

PeopleTweaker

Access your best.



What I Believe

"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward. "

Z. Colette Edwards, MD MBA
Health-Wellness-Life Coach

Can you spell **S-T-R-E-S-S** ?

Do you ever feel overwhelmed by all you need to do ? Do you find yourself less focused and productive each day ? Do you ever feel like you want to run screaming from the room or just hide under the covers for a week ?

Are you beginning to develop symptoms you think may be related to or made worse by stress such as headache, back pain and body aches, problems with sleep and appetite, GI upset, irritability, weight gain, and anxiety ?

According to Merriam Webster, stress is "a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation."

It may range from mild to severe, evolve from acute to chronic and finally burnout, and, believe it or not, may actually be a positive in the right situation if of limited duration.

If you find yourself reacting rather than responding to the scattered rocks (yes, and sometimes boulders) on the road of life, feeling like the walls are closing in on you and are mentally cluttered, or are reaching for the chocolate every afternoon, integrative coaching may be just the thing you need to help you reach a state of life balance and develop a strategy to manage the inevitable stresses that arise and are an inescapable part of even the most fulfilling life.

Are You Ready To Be Tweaked?

Here are **2 thoughts** to ponder:

1. **Your stress may be a gift** – a warning signal that it's finally time to make the changes you've been putting off.

2. **Why wait for an epiphany ?**
Your body may be sounding the alarm that could save your life.

The time to relax is when you don't have time for it.
Sydney J. Harris

Coaching can provide a life balance assessment, score your stress level, review any medical conditions which may contribute to your stress, provide an overview of stress management techniques & stress management exercises, and help you develop a customized stress management action plan.

To learn more, contact me at: info@PeopleTweaker.com or call 240.786.8678 for a complimentary consultation.

Join me at Tai Sophia Institute for *Holistic Approaches to Alleviate Stress: The Art and Science of Relaxation* beginning June 28. To learn more and to register, call 410-888-9048 or check:

<http://www.tai.edu/ProgramsForComm.aspx>