



“I am going to make  
you so proud”

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- note to self



## From Overpowered to Empowered: 5 Simple Steps



Heather Andrews - Lifestyle Strategist

# Who am I



- 1. Mom/Wife**
- 2. Lifestyle Strategist**
- 3. Change Mentor**
- 4. 26 year Health Professional/Management**
- 5. Health Coach**

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**1. Stress Management**

**2. Self Care**

**3. Time Management**

**4. Boundaries**

**5. Communication**



## Stress Management

Stress can easily overpower us.

According to the World Health Organization Stress is becoming the # 1 epidemic worldwide

Our children are growing up thinking stress is NORMAL due to the fact we are so “busy”



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**Stress Management requires Habit Change**

**Assess, Problem, Action Steps, = Habit Change, rewiring, (coaching) Sustained Motivation and Follow thru.**

**What is your stress level?**

**1 being low 10 being high- you are risking your health**

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NOV. 11, 2002

# TIME

More Terror  
Over Central  
America

## STRESS!

Seeking Cures for Modern Anxieties



# When Stress is activated in the Body



1. Heart Rate speeds up
2. Blood pressure increases
3. Respiration quickens
4. Adrenaline, non adrenaline and cortisol released
5. Blood flow routed away from digestion, to arms and legs (flight or fight mode)
6. Digestion system shuts down

## The Brain Cannot Differentiate...

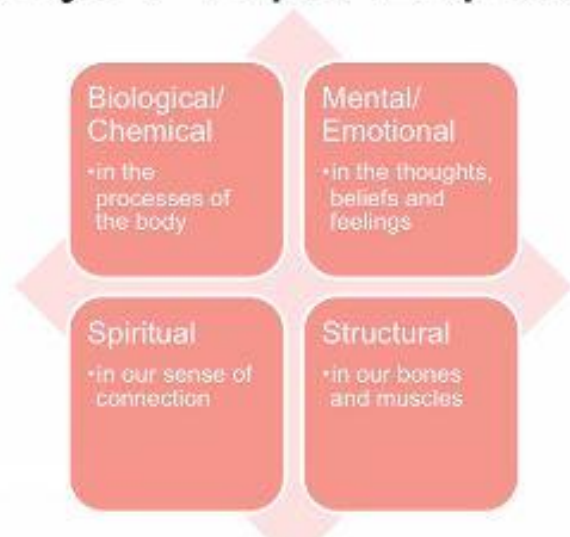


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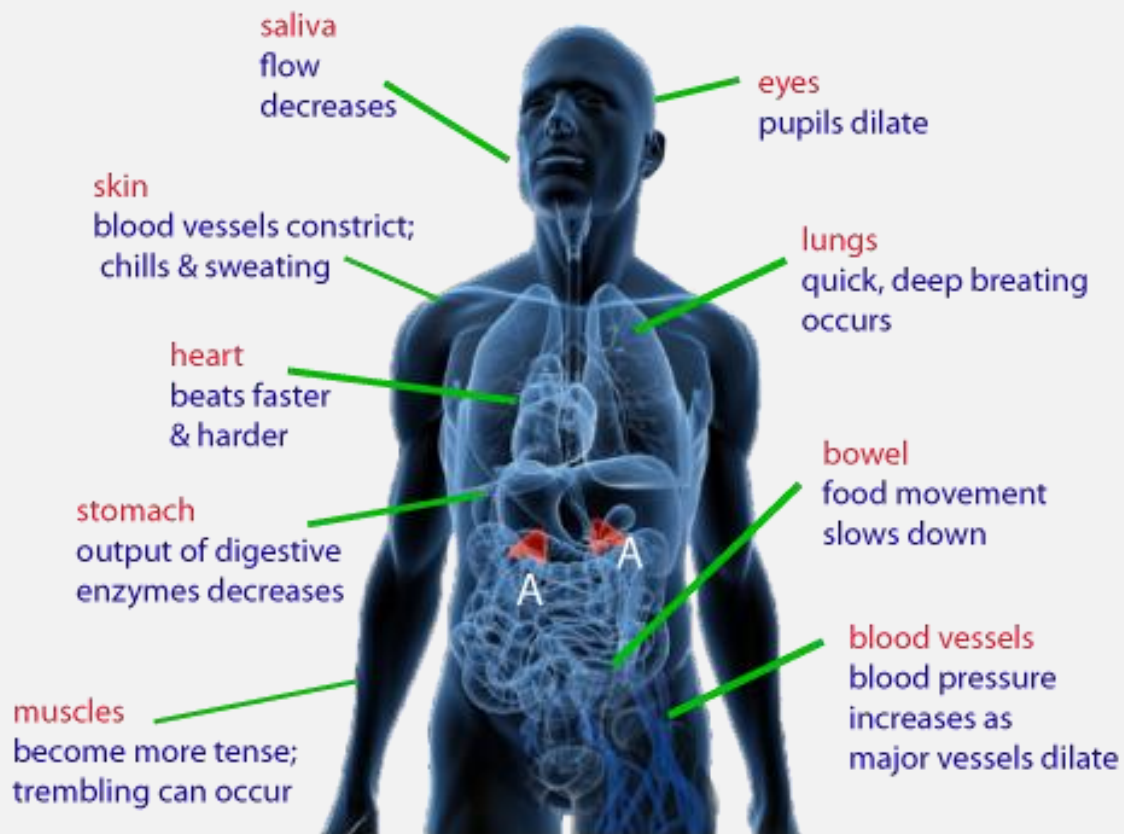
....between **REAL** and **IMAGINED** stress



