# How To Beat Overwhelm & Fill Life With Joy

### WITH NIKI LOE

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# "YOU CAN'T CALM THE



TIMBER HAWKEYE

I am passionate about what I do because I believe every single one of us deserve to devour life with great joy. It is my intention to educate and inspire a holistic approach to wellness so we can all celebrate this human experience together.



# THE NEW STORY GOES LIKE THIS:

"I slow down when
I feel lost. I breathe
deep on the daily. I live
and love a life by my
design in alignment
with my heart values."



- Restless sleep, unable to quieten a busy mind
- Low energy levels
- Feeling irritable, sad or teary, even when you don't know why
- Difficulty remembering things, convinced you are losing your memory (and sometimes your mind!)
- Difficulty relaxing, or "switching off"
- Constant tummy butterflies, feelings of nervousness and/or anxiety
- Low sex drive
- Disinterested in food OR the opposite you find yourself overeating to seek comfort and grounding
- "Decision fatigue"
- Relying on coffee to wake up or to keep going
- Drinking wine/ alcohol as a coping/calming mechanism
- Feeling detached from the humans and things in life you love the most

## WHAT ARE THE EFFECTS THAT STRESS CAN HAVE ON THE BODY?

In addition to the list above, prolonged, high levels of cortisol released from the Hypothalamus Pituitary Adrenal (HPA) Axis in response to stress can affect the structure and function of the brain:

- Can increase activity level and neural connections in the brain's fear centre (the amygdala), causing dread and anxiety
- The electrical signals to the part of your brain (hippocampus)
  responsible for learning, memories, and stress control deteriorate
  and fewer new brain cells are made! This makes it harder to
  remember and to learn new things
- The part of your brain (pre-frontal cortex) which regulates decision making, judgement, concentration and social interaction shrinks

What all this means is that the more stressed you are, the less capable you are of handling stress. Read that again.

Long-term stress on your adrenals can weaken your immune system and affect your body's ability to fight infection and to heal. You can only get away with hustling so hard for so long before your body gives you away. If you don't take time to rest, your body will find a way to make you rest.

#### THE GOOD NEWS?

There is much you can do to reverse the effects of cortisol: Movement and mindfulness have been shown to be amongst the most effective tools to nourish an overwhelmed brain. Move in any way that makes you happy and try to focus on one thing at a time. Life is precious. Be in your moment.

#### HOW DO I START?

Keep showing up, again and again, but this time for yourself. Self-love and self-belief will be the greatest super powers you have ever known.

- Carve a little time into every day that is especially yours.
- Embrace the things that make you feel alive.
- Create "me" moments that allow you to think, eat, sleep, move and smile in a way that makes your heart sing.



# This is your life. Live it with freedom and joy



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