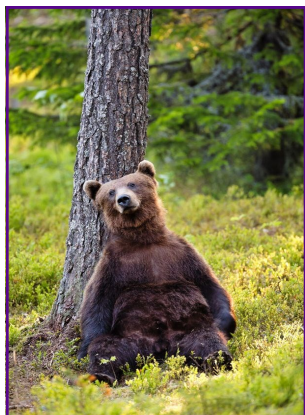




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The Intuitive Connection

Stress

As the holidays get closer, my stress level tends to get higher. Seems like every year I have more to do and less time to do it in. Let's face it, stress affects us all at some point or another. While a little stress is okay, even beneficial, too much stress is not a good thing. Excessive stress can affect you emotionally, mentally, behaviorally, and ultimately physically. What are some of the symptoms of stress? Let's take a look.



Emotional symptoms include:

- Agitation, frustration or moodiness
- Feeling overwhelmed or out of control
- Low self-esteem
- Feeling lonely or worthless

Mental symptoms include:

- Excessive worrying, unable to relax or quiet your mind
- Forgetfulness or disorganization
- Poor judgment
- Pessimistic attitude or negativity

Behavioral symptoms include:

- Changes in appetite
- Procrastination
- Increased use of alcohol, drugs or cigarettes
- Nervous behaviors, such as nail biting, fidgeting or pacing

Physical symptoms include:

- Fatigue
- Headaches
- Upset digestive tract
- Aches, pains and tense muscles
- Chest pain and rapid heartbeat
- Insomnia

- Frequent illness
- Nervousness or shaking
- Dry mouth or difficulty swallowing
- Clenched jaw and grinding teeth

Ongoing or chronic stress compounds the symptoms previously listed into serious health problems including:

- Depression, anxiety and personality disorders
- Eating disorders
- Skin and hair problems, such as psoriasis, eczema and permanent hair loss
- Gastrointestinal problems, such as GERD, gastritis, ulcerative colitis, and irritable bowel syndrome
- Cardiovascular and heart disease, high blood pressure, heart attacks and stroke

While we can't completely eliminate stress from our lives, we can learn to manage it. The first step in preventing serious health issues related to stress is to recognize your stress symptoms early on. Next have a plan on how to cope with those symptoms. There are many different ways to cope with stress, each with its own merits. Let's look at some methods to reduce or eliminate stress. Everyone is different, you just need to find the way that works best for you.

Relaxation techniques:

Relaxation, mediation, or grounding techniques are a great way to reduce your stress symptoms and help you enjoy life more fully. Not only can they help you decrease the effects of stress on the body, these techniques can help lower your blood pressure, improve concentration and mood, reduce fatigue, reduce anger, and help you manage chronic pain. Most of these techniques are often free or low cost, pose little risk, and can be done just about anywhere. Different techniques include:

- **Autogenic relaxation:** This technique uses both visual imagery and body awareness to reduce stress. For example, imagine a peaceful setting, and then focus on controlled, relaxed breathing, slowing your heart rate, and then relax each arm or leg one by one.
- **Progressive muscle relaxation:** With this technique, you'll focus on slowly tensing and then relaxing each muscle group. Tense your muscles for at least 5 seconds, and then relax for 30 seconds. Repeat with each muscle group. Start at your toes and work your way up to your head, or do the reverse.
- **Visualization:** In this technique, you form mental images that take you to a peaceful place or serene setting, such as a beach or forest. Visualization not only incorporates mental images, but allows you to use your other senses to smell, hear, touch or taste the setting you have visualized.

If you have a hard time imagining a peaceful setting, or quieting your mind to try muscle relaxation, or try guided meditations. Sometimes listening the another's voice walking you through the meditation can make a difference and allow you to quiet that inner chatter. There are many options to choose from on YouTube, all at no cost. You'll just need to invest some time to find the guided mediation that resonates with you.

Other relaxing techniques include:

- Deep breathing
- Hypnosis
- Massage
- Tai chi or yoga
- Biofeedback

If meditation is not for you, there are many natural remedies that you can try that reduce or relieve stress. Some items that you can ingest are:

- Chamomile or Green tea
- Hops extract or tincture (sedative)
- Valerian supplements (sleep aid)
- Lemon balm extracts (sleep aid)
- Passionflower herbs (sedative)
- Bach's Rescue Remedy (tincture)

Use with caution, especially when ingesting herbs, supplements or tinctures. Always do lots of research, follow the recommended dosage, and consult with your physician if are currently taking any medication.

Essential oils, made from natural ingredients, can also have a stress-reducing effect when applied to the skin or breathed in. As with the herbs, do the research if applying the essential oils topically. Some oils need to be diluted, while others are safe when applied directly. Also, not all oils are created equal, so make sure you find a good quality product. Stress reducing oils include:

- Lavender
- Frankincense
- Rose
- Chamomile
- Vanilla

Use crystal therapy to help reduce your stress levels. There are many stones and crystals that can assist you in reducing, releasing, or relieving stress. Information below is courtesy of The Crystal Bible by Judy Hall.

Reducing	Releasing	Relieving
Apophyllite	Moss Agate	Amber
Aquamarine	Azurite	Amethyst
Atacamite	Diopase	Beryl
Charoite	Kyanite	Staurolite
Fluorite	Lapis Lazuli	
Lepidolite	Smokey Quartz	
Moonstone	Smithsonite	
Peridot	Tiger's Eye	
Rhodochrosite	Tourmaline	
Tourmaline		

Whichever method you try, remember one thing, give yourself credit for all that you do, and more importantly, give yourself a break. Be kind to yourself (silence that negative talk we all do so well) and do the best that you can. You don't have to be a superhero and take on every challenge the world throws your way. There is nothing wrong with asking for help. If you feel the symptoms of stress creeping in, set time aside for yourself. One of my favorite ways to reduce stress is a reflexology massage. Add in some lavender essential oil, and all my cares in the world just melt away. I may have to go back to reality, but with my stress levels down, I'm ready to face the challenge with a renewed spirit and attitude.

Workshops

Animal Communication Workshops

This workshop will teach you the basics on how to communicate with animals. The workshop includes guided exercises to help hone your communication skills, materials to take home, and ends with a live communication with my dog Montezuma.

Dates:

Saturday, 11/14/15

Saturday, 12/12/15

Time:

9:00-11:00

Location:

Fairfield, CA

Wire Wrapping Workshop

This workshop includes hands-on instruction in wire wrapping loose stones/crystals.

Participants will receive their own kit, which includes: a case, tools, wire, and other materials to take home. Stones will be provided, or feel free to bring your own. Class size will be limited to 6 participants to ensure personalized attention.

Date:

Saturday, 11/21/15

Time:

9:00-11:00

Location:

Fairfield, CA

Advanced payment is required for all workshops. For your convenience, PayPal buttons have been included on my [Trinity Healing website](#). If you need to pay by other means, please contact me. Address will be provided after payment/registration.

Upcoming Events

New Earth Expo

Crowne Plaza
5321 Date Ave
Sacramento, CA
Sunday, December 13
10:00—6:00

Vallejo Gem & Mineral Show

Solano County Fairgrounds
900 Fairgrounds Dr
Vallejo, CA
Saturday, February 27
Sunday, February 28
10:00—5:00



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Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Healing Jewelry

Educational Workshops

For your convenience, services can be scheduled in
person or remotely.