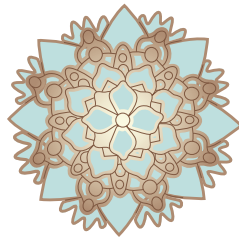


VIDEO 1 HANDOUT

From Emotional Stress to Optimal Health



illuminate U

– Whole Life Coaching with Afshan Tafler

www.illuminateu.ca

Disclaimer

The purpose of this presentation is to convey information, education for self-empowerment only. It is not intended to diagnose, treat, or cure your condition. Please consult with your doctor or health care team if you have any questions regarding this information.

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VIDEO 1:

The Impact Of Emotions On The Body

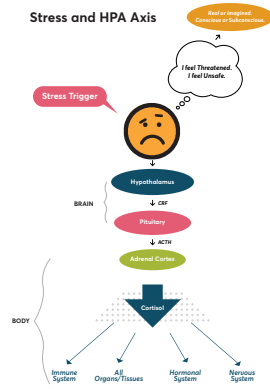
What you will learn in this video:

1. How emotional stress shows up in your body.
2. How emotions affect your cells and genetics.
3. How to tune into your body to process and release emotional stress for better mind-body health.

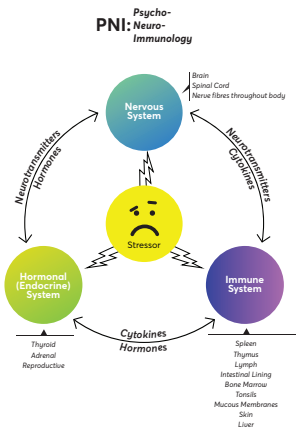
Physical Signs of Chronic Emotional Stress

- ✓ Low energy
- ✓ Frequent colds/infections
- ✓ Can't sleep
- ✓ Sleep a lot but still tired
- ✓ Brain fog/lack of focus
- ✓ Headaches
- ✓ Digestive issues (constipation, diarrhea, nausea)
- ✓ Chest pain, rapid heartbeat
- ✓ Eat well, take supplements, but still sick
- ✓ Muscle tension, aches and pain
- ✓ Chronic pain, nothing helps
- ✓ Hard to exercise or recover from it
- ✓ Can't lose weight (despite proper diet and exercise)
- ✓ Tried many things and seen many doctors but nothing seems to help

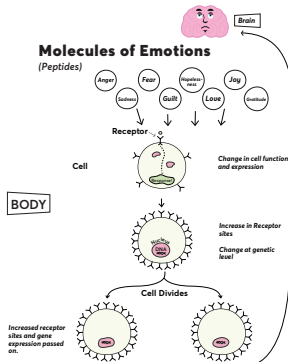
Emotions & The Stress System



The Mind Body Connection



Emotions In Your Body: The BodyMind



In Summary

1. The science shows chronic emotional stress lives in our bodies affecting our cells and genetics.
2. We have a BodyMind operating out of our conscious awareness and the functioning of this BodyMind was created by chronic emotional stress.
3. If emotional stress influences the operation of our BodyMind, then we must heal the emotional stress to create a new BodyMind.

Moving Towards Better Health

1. Tune into your BodyMind (body scan)
2. Be with your emotions, let them process and release with breath work

RESULT:

Decrease stress, feel calmer, boost your immunity!

IN THE NEXT VIDEO:

You will learn....

- ✓ The drivers of chronic emotional stress in the BodyMind–Beliefs!
- ✓ Common beliefs connected to chronic illness and pain.
- ✓ How to shift the beliefs for greater health.

Coaching questions to help you move towards optimal health:

1. What are your physical signs of chronic emotional stress?

2. What are you becoming more aware of about your body and health that you were not aware of before?

3. What emotions or emotional states are predominant for you, or may be operating behind the scenes in your BodyMind?

4. After trying out the Bodyscan or Vagus Nerve Breathing, what are you noticing about your body, symptoms and the way you are feeling?

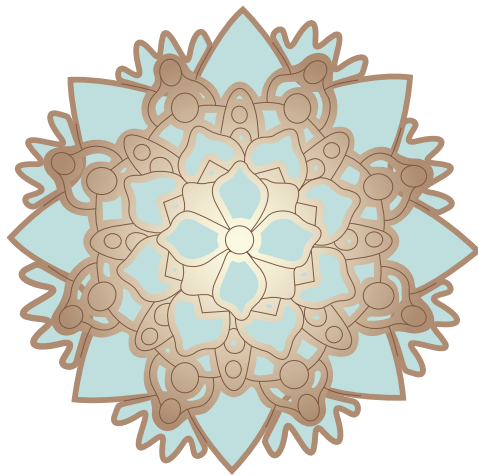
5. What are you becoming aware of when you practice the Vagus Nerve Breathing and BEING with your emotions that are coming up?

Thank You!

**Contact me today for a
FREE 15 MINUTE CONSULTATION**

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