

# DO YOU GET STRESSED?

## INCOME & LIFESTYLE!

Been thinking about a career change? A more satisfying life? An improvement in your income? A home-based business?

Here's an INCOME & LIFESTYLE that's hard to beat: Life as a LIFE COACH, running your business from home. Working where you want, when you want.


**"Life Coaching is here to stay."**

Not sure you 'have the qualifications?' Wouldn't know where to start?

Your life experience is your best qualification to be a Coach! They can't teach you that at University or Coaching School!

My Getacoach Training Course gives you all the tools, techniques and marketing tips you'll need to begin a new life.

Now many others can benefit from your life experiences and insights.

A phone call is your first step, or flick me an email. (I'll sent you full details) and I'm offering a complimentary consultation to see if this is the lifestyle that you've been looking for! 

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## Stress is the Dis-ease of Too Much...

*We all know what stress feels like but how to best manage our stress when it descends upon us? Here's 14 good tips to help you manage yourself back to happiness.*

- 1. Make sure you get lots of exercise, sleep (hours before midnight!) and good nutrition.**
2. Take some time out each day for rest and recreation.
- 3. Spend time with supportive relationships.**
4. Listen to your body - it listens to you!
- 5. Assess what makes you feel uncomfortable and tak action to improve it.**
6. Relax deliberately when you feel under pressure.
- 7. Be creative. Do creative things. Express yourself!**
8. Ask for help and support.
- 9. Talk things over with friends you trust.**
10. Encourage and support yourself. Be a self-defining person!
- 11. Accept that you will always have some results you don't like.**
12. Be a good time manager! Be a "Do-it-now" person.
- 13. When things are getting too much for you, increase your self-caring behaviour.**
14. Read your goals and strategies every day - they give you momentum. (You won't feel so stuck)



### Free Burnout Test


'Burnout' is when stress takes over. This simple check list let's you know how close you are to burnout.

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