

A New Positive Understanding of Stress

Imagine you are a human smartphone with feet!

You have an antenna. Actually, you have several antennae. They include, but are not limited to, your five senses of seeing, hearing, feeling, tasting and smelling. Your antennae are all tuned to help you receive the important phone calls of **VITAL LIFE MESSAGES**: *you need to enjoy your life with more vibrant health and success.*



You see, **YOU** are designed to have optimal health!

You are built to successfully navigate change and thrive. Stress is really an amazing guidance system for health. Stress is our human vehicle to adapt to life — so we do not go extinct — as individuals, as organizations and as a species. This training shows you “how to” thrive!

Every stress, large or small, is the ringing of a phone call. Think of it as your **Stress Call** that brings you brilliant information with directions on which way to go, what to do and when to do it. These are YOUR vital **Life Messages!** They also tell you where not to go and what not to do, so you can avoid unnecessary problems.

If you listen to these **Life Messages** and understand them well, you can have more fun and feel great. You can have more energy. You can better enjoy the people in your life: your friends, family and colleagues. Your mind can work for you to boost your immune strength, creatively solve problems and come up with new solutions to life’s constant challenges. You can feel more peaceful and calm more of the time, anytime you wish. You can also feel joy whenever you want. You can focus better at work and at home. You can feel more connected with Nature and more centered within yourself. **Life is good!**

But if you don’t listen to and honor these vital **Life Messages** you may end up feeling afraid, angry, exhausted, confused or upset. Headaches and high blood pressure can develop from too much worrying. Maybe you won’t get a good night’s sleep because your mind won’t stop thinking. You might feel anxious, nervous and distracted. People in your life may think you aren’t really present when you’re in their company. Body discomforts, tension, illnesses and aging may increase.

Stress” is the signaling part of your **Biological Life Guidance System!**

Stress is a communication to improve your health!