



How to Eradicate Stress

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Have you ever felt that you've taken your eye off the ball when you've been distracted by other pressing matters? When you learn how to apply the steps within the LWC Life Mapping Manual, you don't ever have to take your eye off the ball, as you gain clarity and structure on your vision, and understand what your big why is, plus a few other little amazing things of course....

We as humans, if not careful become conditioned, to form part of a bigger system, and we are driven by implicit and explicit influences to fit within certain parts of society and ways of life, whether it be through media or environmental social conditioning. It's not until we awaken and realise how life can truly be, that we then begin to understand how life can really be enjoyed/experienced.

Anxiety & stress can be dealt with very quickly and it's how you learn to interpret any given situation. At a recent meeting with an amazing young lady who suffered "white-outs" when swimming amongst competitors in outdoor events (for those that aren't aware of a "white out", it's when a white curtain from both sides closes in on your vision when feeling high levels of anxiety or panic), when discussing with her when it first started, we looked at the other things that were occurring around her life at the moment of first event, but also the periods that built up to the first event. The exercise had a profound effect! Through a simple mind exercise the young lady was able to identify the real cause which had nothing to do with swimming with other people, but actually related to a very personal experience in her life, which just so happened to occur when she participated within a swimming event and she became overwhelmed due the level of stress she was enduring at that point.

Unfortunately, prior to meeting with us, she wasn't aware that the stressful period of her life had had become attached to something she truly loved doing, and thus was compounding her stress/anxiety! Overcoming your stress/anxiety concerns can take some people to what may feel like a lifetime to overcome if not shown how to eradicate it!! The amazing young lady was able to apply the techniques, understand why she was experiencing "white-outs" and most importantly, she nailed it within a 1 hour discussion and went on to swim amongst her fellow competitors without suffering any longer.

So, when dealing with any stress/anxiety situation in your mind, you have certain thought processes that have become a way of life which you may have learnt implicitly or explicitly, which result in you feeling the way you do at times, especially when challenges arise and don't go away! If you have the desire to achieve and overcome the stressful/anxiety conditioned response, you can learn how stress is only a perception of any given situation, if you know how. Because there can often be situations in life that arise that could potentially cause a stressful experience, if you know how to interpret the signals and control your actions/thought processes, then stress does not take over.

We all have a "Fight or Flight" mechanism called our analytical mind. It's this part of your mind that can lead to an individual not achieving the change they desire, because it is designed to protect us from challenging situations, and we either fight it, or run away from it. The problem is, when we run away from any situation, it usually follows us wherever we go in our minds and crops up at potentially the most unexpected moment!

We don't have to "fight" in our minds, we simple just need to learn how to bypass the "flight or fight" process where appropriate and we can eradicate any experiences, feelings or desires that don't serve us. We can also change and reprogram any limiting beliefs, change habits, behavioural patterns, skills and even influence our cellular behaviour within our immune system and much more, as our clients often find....