

# Holistic Services Group

- Workplace Wellness Programs
- Stress Management & Resiliency Coaching
- Keynotes
- Corporate Health Workshops
- Team Building
- Expos
- Off-sites
- HR Wellness Consulting & Support
- Leadership Training & Development

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## **STRESS MANAGEMENT: WHO DO WE BECOME WHEN WE ARE STRESSED?**

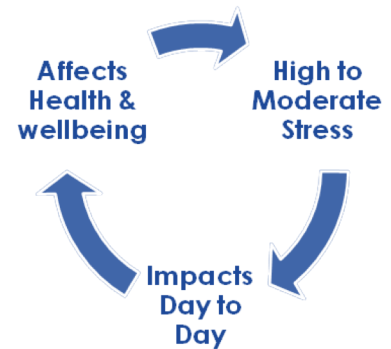
From the lists below, tick all the signs and symptoms that you believe you experience:

### **PHYSICAL SIGNS**

- Tightness in chest
- Chest pain and/or palpitations
- Indigestion
- Breathlessness
- Nausea
- Muscle twitches
- Aches and pains
- Headaches
- Skin conditions
- Recurrence of previous illnesses/allergies
- Constipation/diarrhoea
- Weight loss or weight gain
- Change in menstrual cycle for women
- Tiredness (fatigue)

### **EMOTIONAL SIGNS**

- Mood swings
- Feeling anxious
- Feeling tense
- Feeling angry
- Feeling guilty
- Feelings of shame
- Having no enthusiasm
- Becoming more cynical
- Feeling out of control
- Feeling helpless
- Decrease in confidence/self-esteem
- Poor concentration



### **BEHAVIOURAL**

- Drop in work performance
- More inclined to become accident prone
- Over-eating/loss of appetite
- Poor time management
- Too busy to relax
- Loss of judgment
- Withdrawing from family and friends
- Loss of interest in sex
- Inability to express feelings
- Overreacting
- Drinking and smoking to excess
- Taking days off work

### **THOUGHTS/PSYCHOLOGICAL ASPECTS**

- "I am a failure"
- "I should be able to cope"
- "No one understands"
- "I can't cope"
- "I don't know what to do"
- "It's not fair"
- "I wish' he/she/it was different"
- "I can't do this"
- "This is too hard"
- "It's all ... fault"

## **MY STRESS PRESSURES, MY STRESSORS**

From the list below, tick all the current causes of stress in your life:

