

You're The One Newsletter

SING OUT - DON'T STRESS OUT!

Issue 6 Vol 7: July 2011

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Dear Karen,

What's New With Karen

Welcome to July 2011. During June I found myself thinking about the world in which we live in and noticing the amount of pressure in our life. So, I pondered "What's going on in the world? Why is this pressure upon us all? Why is it that someone gets road rage when another motorist accidentally cuts them off? Why is it that a colleague explodes without any provocation? What makes a person withdraw from the world? What makes children not want to go to school?" These are all symptoms of a society out of sync - a sign of stress. I believe we are living in pressured times where there may be too high a value placed on achieving, instead of enjoying the journey of life. So my research this month is to share some techniques so that we can remove the pressure valve so we can lighten up, have fun, and smile again! Enjoy the flow. Warmest Regards Karen

Mojo Tip: Release The Pressure Valve!



Roger Federer (*keeps his cool on and off the court*)

The seventh step on the path to your mesmerizing Mojo mindset for 2011 is to know the importance of releasing the pressure valve so that we are kind to ourselves (and let go of stress). The person with Mojo knows only too well that their own stress levels can adversely influence not only themselves, but others in their environment. So, they are on guard to instead de-stress & instead spread positive vibes in their homes, workplaces, with their loved ones and in their communities. If feeling stressed, the Mojo-esque role model takes time out, breathes, connects with the truth of who they are, and what they value most. They decide to include themselves in the mix of the people to be cared for. They remind themselves to validate themselves for who they are being (not what they do/have). They have a propensity to have in their minds "what makes their heart sing." They know they are not born to go to their grave "with their song still in them." They "sing out" rather than "stress out." They breathe and are gentle with themselves. They are living with this

song in their heart rather than that deadline and pressure in their head. We know that wonderful things are achieved through a little pressure (just like grapes need to be pressed to produce beautiful wine), however, we also know that too much pressure can cause a shut down in our emotional system! So decide right now, that you are not going to allow stress into your world unduly and that you are going to create your de-stress list so that you can refer to this daily so that you do not get to a situation where you are burnt out, unhappy, and unhealthy - so that you are no good to yourself or anyone else! Love and nurture yourself and watch your Mojo magnify.

Life Coach Tool: De-stress & Let Go of Pressure!



De-Stress

My invitation to you this month is to let go of the pressure you are placing on yourself. I invite you to flow with life, enjoy the journey, shift your thinking and be kind to yourself. That is the best way to release your own pressure valve. Firstly, however, let's look at what stress is doing to us. The Center for Disease Control & Prevention has evidence that suggests that 90% of all illness and disease is stress related. Stress affects us from a variety of sources - internally and externally - so let's take some time to discover where your stressors are coming from and what you can do about them (see the diagram below).

Category of Stressors Stress usually falls into the following categories	
Emotional	Which can also be thought of as internal stressors, include fears and anxieties (such as worries about whether you'll be fired or whether you'll make a good impression on a blind date) as well as certain personality traits (such as perfectionism, pessimism, suspiciousness, or a sense of helplessness or lack of control over one's life) that can distort your thinking or your perceptions of others. These stressors are very individual.
Family	Can include changes in your relationship with your significant other, financial problems, coping with an unruly adolescent, or experiencing empty-nest syndrome
Social	Arise in our interactions within our personal community. They can include dating, parties, and public speaking. As with emotional stressors, social stressors are very individualized (you may love speaking in public, while your colleague shakes in his boots at the mere suggestion).
Change	Are feelings of stress related to any important changes in our lives. This may include moving, getting a new job, moving in with a significant other, or having a baby.
Chemical	Are any drugs a person abuses, such as alcohol, nicotine, caffeine, or tranquilizers.
Work	Are caused by the pressures of performing in the workplace (or in the home, if that is where you work). They may include tight deadlines, an unpredictable boss, or endless family demands.
Decision	Involve the stress caused by having to make important decisions, such as the choice of a career or a mate.
Phobic	Are those caused by situations you are extremely afraid of, such as flying in airplanes or being in tight spaces.
Disease	Are the products of long- or short-term health problems. These may cause stress (say, by preventing you from being able to leave your bed), be triggered by stress (such as herpes flare-ups), or be aggravated by stress (such as migraine headaches).
Pain	Can include acute pain or chronic pain. Like disease stressors, pain stressors can cause stress or be aggravated by stress.
Environment	Include noise, pollution, a lack of space, too much heat, or too much cold.

Exercise: Rate & Remove Your Stressors

Firstly, go through the diagram above and identify which category most of your stressors come from. Perhaps they are from emotional (internal) sources or perhaps others like, family, social, change, chemical, work, decision, phobic, disease, pain or environment. Secondly, decide whether these stressors can be E (eliminated), R (reduced) or C (coped with) and write these down in a journal. Now, what does this all mean? Coping is your only option for a majority of items on your list of stressors but there are new ways we can learn how to cope better - as a way to stay calm and cool so these stressors will be less threatening. E (eliminate) you will tend to

have instant gratification, and C (cope with) are stressors that will overall take care of themselves. However R (reduce) are the ones that can have a greater negative impact. Our best way to deal with these are to reduce the strength of the stressors rather than eliminate them. Now take out a journal and spend some time exploring as suggested below:

The E-List: These are the items you will eliminate from your life. Take a good look at this list, close your eyes, take a deep breath in through your nose and out through your mouth. As you do, measure the impact of your stressors and weigh the costs of eliminating them against the toll they take on your wellbeing. Journal these - you may also like to add in others.

