

Why Does Your Life Phone Ring?

Here's your first lesson. "Stress" is simply the ringing of your **Life Phone**. The message of stress is always telling you: **"Something is changing! Something needs correction!"**

All those symptoms, discomforts and frustrations of stress are simply how your body communicates that a valuable **life message** is waiting for you to receive and benefit from. You'll be amazed how wise your body is!

When Does Your Life Phone Ring?

Stress rings to signal you that you have perceived **CHANGE** — something that is important for you to pay attention to. Sometimes it signals that a change is about to occur. Usually the change has already happened. Most often it signals that **YOU** need to change in some way — for your own good.

This incredible message of opportunity, guidance and warning is always about **CHANGE**. It is your personal guidance signal to successfully navigate your life's ever-changing events. In other words, **YOU** have a built-in guidance system to successfully navigate your life! This program teaches you how to better operate your own *Biological Life Guidance System*, your **Life Phone**.

How Does Your Life Phone Ring?

Just like you can select many types of smartphone rings, your body has several ways to ring your **Life Phone** whenever you are pressured, tense, upset and anxious. Although you cannot choose which way you prefer to feel stress, you can indeed choose whether you want to avoid bigger problems by picking up the phone on the very first ring and getting the message. Or you can choose to suffer by letting it ring louder and louder until your symptoms become illnesses and serious diseases. Your choice!

Recognize Your Vital Life Signals for Healthy Change

The first skill is to use this list of signals to check all the ways **YOUR** body feels stress. These are how **YOUR Life Phone** rings. You can become a smart stress detective, a healthy change artist. These are your **Stress Calls!**

Identify the very first, second and third ways **YOUR** body signals change. What is the very first sensation(s) you usually feel or notice when you're about to feel stressed? The ways your **Life Phone** rings can be different for each kind of stress. Or it can ring the same for every stress.



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your **Life Phone**.

KEY SKILL

Go to the **Take Your Stress Damage Test** skill sheet on the next page (page 13).