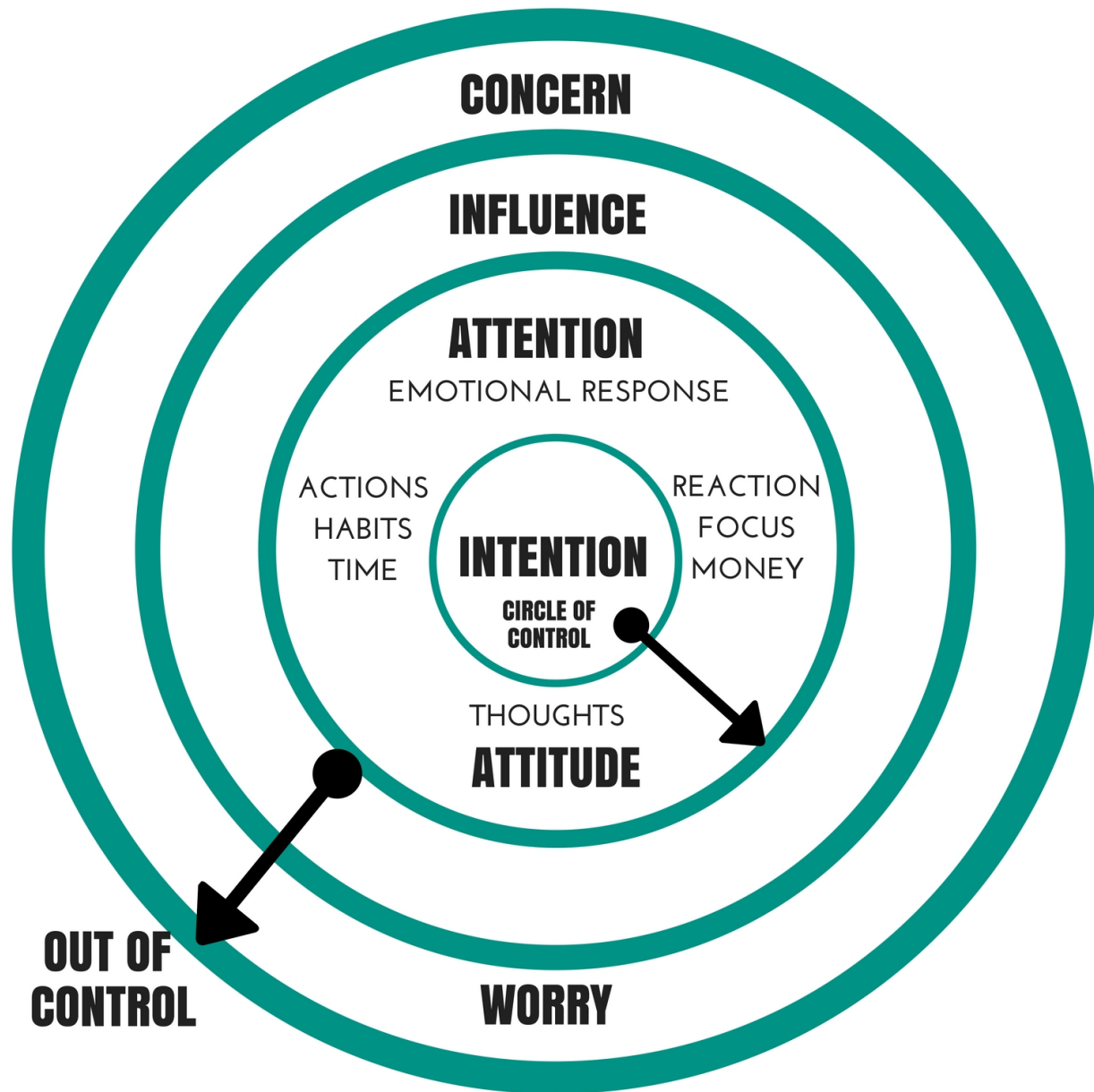
- Your Love Life
- Your Relationships
- Your Finances
- Your Past
- Your Future
- Your Career
- Your Business
- Your Home
- Others' Expectations
- Your Expectations
- Control/Lack of Control
- Fears/Fear of the unknown
- Your To-Do List
- Your Health
- Your children
- Your Workload
- Perfectionism

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**REFRESH ... START YOUR DAY GREAT, AND GRATEFULLY**



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## **START YOUR DAY GREAT, AND GRATEFULLY**

### ***Your Intention + Daily Action = Your Experience of Life***

*90% of human behaviours are based on habits, and the only way to build resilience is to challenge and change the everyday choices and habits, which are causing excess stress, overwhelming pressure and unhealthy emotional states.*

When we want to achieve EXTRAordinary results and fulfillment in our work, career, or life, we need to get laser focused on what it is we really want, and be crystal clear on where we want to go. Having a clear result or outcome and consistently focusing on it immediately changes your behaviour, giving you the momentum you need to take small actions daily that will lead to massive positive transformation.

The energy and flows of your life goes to where your attention is focused...Whatever it is you choose to focus your attention on becomes more prominent in your life. It's one of those 'hidden in plain sight' concepts, almost too obvious for people to fully grasp and consistently apply. *Your attention and your focus, directs your energy.*

It may not be that there is more of it present in your life; it's simply that once you start to focus on it, your brain's reticular activating system (or RAS) starts to see and perceive more of this. As an example, recall a time when you started to think about buying a particular item, maybe a car or an outfit and then all of a sudden you start to see this item everywhere. This is your RAS working.

The RAS is a diffuse network of nerve pathways in the brainstem connecting the spinal cord, cerebrum, and cerebellum, and mediating the overall level of wakefulness, or consciousness. The neuronal circuits of the RAS are modulated by complex interactions between a few main neurotransmitters. The RAS contains both cholinergic and adrenergic components which exhibit synergistic as well as competitive actions to regulate thalamocortical activity and the corresponding behavioural state.