The R-List: This list is about making some unavoidable stressors seem more tolerable and mostly relate to controlling the external forces that may get the better of you. Here are some suggestions that you may like to journal: *seek gentle compromise, change priorities, let go of perfectionism, delegate, reorganize, list and prioritize, understand you are human, keep a diary planner, set aside 'me' time, take a lunch break, go to bed early, vent your feelings on paper.*

The C-List: This list is about understanding that some of these items you can cope with and they will take care of themselves. Spend some time journaling about these. Plus add in ways you can stay calm in the face of these.

So, now you can get back to being kind to yourself - and taking care of you so that you can re-lease the pressure valve! Well Done!

Be Inspired Article: 10 Questions with Helen Rosing!



Who Is The Real Helen?

I grew up on a farm in a small country town. My parents were both incredibly hard-working and taught us the value of hard work plus honesty and integrity. I think I was always a city-girl trapped in the country and I couldn't wait to finish school and escape. Personal development has become my life and luckily so as I met my husband and now business partner seven years ago on a personal development program. I've always wanted to do something extraordinary with my life and I hope emPOWER is that; my little piece of extraordinary that helps women to change their lives.

Which five words best describe you?
Determined. Hardworking. Friendly. Positive. Happy.

What was your first job and what path have you taken since then?
My first real job was as a Graduate Tax Accountant at PricewaterhouseCoopers. After three years and completing my Chartered Accountant qualification I moved to Woolworths Limited

as the Income Tax Manager. Shortly thereafter I became interested in personal development and started learning everything I could. I soon trained as a life & business coach before purchasing a coaching franchise. After seeing great results with clients over a few years I began emPOWER Magazine and the associated publishing company Indigo Productions Pty Ltd. We're now in the fourth year for emPOWER and have expanded the publishing company. And, we've got some exciting new things coming up.

What's your proudest achievement?

Apart from giving birth to two beautiful children and watching them grow, my proudest achievement has been seeing the launch issue of emPOWER sitting proudly on the newsstands. It wasn't all smooth sailing.

What's been your best decision?

Taking the giant leap of faith from a secure salary into my own business, starting from scratch. These were challenging times...

Who inspires you?

Anyone who does something amazing and courageous with their lives.

What are you passionate about?

I'm passionate about my family - husband Gidon, Lily (19months) and Ben (3months) - building our businesses and anything to do with property.

What's the best lesson you've learnt?
To always put the other person first.

Which person, living or dead, would you most like to meet?

Bob Proctor as my favourite personal development mentor and Drew Barrymore for the amazing life journey she has had from child star through drug addiction to successful confident woman.

What dream do you still want to fulfil?
To spend a year living in Italy.

What are you reading?

WOW, time to read. That would be a blessing. I listen to audios in the car and at the moment I'm back on the 'You Were Born Rich' program from Bob Proctor. There are some real gems in his teaching that I need to be reminded of often.

Daily Hint: Create Your 50 Ways to De-Stress List:

Thank you! Your Daily Hint this month is to start to do something about those stressors that you are placing unduly on yourself. I suggest you come up with a list of at least 50 ways to de-stress, and refer to this list daily. Find ways to relax, whether that be picturing a calming scene in your head, doing a relaxation exercise, meditating or engaging in a favourite hobby. Once you know what technique works for you, you can use it before a stressful event. And remember for the maximum benefit you should set aside numerous times during the day for at least a few minutes to allow your mind and body to unwind. You are important - be kind to you!

I am so looking forward to more of your feedback, suggestions, or

what you would like to see in this newsletter! I'm so confident that you will find Helen Rosing an absolute inspiration in the way she balances the pressures of work/family life - she really has set the bar high and manages to cope with the pressures amazingly and comes out smiling! Here's to some self kindness!! Enjoy the month of July as you live with the song in your heart and not stress in your spirit! Love Karen x

"All pressure is self inflicted. It's what you make of it or how you let it rub off on you."

Sebastian Coe

Sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time®Line Therapy, Hypnosis, Coaching

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**Free
Trial
M/ship
em
POWER:**

As a special offer for the month of July for the ladies, Helen Rosing, of emPOWER magazine has offered this wonderful opportunity: "Are you ready to transform your life? It's time to get emPOWERed! Access a world-class package of tools, resources, education and support to make long-lasting change in any area of your life."

Click Here to Become a Member and use Promotional Code: **THEONE** (at step 2): [Link to <http://www.empoweronline.com.au/trial-membership>]. So please sure to pass on this newsletter to all your contacts. You never know who may benefit?. Note: If link does not work, just type in your webbrowser the above link.

Offer Expires: 31st July 2011

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