

# SUCCESS STRESS?

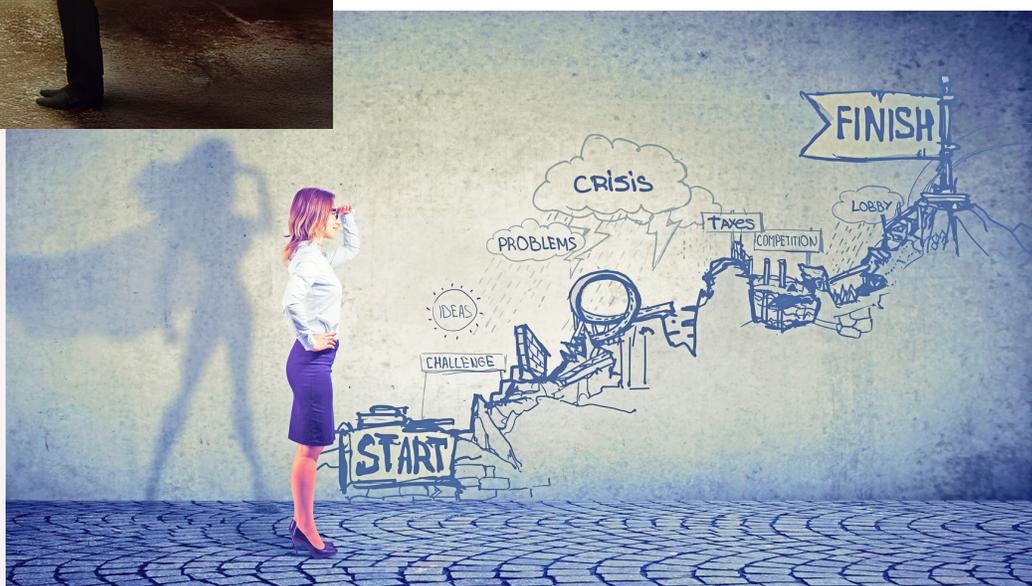
[WWW.PIPPAHELPS.COM](http://WWW.PIPPAHELPS.COM)



A SIMPLE 3-STEP MINDSET TOOL, TO IMMEDIATELY RELIEVE & CHANGE HOW YOU FEEL AND RESPOND TO STRESS IN YOUR LIFE !!



PLUS : 9-minute  
magic audio  
FREE TO  
DOWNLOAD



MASTER YOUR FEELINGS | ANXIETY FREEDOM  
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# WELCOME!

A warm welcome from me, Pippa.

This little three-step simple stress solution & short audio is designed to fast-track you to a new way of handling your stress.

Inspired by Kelly McGonigal PhD and Alia Crum, and their science-based research on the benefits of stress in our life.

Instantly feel calmer and able to work with your body instead of against it, as this 3 step process and audio will help you to use your own stress in a more productive way, just in the motivational way that your body intends it to be.

**Sending You Love  
Because you deserve it!**

Pippa ♥



[Book a one to one session with me](#)

## JOIN OUR WORRY-LESS, LIVE MORE COMMUNITY!

Join the Facebook group for chat, live workshops, and practice opportunities, as well as group therapy sessions and helpful tips, quotes, and more mind training techniques.

[LINK TO JOIN](#)

# 3 STEPS TO CHANGING YOUR RELATIONSHIP WITH STRESS



## STEP 1 - Say hello to your physical sensations.

Acknowledge your stress as and when it arises. Allow yourself to observe how you are experiencing the feelings in your body.

Where is it? How is it Moving?

Say "Hello" to it and accept it by paying more attention to the physical sensations.

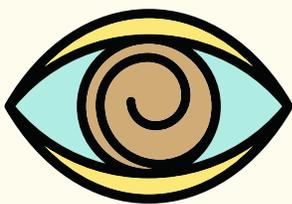


**Mindful Awareness Reconnects Body & Mind**  
(Both anxiety and prolonged stress, cause them to "divorce" from each other)

[Watch my short video about this right here](#)  
[If you are curious to learn more.](#)

By recognizing and fully associating with the feelings in your body you start to gain control of your entire experience.

We are feeling creatures that think and science now reveals that we feel first and this begins the thinking spirals that can often keep us stuck in those unpleasant feelings or emotional states.



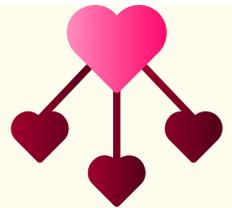
## STEP 2 - Connect to the POSITIVE intention.

What is it trying to tell you?

What POSITIVE intention does the stress have?

What is trying to protect or to show you?

What exactly is important to you and why?



**Behind most of our issues lie our deeper human needs.**

# 3 STEPS TO CHANGING YOUR RELATIONSHIP WITH STRESS

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Discovering these deeper needs, can allow us to heal the deeper parts of ourselves.

When this happens, our body stops being our enemy and becomes our friend again.

Giving our body what it needs, starts with listening to it more (instead of avoiding our feelings) and with us understanding what actions we need to take to help ourselves out in the real world.

Our stress and anxiety are driven by fear, but they do have a positive intention for us and act as our friend, our guide and our protectors.

Following steps to use the "energy" that they create, more constructively means that we can use them as tools to help us to have more of what we want and need in our life.

## **STEP 3 - Use the energy**

Recognise that you can use the energy that your stress is giving to you. Use it to take productive action steps. What can you do right now that attends to your real needs, or satisfies your inner values?

By using the energy to take yourself closer to your goals stress becomes a useful tool you can embrace.



By imagining yourself happily taking those actions, using NLP & Hypnosis strategy, you activate your focus, concentration & imagination, to create an unconscious deeper level of programming.

Taking actions in real life will start to make a physical difference to your world. What more could you change and achieve?

# DOWNLOAD YOUR 9-MINUTE MAGIC AUDIO TO CHANGE YOUR STRESS MINDSET RIGHT HERE ↓

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Close your eyes, sit back and enjoy being transported to your new mindset. Listen and engage every day for 7 days to really notice the difference in the way that you act and feel about your life stress.



**CHANGE MY STRESS RESPONSE NOW**

## ARE YOU LOOKING FOR MORE STRESS-LESS SOLUTIONS?

Do you struggle with anxious thoughts and feelings or insomnia? Often feel overwhelmed, stressed out or you worry and overthink a lot? Or maybe you have self-doubt and secret insecurities about your skills and abilities to the point that you avoid doing many things you know you really need to do to be happier and more successful in life?

Then I can help you ♥

My clients often say that with my techniques, they feel "hugged" out of anxious and stressed feelings and behaviours, more able to sleep easily at night and they wake up feeling energised, motivated and excited to start their day.

What's more we work on other issues like imposter syndrome, perfectionism and building natural confidence and self esteem.

My full-time passion is to set everybody free from their struggles and overwhelm.

Big responsibility in life does not need to be a burden, and we don't need to sacrifice our family, partners and inner joy, for our success..

Because in the end...

**I BELIVE THAT WE CAN HAVE IT ALL ♥**

If you are feeling tired of struggling alone and you want to reach out to me to talk about how I could potentially help you too, then you can book a complimentary 15-minute phone chat right here:



**BOOK A CHAT**

**THANK YOU FOR YOUR CURIOSITY**

**AND**

**FOR DOWNLOADING THIS SPECIAL "STRESS-TO-SUCCESS" AUDIO.**

**I DO HOPE YOU FOUND IT USEFUL.**

**LOTS OF LOVE FROM ME**