Through intention, you can get your RAS fired up, and focused on what it is you want to see, feel and experience more of in your life. This is why intention is the starting point of every dream, creation and positive change and transformation in all areas of your life. It is the creative force that fulfills all of your needs, whether for money, relationships, love, health, happiness, etc....the list is endless.

The sages of India observed thousands of years ago that our life is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares:

*"You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."*

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## **EXE: ELEVATE YOUR GREAT STATE: SEWING THE SEEDS OF INTENTION, ACCOUNTABILITY & ACTION**

An intention is like a seed being planted in the direction you would like your life, your RAS and your energy to flow. Like real seeds, intentions can't grow if you hold on to them. Only when you plant the seeds of your intention and then release them into the fertile depths of your life through daily action can they grow and flourish.

To continue your adventure into mindfully elevating your resilience, we are going to have you discover the power of setting the intention for your life, for who you want to be and for your health and wellbeing goals, daily.

Your intention statement for your day will start with what you DO WANT, rather than what you don't want, and ideally we want this to centralise around what you want to experience, and how you want to FEEL throughout your day.

For Example: you may want to wake up feeling energised, healthy and happy or feel financially abundant, strong and confident in who you are and how you perform at work, or to create healthier and deeper relationships.

After setting your intention daily, you can ask yourself, "Who do I need BE (*attitude and mindset*) and what action I need to DO to enhance the power of my intention and start experiencing more of this?". These steps then become the magical alchemy to positively transforming your life...Let's start today...

**How do you want to feel today?**

**Where in your life, now or in the past, have you experienced this feeling before? Share this with your partner and the reason why you are grateful for this experience.**

**If this feeling had a colour, what colour would it be?**

*Now you are going to close your eyes and picture a bucket filled with this coloured liquid above your head, pouring this colour and feeling into every cell in your body. Imagine your cells smiling as they receive this feeling and you can even increase this flow by affirming 'I choose to feel more', (adding in what you want to feel e.g. happy, healthy, and abundant).*

**What is one thing you could action today to activate more of this feeling?**

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## **PARTNERSHIP AGREEMENT**

INDIVIDUALLY: Who do I become when I'm stressed? How do I feel? What annoys me? What self care and wellness routine will I commit to doing to reduce the impact of this?

TOGETHER: How do we want to feel? What do we want to experience? How will we each show up and what will we do to create this environment within our home? How will we call each other out, in kindness, and playfulness, when we are out of alignment with this? How else can we support each other?

DRAW A CIRCLE on a piece of paper – EVERYONE ANSWER THESE QUESTIONS – SIGN AND PUT ON THE FRIDGE – CHECK WEEKLY – are we living in alignment with our commitments, what's working, what's not working, is there anything we would like to adjust, add, or change? *Share individually .. "I feel like expressing/celebrating/being grateful for {ENTER ANSWERS} ... from this week .". everyone listen, then take turns!*

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## DEFINE YOUR VALUES

### Living in Alignment with Our Values

*Values are who we are. Not who we would like to be. Not who we think we should be.  
Who we are in our lives, right now.*

In other words, values represent our unique and individual essence. They're our ultimate and most fulfilling form of expressing and relating. They serve as a compass, pointing out what it means to be true to ourselves. When we honour our values and those of others on a regular and consistent basis, life is great and fulfilling.

Your values create your heart's deepest desires for how you want to behave and who you want to be as a person, friend, partner, or employee. Your values are not simply about what you want to get or achieve; they are about how you behave or act on an ongoing basis. Often throughout life you may take on the values of others, especially from childhood, and this is why it is so important to review your values when determining and understanding the qualities most important to you and no one else.

You will notice from the list that not all values are relevant to you. This shows why it is so easy to have conflict within relationships if we are speaking from opposing values. As we begin to honour our own, we open up to respecting others' values - which supports us in building strong and effective relationships.

Keep in mind there is no such thing as a "right" or a "wrong" value. It's a bit like our taste in music. If you prefer jazz or classical and I prefer punk rock, that doesn't mean that my taste in music is right and yours is wrong. Similarly, we may have different ideas, views and values.

