

# Understanding your stress

Discover where you are experiencing  
stress in your life.



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# Stress Check In

Stress can affect each and everyone of us differently and build up in our lives for different reasons; no matter our age, our education level, or our background. When we experience stress it affects every aspect of our body and life. This does not matter if our stress is emotional, spiritual, mental or physical, because who we are, is a compilation of all of these aspects.

We may intellectually recognize that our different life experiences are positive and/or negative, yet our body is unable to make this distinction. Stress is stress and it will produce the same hormones regardless. The most common hormones that are released during a stressful event are cortisol and adrenaline.

Each and everyone of us brings our own and unique way of looking at our lives, situations and relationships into each moment we experience. Our unique vision is created from each of our past experiences and the language that we use to describe our world. Throughout this booklet I have some different ways to help you begin to identify where you are experiencing stress within your life.

Use this booklet as a beginning. It is meant to allow you to meet these aspects of your life with curiosity not with judgement.

**“You are allowed to be a masterpiece  
and a work in progress simultaneously.”**

**~ Sophia Bush**

# Emotions

Emotions, feelings and moods are like a river. They flow into our lives and have the ability to carry us away in to unknown territory if we allow them to.



Name the emotions that you feel throughout the day in any given situation. This is to help you begin to understand which emotions, feelings, or moods you typically run. Get creative here and realize that there may be multiple feelings that you feel with any given experience; don't limit yourself to one-word answers:

happy • sad • disgust • fear • calm • anger • surprise • amusement • joy • hate • grief

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# Beliefs

What are the beliefs that you have about yourself? What are you capable of accomplishing? What do you believe you are not capable of accomplishing? Think back to where this belief was first created.

Did you know that by the time that we are 8 years old we have had 25 000 hours of linguistic programming. In these 25 000 hours we have created our belief systems about money, gender, identity, marriage, grief, happiness, etc.

List your beliefs about yourself below and then begin to identify which ones you want to hold on to and which ones need to be rewritten.

I Believe .....

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Myths about grief & loss

Below are the myths that we hold regarding grief, loss & stress. Begin to think how they have influenced you, your relationships, your beliefs, and your life.



1. Don't Feel Bad
2. Grieve alone
3. Replace the Loss
4. Grief takes time
5. Be Strong
6. Keep Busy

*Grief Recovery Method Institute™*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## Stress within our body

We experience stress on many levels, emotionally, mentally, spiritually, and physically, but when we do not work through our stresses and feelings, they become stagnate energy that accumulates in our physical body. Science is beginning to recognize how repressed emotions can be stored and manifest

into various organs, muscles, and tissues, causing chronic health problems and lower overall feeling of well-being. We can experience this stagnate energy as high blood pressure, digestive disorders, diabetes, heart disease, skin issues, muscle pains, skeletal misalignments, colds, sore throats, sleeping issues etc.

The key is to work with and through our feelings and stresses, so that we remain in health. Begin to recognize how you hold stress within your body.

List the disorders/conditions that you currently have in your body:

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List where you feel tension in your muscles: neck, low back, arms, legs, head, etc ...

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What illnesses/colds/conditions do I experience regularly & are they usually linked to pressures, deadlines, anniversaries of losses I have experienced, other events?

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## Now what?

Self-discovery is the first step in realizing how to shift your life and move out of a stressed state. We all experience stress within our own lives; it is a part of the human experience. What is important and may differ from person to person is how long you stay within the state of stress.

Are you looking to begin your journey to learn how to deal and work with your stresses? Contact me today for your FREE initial conversation to see how I can support you in overcoming and moving through the stresses that are holding you back in your life.

A coaching session is extremely different than a counselling session; because it is NOT therapy! A coach meets you exactly where you are in the present moment and helps you attain who and what you want to be - we do not work in the past.

As your coach I will:

- ◇ I will hold space for who you want to become.
- ◇ I will believe in you every step of the way.
- ◇ I will encourage you to continue to grow.
- ◇ I will be your biggest cheerleader.
- ◇ I will be your most trusted confidant.
- ◇ All the time holding you accountable for your desired goals.

Contact me today to see how I can support you on your journey to become stress free!

**Book**



**today:**

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**“Every day brings a choice: to practice stress or to practice peace.”**

**Joan Borysenko**