

4 Weeks to Healing: Designing Your Hashimoto's Lifestyle

With Guest star Adam Timm (it's grim, Adam Timm, you get no trim unless you're him)

Intro: Adam Timm Intro. We position you as Stress Specialist

Connect with group. Acknowledge group.

You tell your story.

We jump into:

Brief look at general stress physiology

Hashimoto's and how stress impacts Hashimoto's folks. Stress as a major trigger of autoimmunity and immune flare up.

Share a story about what stress did to me and how it was the straw that broke the camel's back and then the seed of positive transformation because of things I had to do differently.

You jump into practices/exercises/tips for a stress free life.

Everyone gets a copy of your book.

In terms of the offer, let's discuss. I've been planting seeds for the next level program, maybe we can actually tell people about what we are going to offer after next week when this program ends.

Let's discuss that and what we're going to do next.

SCRIPT:

Body of the Presentation (The Meat, or What Have You)

- What is Stress?
- How does it affect the body?
- Good stress vs. Bad stress
- The top 5 mistakes you make each day that lead you to more stress
- What can we do about it?
- The 3 secrets to less life stress

Introduce the Objective

- 2 objectives:
- Understand the top 5 mistakes – **AWARENESS**
 1. Working through lunch
 2. Using your break time to vent and complain
 3. Doing too many things at once
 4. Not asking for help
 5. Denying there's a problem
- Use the 3 secrets to less work stress - **ACTION**
 1. Breathe - breathe correctly, consciously, and create a practice of taking time for yourself and being still
 2. Balance - work/play balance, let your inner child play!
 3. Be committed

Delivering Action Steps

- Start your sitting practice. Develop a practice of being still for some time each day
- Commit to it for 2 weeks.
- Craft a vision for the next 6 months – how would a life of less stress look, feel, be?

Offer

- opt-in on website, free report “5 Simple Steps to Less Stress”
- Get a copy of my book, “Stress is Optional! How to Kick the Habit” on Amazon

Additional Resources

- The Posture of Meditation, by Will Johnson
- TED talk: Kelly McGonigal, “How to Make Stress Your Friend”
http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Summary

- Awareness of how stress affects us each day is the start
- We can then take action to decrease our stress levels and increase our resilience
- Commitment is key – fun is the answer