Our perceptions and values create our opinions, decisions and choices and understanding these has the potential to contribute creativity, inspiration and deepening to our connections and relationships: as we look for a "win-win" scenario that suits everyone.

As you will see below, the list of values can go on forever and often you may need to play with the words you choose and even create a more detailed description of what this really means to you. Sometimes the themes may not feel completely congruent (e.g. Freedom for me may mean something completely different to you).

Our value descriptions and perceptions are based upon who we are and our past experiences and relationships; therefore after today's session I would encourage you to schedule in time to explore your values more deeply with your manager and even ask yourself...

***What is it about this value that resonates with me? What does this word mean to me and how do I express it within my relationships day to day?***

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## **YOUR HIGHEST VALUES**

### **Discovering Your Highest Values**

The Dr Demartini 13 questions help to reveal our values. Think about these before we move onto our next process and the values list exercise. These can also be great points of reference and provide ideas for connection questions when trying to determine the values of others or when building relationships:

1. How do you fill your space?
2. How do you spend your time?
3. How do you spend your energy?
4. How do you spend your money?
5. Where are you most organised?
6. Where are you most reliable?
7. What dominates your thoughts?
8. What do you visualize most?
9. What do you most often talk to yourself about?
10. What do you most often talk to others about?
11. What inspires you?
12. What goals stand out in your life and have stood the test of time?
13. What do you love to learn or read about most?

**INSIGHT: How could knowing and recognising our own values change our interactions with others?**

## **Our Values Hierarchy**

Now, from this list on the following page choose approximately seven values which feel most important to you in your life, remember these are not who you would like to be, but who you really are day to day.

After you have done, you are going to write your values on seven post it notes and move them around your values pyramid until you feel like they are ranked from most important to least important.



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## YOUR VALUES HIERARCHY

**What's most important to you in your life ... What and who do you make time for?**

**From this list below tick approximately seven values, which are most important to you in your life.**

Abundance	Courage	Humour	Reliability
Acceptance	Creativity	Inclusiveness	Resilience
Accomplishment	Discipline	Independence	Resourcefulness
Accountability	Discovery	Inspiration	Respect
Achievement	Education	Integrity	Responsibility
Acknowledgement	Encouragement	Intimacy	Reverence
Adaptability	Enjoyment	Intuition	Sacredness
Adventure	Equality	Joy	Security
Appreciation	Excellence	Justice	Serenity
Approachability	Excitement	Kindness	Service
Awareness	Expressiveness	Knowledge	Sincerity
Balance	Fairness	Leadership	Spirituality
Being the best	Faith	Learning	Spontaneity
Being in the flow	Family	Liberation	Stability
Belonging	Financial independence	Liberty	Strength
Caring	Fitness	Longevity	Success
Cheerfulness	Fortitude	Love	Thoughtfulness
Certainty	Flexibility	Loyalty	Tranquillity
Clarity	Freedom	Making a difference	Transformation
Comfort	Fun	Mastery	Trust
Commitment	Generosity	Openness	Truth
Community	Giving	Optimism	Understanding
Competency	Gratitude	Passion	Uniqueness
Compassion	Growth	Patience	Vitality
Confidence	Happiness	Peace	Wealth
Congruency	Harmony	Pleasure	Willingness
Connection	Health	Playfulness	Wisdom
Consciousness	Honesty	Professionalism	_____
Contribution	Honour	Prosperity	_____
Cooperation	Humility	Realism	_____



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## YOUR VALUES HIERARCHY


After you know what your values its useful to keep them up somewhere where you will see them often, our desk or fridge is a great place so that others can begin to understand your values and support you to live in alignment with them. Seeing our values reminds us of what is really important in our lives and who we are inside.

This pyramid becomes the driving force for our life and can be used as a guide when making decisions e.g. does option A or B fit with my values. Understanding can support us to determine what is important to our clients day to day and how we can work with them to create better, more cohesive and collaborative relationships. Another great exercise to follow up from the value hierarchy and to action alignment with our values in our life is to choose a value every week to live by (e.g. I am going to find Freedom in everything that I do today)