

Are you stuck in the Stress Spin Cycle? Do you feel like you're on a merry-go-round and can't get off? Well, I've got great news for you. Let me introduce myself and tell you more. I'm Lorna Minewiser, PhD, a Certified Energy Health Practitioner and Stress Reduction Coach. I've been helping people reduce their stress for more than 20 years. The Stop the Stress Spin Cycle Game at Lifeville is my online system to help you reduce the stress in your life.

Lifeville is a new "Social Games with Purpose" online group coaching program created by coaches. It's a great way to learn something new in a supportive environment from the comfort of your home or office. There are all kinds of games at Lifeville: career, business, personal, health and more to come. Games start at just \$1 a day, and are 28, 56 or 91 days long.

The Stop the Stress Spin Cycle game is a 28 day game and right now the introductory price is just \$1.00 a day. Research has shown that it takes about 28 days to change a habit, and stress can certainly be habit forming. During the 28 days you'll increase your awareness of how stress is showing up in your life. You'll learn and practice both traditional and cutting-edge techniques to reduce stress both at home and at work. These techniques are based on ancient Chinese wisdom and modern mind-body and brain research. You'll have the opportunity to practice on your own, with a partner and as a team. As your coach, I'll be facilitating 4 telesessions- one per week. These will be recorded in case you have to miss one. I will be demonstrating the techniques and we will practice them together. You will have the opportunity to play with a partner during the call so that you can support each other. There will be time on the call for questions and sharing as well. The amazing Lifeville game board will also be available,

where you can keep track of your progress, connect with others and earn points. As your coach I'll be available through email and for brief laser coaching sessions.

During the first week we will focus on the thoughts and beliefs that cause and exacerbate stress. Dr. Daniel Amen, the well-know brain researcher, refers to our automatic negative thoughts as ANTS. We will address these and the hassles that stress you as well. I will demonstrate several Energy Psychology Techniques that can help to shift and even eliminate stressful thoughts and beliefs. You'll have a chance to practice during the call and during the following week.

In week two we will focus on how stress manifests in our bodies and I'll lead us through a number of quick and easy stress reducers. You will practice them during the week to find which ones work best for you.

In week three we'll address emotional stress and I'll introduce several more Energy Psychology techniques that work quickly to help shift negative emotions.

During week 4 you'll create your own toolbox and commitment to implementing these tools in your life, reducing your stress and bringing more balance to your life. You'll have a downloadable Playbook that contains information and playsheets, plus links to audios of the exercises.

We are so excited to bring Lifeville to the world, where you can "Play Big" in the "Real Games" of your life. I'm delighted to share these tools and techniques so you can STOP the stress spin cycle, and find balance in your life. Let's play!