

WHAT HELPED ME

**TO LISTEN TO MY
BODY AND
OVERCOME
STRESSRELATED
DIARRHOEA AND
DIZZINESS**

My gift for you ❤️

*I'm happy to share my S.O.S. tips here which I have acquired over the years to maintain **control** in critical situations...*

*Situations, like sitting in the car in the middle of a traffic jam on my way to work, apparently **loosing time** – no possibility to quickly turn to the Lady's room; or standing in forever red traffic lights, **waiting** in a queue you **cannot** leave – or in a place where a deadline needed to be kept and my hands were tied so I could not fulfil the job, where I was **unable** to **act**...*

Maybe this sounds familiar to you.

*If so, I'm more than happy to share these quick solutions to find back to a **joyful** live full of **laughter** and **freedom** ♡*

Attention - it is very important that you seek medical advice and get checked out! My experiences, which I share, were in the "head" and not in the body!

Quick – Tips, when you are physically „stuck“ and cannot move freely:

- ♡ *Distraction: pinch your arm or leg*
- ♡ *Open the window and flood your lungs with ice cold air*
- ♡ *Sing along loudly with (radio) music, because if you sing, you are not scared*
- ♡ *Drink water, slowly and constantly*
- ♡ *Carry a bottle of essential oil – lemon with you and smell it in case of crisis or drip a few drops on a carrier material, e.g. a bracelet (lava stone)*
- ♡ *Try to let your thoughts wander and immerse yourself in observing your surroundings*

These things helped me in the short term. But once you have experienced that you seem to have no control over your gut then fear simply arises when you are again in situations that trigger these physical reactions.

Sounds familiar?

It's like a spiral – “don't think about it” and of course your thoughts revolve only around it. What if? Where can I find a toilet quickly? Distraction is difficult, at least it was for me.

That's why the quick tips above only help to a limited extend -

They do not solve the problem.

On the long run, the only thing that really helps and gets to the roots, is to have a very deep glance inside yourself:

♡ *Finding the true source of it all – what has changed? I didn't have that when I was younger, did I?*

♡ *To release fears – honestly look in the mirror*

♡ *Giving up control*

♡ *To live and feel gratitude*

♡ *To trust myself to 100% again*

♡ *And: to change my mindset*

I wish you from the bottom of my heart that you find your way back to your great self ♡

For further impulses, feel free to join my facebook community – a trusting place that creates space for these issues, helps and supports each other ♡