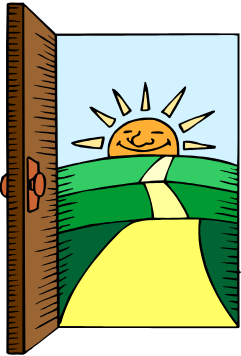


# THE SIMPLE LIFE

Issue 10

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## Awareness is the key...



### Simplicity Life Coaching Ltd.

*Find the Joy and Let go of the Struggle. Helping you de-stress, simplify and prioritise what you want from life and yourself!*

The last couple of months have been challenging and also a very exciting time for me. Re-branding (using a beautiful sunflower) is underway as is a website – which will hopefully be ready in July. I have been featured in the local newspaper (visit the temporary website [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com) and look under 'In the Media'). I have also met some wonderful new people, held my first mini-seminar on goal-setting and am also hopefully getting an article in a glossy business magazine...

I find the more I put myself out there, the more comes back. Which means time (and stress) management have been very important of late. It's been a good opportunity for some self-examination and to revisit some key areas around stress management... The one thing that really came home to me was – awareness is the key to dealing with stress. Knowing yourself and your signs of stress allows you to deal with it before it gets too big for you! Hence the subject of this e-zine!

And if you know someone looking for **balance**, **inner peace** or to work on being their **authentic self**, my contact details are at the end of this newsletter. Whether for more information or just a quick chat, simply get in touch!

As always, thanks to my family, friends and clients.

Have a wonderful month, *Emma-Louise*.

### THOUGHT FOR THE MONTH

"The harder you push yourself,  
the harder your self pushes back."

*Anonymous*

## "The Stress Within"

*If happiness is about living our values, being grateful for what we have, taking responsibility for ourselves and valuing ourselves enough to make the right choices, then stress could be the opposite...*

Do you know what your values are? Are you living them? Do you value yourself enough to say "No" to others (and your inner critic/judge) or do you keep saying "Yes" as the tasks pile up? Do you take responsibility for what you have in life or do you blame others and circumstance? Are you grateful for what you have or do you beat yourself up by focusing on everything you are not, don't have, are not doing?

I call the last one – the "Not" Syndrome. Because usually when people are stressed they are focusing on what they haven't done (yet!), what they don't have and what they're not - instead of being in the moment and dealing with each item as it arises. Society pushes us to achieve and to have the latest and greatest. Our own inner critic wants us to continually do better. We forget that we are all 'works in progress' and that we are ALREADY great, wonderful, amazing beings!

Then there's 'time'. If our beliefs create our reality, what do you believe about time? That there's never enough? That time flies? Perhaps you may decide to make friends with time – and yourself. Shift your perspective. Convince yourself that you have all the time you need, that it's always enough, that you will achieve what you need to - and watch your life change.

How else do you contribute to your stress? Do you have trouble saying "No" to others and "Yes" to yourself? Are you a perfectionist who finds it hard to let go? Do you look after others but forget to look after yourself? Are you a people pleaser, afraid to voice your own thoughts, feelings and opinions? Can you admit when you're wrong, see when it's time to let go? Do you hold onto past grievances and hurts? Do you allow yourself to relax and enjoy life or do you have to earn it first?

Stress manifests itself in many ways. As shown in the last e-zine, it's our emotions and feelings that let us know how the world is affecting us. When you start to notice your SIGNS of stress (instead of repressing, ignoring or discounting your feelings) you have an early warning – and can take action, both to improve the situation and how you feel.

And when you start to recognize how you CREATE your own stress, you can take action to permanently change things.

Maybe you'll start small and just make one or two changes – just remember even a 10,000 mile journey starts with a single step. Step to it!

## RECOMMENDED READING

1. **The Power of Now**  
*Eckhart Tolle* ISBN: 577314808  
Eckhart focuses us on being 'in the moment'. He tells us that we often feel negative because we are caught up in the past or future. Being aware of ourselves in each moment is quite simple, if only we can stop thinking long enough to enjoy it...
2. **The Voice of Knowledge: A Practical Guide to Inner Peace**  
*Don Miguel Ruiz* ISBN: 0140067477  
One of my absolute favourite books...

## ENLIGHTENING LUNCHBREAKS

[www.oprah.com](http://www.oprah.com)

Plenty of resources, ideas, articles and exercises to review and try!

[www.davidsuzuki.org](http://www.davidsuzuki.org)

Ever wondered what 'sustainability' or 'ecological footprint' means? What the Kyoto protocol is really about? How to live a life which damages the planet less? David Suzuki is a philanthropist and wants to help us save our world. Although Canadian-centric there are plenty of resources, ideas and suggestions for everyone to think about.

## There is no such thing as... "Quitting"

*All too often quitting is considered to be 'giving up', a 'bad' thing. But one of the most powerful things we can do for ourselves is learning when to say no, enough is enough - simply knowing when to let go.*

Is it time for you to change direction, try something new? Jim Allen said, "Employ the power of positive quitting. Most of us view quitting as something negative, but it's not. 'Winners never quit,' we're told, when, in reality, winners quit all the time: choosing to stop doing things that aren't creating the results they desire. When you quit all the things that aren't working for you, when you quit tolerating all the negative things that hold you back, you'll create a positive 'charge' in your life as well as create the space in your life for more positive experiences."

Activating limits can free us. Creativity, vision and inspiration come from a 'clean' decisive ending. And what greater expression of power than to make a conscious decision and walk away?

- ♥ **THOUGHT:** "Courage is the price that life exacts to grant you peace" **Amelia Earhart**
- ♥ **THOUGHT:** "The strongest principle of growth lies in human choice." **George Eliot**

## STRESS REDUCTION TIPS

How could you spend your time differently?

- ☆ Get rid of 2 needless tasks
- ☆ Allow time for complete silence every day, even just 5-10 minutes
- ☆ Get a massage or visit a spa
- ☆ Write a mission statement. Live by it
- ☆ Remember - urgent is not necessarily important & vice versa...
- ☆ Delegate and let go of the result
- ☆ Schedule regular quality time with people who support you in life
- ☆ Read a book or write in a journal
- ☆ Be honest with yourself for a day - about everything!
- ☆ Read about someone you admire
- ☆ Ask whose agenda are you fulfilling? Yours or someone else's?
- ☆ Sing along to your favourite music
- ☆ Write out: My name is \_\_\_\_\_ and I deserve \_\_\_\_\_  
Make it happen...

*Maybe you'll try one of these and see what happens...*

*I try to take one day at a time - but  
sometimes several days attack me at once*  
**Unknown**



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If you know someone who  
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## REMEMBER

Our stresses are largely self-created. Where do you add stress to your life?

**10 ways to be MORE STRESSED:**

1. Never allow enough time - this way you'll be late. This is especially helpful when things are important.
2. Be **BRUTALLY** honest with everyone, about everything, all the time. Especially yourself.
3. **Nurture your grievances and worries.** Replay them in your mind. Often.
4. Be a perfectionist. Constantly set unachievably high standards for yourself. Beat yourself up when you don't meet them.
5. Make sure to **dwel** on everything you're not, aren't doing and don't have yet...
6. **Snap at people** when you and they are least expecting it.
7. **Always work late.** Never leave 'on time'.
8. Don't get enough sleep. Feel tired for weeks and months at a time.
9. Write lists of things. **Don't make time** to do them. Feel bad. Repeat.
10. **Hang around with people** that leave you feeling bad about yourself.

*Perhaps you noticed just one area where you add stress to your life. Why not resolve to do something about it?*