out the fear and feel it. Emotionally and symbolically, you have just handled it. Excessive worry can be debilitating, if you experience excessive worry consider professional assistance.

**Judgment or Criticalness (of self or others)** – This is the BIG ONE! It's probably the one most effective way of finding peace and compassion; relinquishing criticism of self or others. One helpful way is to focus on goodness or positive traits in others and yourself. Writing down positive traits is a big step toward self-acceptance and peace. I would say to you this...really listen to what words come out of your mouth. If they are not words associated with love or acceptance you are most likely judging someone or a situation as being wrong or imperfect. Listen to the words inside your mind. Are they with love and acceptance? If not, you have just experienced your EGO mind.

**Overreacting to Others** – We tend to take things personally and then over react and later regret it. Eleanor Roosevelt said it best; *"no one can make you feel inferior without your consent"*. Start noticing how you react to things. Reactions are carried over from past emotional triggers. Be careful not to make everything about you because generally ... it's not. To curb this you can focus on what your feeling state is, that is your emotions. Your emotions are felt in your body. Notice where in your body you feel emotions, be it sadness, anger, hurt, etc. Then allow yourself to notice it with pushing it down or away. That is what the EGO does. It makes our feelings wrong instead of acknowledging them for what it is; a feeling. Even though we may not like the feeling, it is what we are feeling. Don't make it wrong or right. Just feel it and accept that it is your body reactions to a past stored memory.

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**Blaming or Complaining** – Many are not aware of the level of complaining, blaming and negativity they emit. Listen to what you say and listen intently. If you justify that your words are truthful because of *this or that*, you probably are blaming, complaining or judging. When one blames and complains they give up their personal power. They avoid responsibility and develop a “poor me” or victim attitude. Life changes as we accept others unconditionally.

**Guilt** - Guilt feelings and shameful feelings are another obstacle to joy, peace and success. Guilt is associated with thoughts of having experienced or having done something wrong. It is also coupled with keeping secrets, not feeling good enough, being responsible for others happiness, or not feeling accomplished.

One way of releasing guilt can be done through self-reflection and journaling. List things that you feel guilt about such as past hurts and pain, rejections, things you felt you did wrong (as far back as you can remember) that replay in your mind and how you were wrong but may feel guilty about it. Also include how you felt then and how you feel now.

*“The only people, with whom you should try to get even with, are those who have helped you.” Mae Maloo*

## The Elements of Drama

A comical common term used today to compartmentalize these behaviors is called the DRAMA QUEENS and DRAMA KINGS. However, let’s not label anyone here. Too many labels are put on individuals. Labels are known to keep one stuck in the behavior. We are not our behaviors; we are reacting to our past histories and wounds. We react that way as a way of learning to protect ourselves. Our behaviors and reactions should be noted as something that can be changed over time with proper guidance, knowledge and support.

If one is using any of the above thoughts and actions they are incorporating DRAMA into their life. Drama is the EGO in full play. The EGO tries to justify all of the above elements out of a sense of wanting to be *right versus happy* or to make one feel ‘above’ another and for a myriad of other reasons. To De-Dramatize your life you will have to step out of your drama whether it’s being the role of the Persecutor, the Rescuer, the Victim, or all three. Once you recognize and execute this your life will change; for the better. Period. Yes, it’s sometimes easier said than done. Yet it can be done with an ongoing commitment to change.

When I work with clients, often they cannot recognize fully their part of the drama. That is why it’s instrumental to work with a trained professional that can help you fully integrate change and advise action steps, specific direction and support. The benefits are enormous and rewarding.

## My Stress Reduction and Awareness Plan

### “Start Feeling Good About Me and Life”

*“If not now, when?”* Unknown

Keeping a log of daily practices is a fundamental means to stay aware of the subtle events that eventually lead to change. Use this page to check off your commitments.

If you find that you get off track at any point just say to yourself “it’s okay” and just get back into your routine.

People that succeed with goals may also fall out of practice, but pick themselves up again and continue where they left off. You can do it!

#### Monitor your Practice Steps Daily-Weekly

Check off daily completion of activities  
MO TU WE TH FR SA SU

1. Self Awareness Assessment
2. Deep Breathing
3. Mindfulness
4. Gratitude & Appreciation
5. Affirmations/Kindness
6. Silence/Meditation/Prayer
7. Movement/Stretching/Exercise
8. Support Systems  
Who/What
9. Mind-Style Changes  
I am willing to give up....

Other Changes I commit to explore:

Notes to myself

## ADDITIONAL INFORMATION or SUPPORT from DONNA MARIE

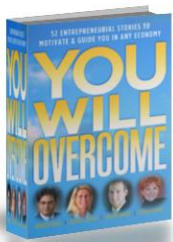


*"Relaxations to Inner Peace,"* Donna's popular and effective meditation CD contains three tracks of meditations for your lifestyle type - a short, medium and a longer track to de-stress and relax. Frequent usage will bring about an inner calm and centeredness, which encourages mental clarity.

[PURCHASE AS AN AUDIO DOWNLOAD](#)

Attend a *"SPEAK E-Z in Front of Groups®" The Public Speaking Without Vomiting® Workshop.* This workshop is designed to help you comfortably speak in front of groups and to dissolve stage fright. In this workshop you will experience yourself in front of a group and identify your Emotional Intelligence and acknowledge and shift anxiety. Whether you are a newcomer or an experienced professional, you will experience how to become calm, centered and confident when speaking. You will discover valuable techniques for feeling relaxed and being yourself in front of others.

[REGISTER FOR THE NEXT LIVE SESSION](#)



Donna's inspirational co-authored book, *"YOU WILL OVERCOME"* is also available as a download through her [website](#).

Donna is available to *speak to and inspire your organization or conference.* [BOOK DONNA](#) for a one hour presentation, keynote or full day workshop.

Donna is available for *one-to-one consultations by phone, Skype or in person.*

## HOW TO CONTACT DONNA:

1. Feel free to contact Donna Marie through her website [www.DealWithStressToday.com](http://www.DealWithStressToday.com)
2. Email Donna at [Donna@DonnaMarieConsulting.com](mailto:Donna@DonnaMarieConsulting.com)
3. Phone Donna at 734-420-2935.

**“When YOU Change, YOUR world will change!”**

*Thank you for letting me share these remarkable practices with you.*

*Fondly,*

*Donna Marie*

**Donna Marie**

As a personal and professional confidante, Donna guides audiences and individuals to resolve imbalances and stress on ways to synchronize their emotions, thoughts and actions. With a previous career in a major corporation, she holds a master's degree in psychology and is a member of the National Speakers Association. Donna is an insightful speaker and facilitator in the fields of stress reduction, mindfulness, emotional intelligence and public speaking fears.

