

You're The One Newsletter

TAKE A BREATHER!

Issue 11 Vol 7 July 2016

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What's New With Karen

Welcome to July. During June, I had many "wake up calls" - little taps on the shoulder to nudge me towards a "breather" from the stress of my busy schedule & a mental break away - so off we went to the Gold Coast for a rare but much-needed 4 day mini-break. In a word - it was heaven - the accommodation so perfect that it felt like home - and the chance to reunite with other family members was what the soul really needed. So, this month, I dedicate to sharing the importance of taking that "breather" and finding that "breathing room" in your schedule - so that your soul is truly nourished from within. You will find, as I did, that you not only de-stress, but can gain a fresh perspective & appreciation of the wonderful life you are living, so that you can continue happily co-creating your life path. Here's to scheduling in your "breathing space" regularly and loving yourself and your life again. Love Karen xxx

Mojo Tip: Create Some Breathing Space!

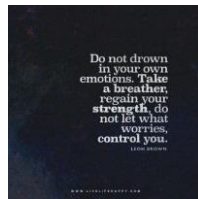


Adele, Grammy Award Winning Singer Takes a Breather from Public Life

The 7th step on your magical Mojo mindset for 2016 is to ensure you create a schedule of regular "breathing" spaces from your busy schedule to prevent the day to day build up stress. People with Mojo know the importance of having "down time" not only daily, but regularly during the year. These Mojo-esque role models are aware of the high levels of anxiety - that do not discriminate across all sectors of society - affecting the rich, young, the elderly, sick, the healthy, and more. When I think of a perfect role model who ensures she has "down time", the beautiful and talented singer, Adele, comes to mind. Adele has been known to suffer from anxiety, panic attacks, social phobia and severe stage fright possibly an issue long before she ever was cast into the public arena. Recently, she took a much needed "breather" from public life and relished in her newfound contentment in her privacy, especially since the birth of her child, Angelo, and her strong attachment to her baby's Father, Simon. In researching Adele, I noted her strong need to reconnect with herself which seems to be at the core of what all people really are searching for as the foundation for a peaceful and less anxious life. She has found her 'paradise' and

that is her baby! Career is not the be all and end all! We all need to find what truly makes our souls contented & nourished which comes in all flavors (*for some it may be heading off in the Winnebago, or a weekend to a sunny destination, or a simple great home cooked nutritious meal, or sitting down in front of a fire with a nice glass of red*). Whatever it is, we need to schedule this in, so that our mindset does not become overly stressed hence our souls becoming depleted. I hope I have left you with some "breathing space" to reflect on what you personally need to create more of in your life so that you can live a life by design that is so healthy, happy and harmonious. Here's to scheduling in some "breathing space" in your busy life! Love Karen XXX

Life Coach Tool: 2 Great Ways to De-Stress Daily!



Do Not Drown In Your Emotions-Take a Breather-Regain Your Strength

Stress is an inevitable part of the wear and tear of life; however if we can find way to control our emotions through deliberate strategies, these stresses won't take their inevitable toll. Below I share two strategies Psychologists suggest which will give mental clarity so you can find the best way to handle any situation.

Way 1. Emotion Focussed Coping

This is simply about taking the emotions out of the picture so we can respond with clarity; in a nutshell -making yourself feel better about a situation you cannot change. We start by turning down the emotional emergency alarm going off inside us. Psychologists call this emotional regulation. To regulate our emotions we need to be aware & identify which emotion we are experiencing (then we can set about changing that emotion). In order to do this we need to look back and identify what triggered the emotion (ie sadness could be from a belief that something important is lost or gone, or guilt may arise when you blame yourself for being incompetent, or your anger could stem from the thought that life is not working out the way you hoped). Now you have identified the thought & labelled the emotion, you can practice emotional regulation (ie notice what your body is doing - do you have sweaty palms, a racing pulse, suggesting your body's emergency responders are at work - namely, your autonomic nervous system which controls "fight or flight" reactions). Now you can send signals down to the rest of your body to relax. The way to do this is forcefully slowing down your breathing which will also slow your heart rate. Your brain in turn will send a message to the fear centre of your brain (the amygdala) telling it to settle down. Emotional regulation is just like the "count to 10" method you've heard since you were a kid about how to react when you get angry. We know now from countless studies on emotional regulation (and dysregulation, its opposite) that the best way to control your reactions to stress is to practice this kind of mental self control.

