Freedom From Stress and Overwhelm

MASTERCLASS TOOLKIT TO KEEP YOU OUT OF THE BURNOUT ZONE.





Freedom

Alone, now you are free.

You pick a sky and name it

a sky to live in

a sky to refuse

But if you want to know

if you are really free

and to remain free

you must steady yourself

on a foothold of earth

so that the earth may rise

so that you may give

wings

to the children of earth

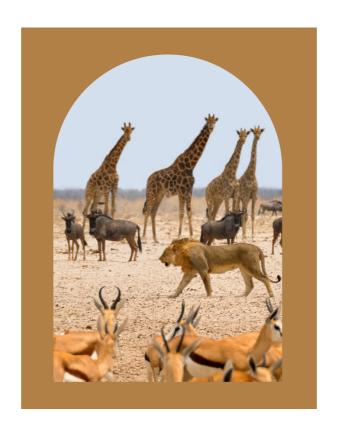
below

~Saadi Youssef(1934-2001)

When Cortisol and Adrenaline Trigger: Do You Fight, Flight, Freeze or Fawn?

Key Points

- ~Know your primary and secondary response
- ~Become familiar with how feels in your body and what you experience in your mind.
- ~Notice the small and large ways you go into this response, what triggers it and how quickly you're able to recover.
- ~Dedicate yourself to reducing your internal and external triggers.



Why is this important? This is your clear call to action warning sign. The FFFF response is how you know you are bleeding and need help.

Tool One -Remembering to Remember

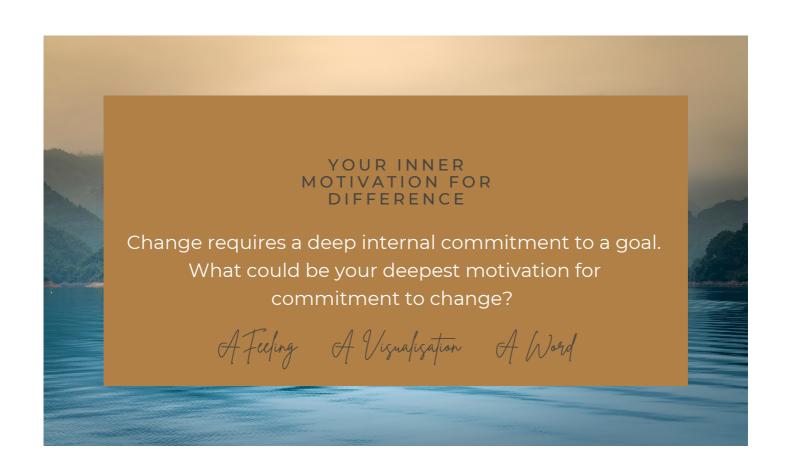
- Be kind to yourself. If you are feeling stressed and overwhelmed, it is not your fault. We live in a busy world. Do not make beating yourself up another stress you have to deal with.
- Stress and overwhelm are solved by remembering you have control over your own experience and, importantly, doing something about it.
- Remember that the world is getting busier and faster and the only person who can regulate your experience is you. No one will do this for you. It is your body, your mind, your choice.



Tool Two -Find the Flow of a Powerful Motivation

- Why is the difference important to you?
 (get specific and detailed)
- What would happen if you change?
- What happens if you don't change?
- Are you motivated by pleasure (I will feel better) or pain (I don't want to feel bad)?
- What do you need to tell yourself to harness your primary motivational system, and what would also harness the other? (tip: have both ready in your toolkit!)
- On a scale of 1-10, how much do you currently care, and what can you do to increase your inner motivation for change?





Top Tip: Don't Wait for Life to Give You a More Painful Motivation!

Tool Three -The No Skill Advantage

First - Relax into the advantage by starting with the things that take no new knowledge, skill or talent.

What Are Your Own Personal Easy Wins?

- Assess the current health of your sleep, diet, exercise, work routine, alcohol consumption, etc.
- What do you already know about living well, letting go and relaxing more?
- What do you already know about your causes of stress?
 (consciously, practically, emotionally).
- What are you currently doing in your life that increases overwhelm and/or stress - either consciously or unconsciously?





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In a world where a lot often never feels enough, today, pick just one thing and keep even that so very simple, relaxing and freeing.

Four - Alignment of Beliefs and Habits

- Your body follows your thinking mind
- Neuroplasticity is the key.
- Habits and Beliefs audit:
- 1. What beliefs do you hold that are making life stressful?
- 2. What habits do those beliefs create?
- Conscious v/s Unconscious change. Get the help you need to release the mind and create unconscious alignment and relaxation.

REACTIVE OR CREATIVE?

KIND OR ABUSIVE?

FREEING OR CONSTRICTING?

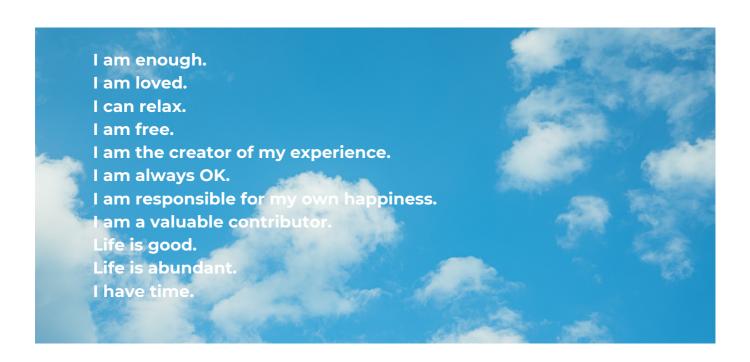
GROWTH MINDSET OR LIMITING MINDSET



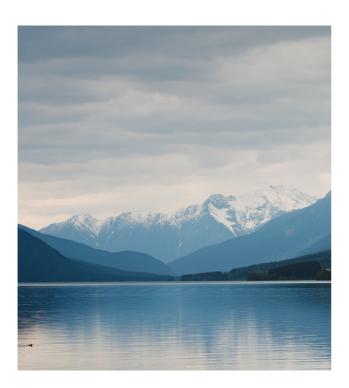
Beliefs That Harm - Examples

Habit	Belief	Consequence
Saying yes to things you that on reflection you think should be a no.	I'm only OK if people see me as being useful.	Being overly busy, time scarcity, putting your needs second.
Perfectionism.	I am not good enough.	Stress and anxiety at the possibility of underperforming, trying to do better than others, 'good girl' or 'good boy' behaviours.
People pleasing	I am not loveble	A lack of personal boundaries, unhealthy relationships, becoming resentful,

Cultivate Beliefs That Heal. What Will Yours Be?



Tool Five - Stillness and Spaciousness



NATURE AS A TEACHER

GROUNDING PRACTICES

MOVING AND STILL MEDITATION

• Stress is fast and crowded.

YOGA NIDRA

The stress antidote therefore
lies in cultivating an honoring
relationship with stillness and
spaciousness. - In the mind, in
the body and in how you live
your life.

Enjoy the practice of letting go of stressful living and cultivating a life of inner peace, calm relaxation and healing.

To enquire about working directly with Kirsty Macdonald, either one-to-one or for group talks or workshops, please send an email to kirsty@alwayschoose.com

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