



Hesseling & Partners

Management, Organization, Training, and Coaching



Stress Management ~ Manual

01 Get your body in shape again

- It will support you with energy against negative feelings.
- It will boost your “**feel-good hormones**”.
- It will help you change unhealthy behavior. ***Get in gear.***
- Start to move again gently and slowly, but start **today, people are wired to have physical activity.**

02 Watch your Diet

- ***Food can bring you emotionally up or down.***
- **Depression is guaranteed** if you feed yourself, processed food made in the Industry with a lot of very unhealthy additives only.
- **Start eating more fresh fruit and vegetables daily. You will feel better and energized.**
- Natural food will boost your energy levels and have a **positive effect on your self-image.**
- Quit sugar from your diet, ***ditch all sweet drinks***, they cause serious overweight and diabetes.
- **Water is amazing** and it’s free. Learn more about food. **No more strenuous diets apply the 80% rule. Go for improvement. Be gentle with yourself but Start Today.**



Hesseling & Partners

Management, Organization, Training, and Coaching

03 Change your negative Programming the future is Yours

- **Write down your Goals for this Life. Make a list. That's your compass in life. What do you want?**
- **You can do it, your best time ever is awaiting you. You are OK. Stop proving yourself.**
- You can **learn how to manage your stress**. You can learn about emotional management.
- You can learn new things because ***You are smart, no matter what they told you. You already learned a lot.***
- **Reprogram yourself, set a Goal, start today. You are amazing.**

04 Emotional Management - Learn how to deal with Stress:

- *Anxiety, Fear, and Panic Attacks* – **Face your fears**, without drugging them, **they will evaporate.**
- Embarrassment, Shame, and Desperation - Tell us about **your Goals and Hope.**
- **Guilt - It's not your fault.** You try to learn from your mistakes.
- **Perfectionism – Go for Improvement instead of perfect.**
- **Depression** – Count your blessings, **Live in the Now.**
- Learn how to **use mindfulness**

05 Organize your support

- **Make New Friends** – There are lots of them out there.
- Surround yourself with positive people - *Accept compliments don't argue*, say **Thank You** instead.
- **Build your Fan Club - Start today** by giving compliments, and positive feedback to others.