Way 2. Problem Focussed Coping

This is simply about finding a practical way to come up with a solution. Once you've taken the emotions out of the picture, you can tackle the requirements of the stressful situation. You can re-frame the situation with a positive mind. You will find the best strategy forward.

So, continuing on the theme of using our breath of life - whether it's emotion or problem-focused coping that the situation demands, your new mental clarity will allow you to find the way and you will avoid the toll that excess stress can create in your life. Use these techniques for a "mental breather" daily!

Be Inspired Article: 10 Questions with Sandi German!



Who is The Real Sandi?

I was brought up in Europe, in a hectic, colourful, tumultuous albeit very loving family; Malta in the seventies. Coming to Melbourne as a teenager extended my interest and experience with cultural diversity and my curiosity and yearning for new learning led me to Sydney, a higher education, a successful career, writing and Buddhism. My travels around the world connected me more to humanity and to my purpose and I chose to settle in Australia where married life and raising our children has been far more fulfilling than I ever imagined. I am committed to creating positive change in the world, in the lives of others, am passionate about practising Kinesiology and have intense gratitude for the amazing love and abundance that I have and will always share in my life. With an open heart, I celebrate love and life, every day.

Which five words best describe you?

Nurturer. Healer. Creative. Positive. Achiever.

What was your first job and what path have you taken since then?

Junior Receptionist at a fashion accessories bureau in Melbourne; then in Sydney went on as an Account Exec at an interior plantscaping design group; completed HR studies whilst working as a Personnel Consultant; entered the advertising industry and studied marketing at Sydney Uni; Managed business for a recruitment firm for the advertising, music and film industry; completed Parapsychology studies, developed, wrote and started teaching 10 week meditation course; Advertising Manager for magazine group; extensive travel throughout Europe and New York; back in Melbourne as Special Features Manager for fashion and photography magazine group; Client Services Manager for design agency; become a Mother to two wonderful children; Freelance Consultant on special projects; completed Kinesiology studies and set up own clinic as a practitioner; Teaching Meditation at wellbeing centre; Founded Bliss Wellness Day Retreats.

What's your proudest achievement?

My amazing two children - loving, sharing, laughing and teaching each other, every day.

What's been your best decision?

To keep meditating every day - have only missed one day in the last 28 years!

Who inspires you?

The Dalai Lama, my grandmother's legacy and every newborn baby.

What are you passionate about?

Living my life on purpose - continually creating space for healing, growth and creative expression.

What's the best lesson you've learnt?

To be true to myself no matter what and honour my journey, with grace.

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

Nelson Mandela.

What dream do you still want to fulfil?

To give back to the world by developing a Wellbeing Tribe; connecting innovation, wellness and creativity through others which will continually nurture personal growth and happiness, creating a loving, peaceful and united world - each individual's world.

What are you reading?

'Daring Greatly' by Brene Brown.

Daily Hint: Schedule Daily Your Breathing Space!

Thank you! Your Daily Hint this month is to find ways to b-r-e-a-t-h-e, inhale the good, exhale what does not serve you, let go of emotions, and find clarity in solutions. Each day remind yourself of the importance of the breath of life and each night find a way for a 'breathing space' so that you can nurture your spirit!!!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce Sandi German to you. I've known Sandi for some 10 years now and she is a wonderful, open hearted, nurturing, caring person who is devoted to empowering others to find the breathing space to nurture their souls through wellness and healing! Sandi is a woman of so many talents and she is a rare person who makes the world a better place with her love of humanity. Be inspired by Sandi.

"

When life treats you unkindly, take a breather and do your best to better your situation. Positive attitude can work miracles"

-Mimi Estrada

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Yours sincerely,

karen vella

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**'CONNECT
WITH
SANDI'**

If you would like to get in touch with Sandi and explore Kinesiology & her 1-day Wellness Retreats - Sandi can be contacted by email: sandigerman@bigpond.com or by mobile: 0418 144 495.

**& Discover
Her Bliss
Wellness
Retreat'**

Indulge in a blissful relaxing day to recharge, rebalance and renourish mind, body and soul. Walk, yoga, meditation, organic lunch, wellness guest speaker, free time to relax, therapeutic treatments also available. Quality time for yourself, enhancing your wellbeing on all levels - a day you truly deserve. (Please pass this voucher on to anyone whom you know could benefit from such a wonderful healing day - please remember to mention YTO - karen@youretheone.com.au

Offer Expires: 31 July 2016

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