## 4 Different Ways People Experience Stress



## Fight or Flight Response





**Long term effects**

**Body can not lose weight or heal**

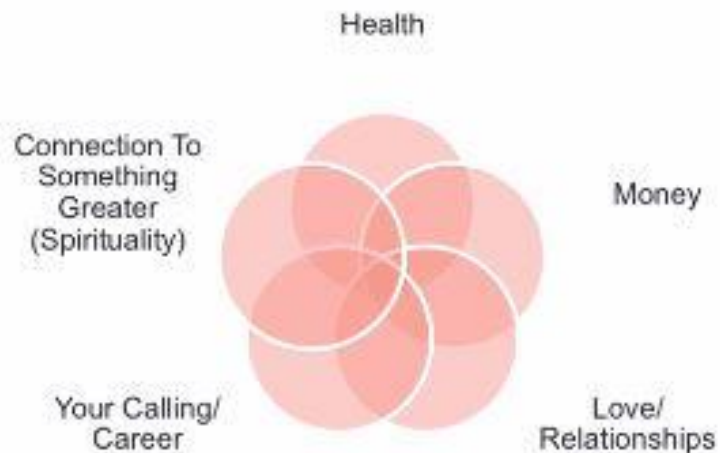
**Cortisol**

**Heart with CVS, Hormones, Blood pressure, Respiratory system**

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# “The Big 5”







## Time Management Becomes Life Management

A firm grasp on your schedule will help you identify your priorities and make time for them.

Take inventory of all the demands on your time. How are you spending your time? **FIRST QUESTION!** Identify those that have a positive impact on you personally or move you towards a goal. Balance does not mean same for all.

Politely and firmly decline anything that does not fit with your goals or has a negative impact on you.

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## Self Care

Self Care is about identifying your needs and providing for them. It is about self-nurture. You can better meet the needs of those around you when your needs are being met.

What does self care look like?

Get enough sleep

Eat a well balanced diet

Exercise regularly

Listen to music you enjoy

Talk with a friend

Pursue a hobby

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## Boundaries

Know when to say “NO”.

Do you ever feel the mommy guilt?

Purse analogy

Toys come with operators manual and we can too

Communicate your new boundaries (over and again if needed).

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## Communication

Assumption leads to misunderstanding. You need to communicate.

- Listen with intent to understand not just reply.
- Recognize there are various styles of communication.
- Be fully present in the conversation.

Communication with intent helps us understand each other's why and effectively support each other.

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## Tools you can use today

### Power of Breath

- ▶ Inhale for 5 seconds, hold for 5 seconds and exhale for 7.  
Repeat 10 x and in 2 min, your mood will shift!

### Laughter

- ▶ Think of something funny  
Remember a time you laughed so hard.  
It's ok you can laugh!!  
It changes your hormones  
Try laughing 3 x times per day, it can actually help prevent adrenal fatigue



**It is really good for you!**

Kids and babies laugh up to 100 x per day, adults 6 x



# Why do all of these steps?

1. Cures cravings
2. Helps get cortisol level down and improves digestion
3. Fall in love with body and be comfortable in your skin
4. Have more energy
5. Experience deep peace and satisfaction and self love and respect
6. More fun, grounded, be what you need to be for everyone else

## My wish for you:



Imagine for a moment what it would feel like to take time off on weekends.

Put your feet up to relax and enjoy your family

Imagine you get a full nights sleep and you have so much energy to get your stuff done

You only have one life so make it the best one.



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**Are you ready to make a change today?**

I can help you. This is what I do. I coach people on how to change their habits. It is my passion to help others, learn how to install new behaviours to help them achieve their ideal life. To learn more, [schedule a phone call with me](#)

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