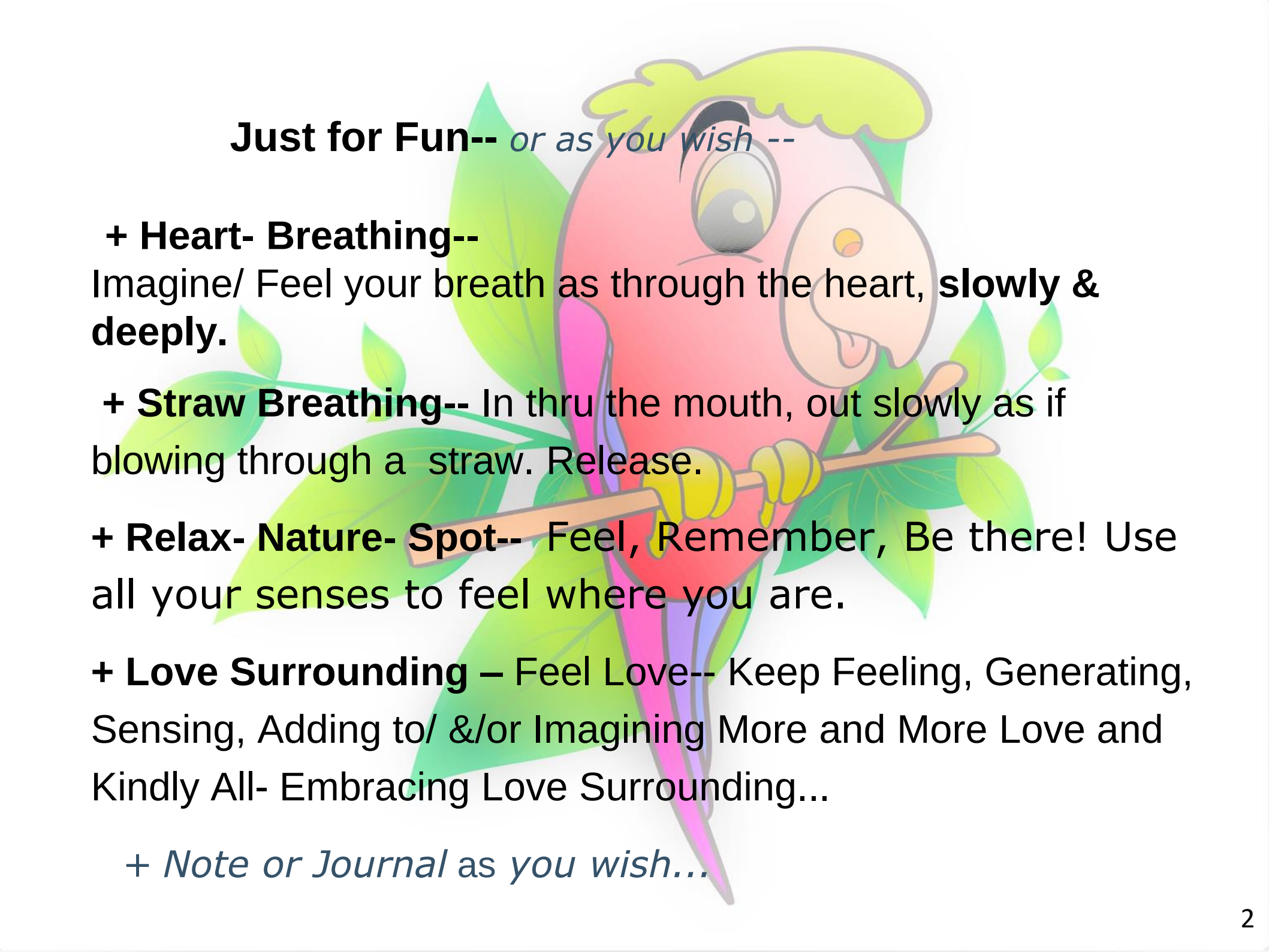
Your De- Stress Joy Reboot

Toolbox

Heal Your Heart---

Check in here 9 times a Day!



Just for Fun-- *or as you wish --*

+ Heart- Breathing--
Imagine/ Feel your breath as through the heart, **slowly & deeply.**

+ Straw Breathing-- In thru the mouth, out slowly as if blowing through a straw. Release.

+ Relax- Nature- Spot-- Feel, Remember, Be there! Use all your senses to feel where you are.

+ Love Surrounding – Feel Love-- Keep Feeling, Generating, Sensing, Adding to/ &/or Imagining More and More Love and Kindly All- Embracing Love Surrounding...

+ Note or Journal as you wish...

Your Joy De- Stress Reboot

For Best Results

Use Nine or more Times daily--

Keep Track & ***Check 'em off!***

* 2 * 4 * 6 * 8 * 10

Joy De- Stress

Check- In How - To

***1. Breathe & Be** with your breath…*

***2. Feel & Allow Feelings** & Sensations*
Simply be with them …

***3. Observe** yourself Kindly…*
*Asking– **How do I feel?***

Where are you at Right Now?

Thank you for showing up for *YOU*!

How do I Feel?

1. Top Level--
– Joy -
- Good or Ok

2. Mid- Level
- Minor- Stressed- A Bit Off-Balance

3. Stress Level
- Simply Distressed- A DeeperLevel
- Super- Stressed Out!

Where are you at ?
You can **accept where you are – or-**
use the Reboots ahead

Use the Reboot
to match your Feeling level –

Next: **Top – Level Reboots**

Use these if you're at the Top Level

– Joy

-- Good or OK

Or you can use anytime to check in and uplift.

Joy Reboots *to match your current feeling--*

+ At Top- Level—

Joy–

Compassion Connection—

Feel Compassion for a Loved One...

Expand… Feel Compassion for You--

Feel Compassion for Others…

Expand to...

Compassion for your Neighborhood,

your Community & the World

Feel it—

Reinforce your Joy!

Feeling Good /Ok?

Check in, Uplift. Reboot!

+ *If your current feeling is--*
Good *or* ***Ok--***

+ ***Connect inside yourself****--*

Claim & Name your feelings

What are your needs right Now?

What Support do you Need?

Add, or not--

What are you Grateful for?

Breathe into & Feel your Joy…

How do you feel ?

* *Is there an action you want to take?*

Next–

Mid – Level Reboot—

Use if you're Minor-Stressed
Or use anytime to
check in and uplift.

+Are you in Minor- Stress? *Rebalance here*

Check in– *1 sentence for each feeling)*
Express each emotion that arises, then
Release the feeling and let it fade…
Breathe & Allow for a new feeling to flow in.

I'm Angry that…
I'm disgusted with…)
I'm Sad that…
I'm Afraid that…
I wish I hadn't…
Breathe… Tune in to new feelings---

I feel *Grateful that… I feel Secure that…*
I feel Serene about.. I feel Joy that…
I feel good about me that… etc.

* *Optional-- Name an **action** for your day…*

Next–

Stress Level Reboots

Super Stressed &/or

Simply Distressed?--

Use one or more of the next 2 Reboots

Up Next–

Your Super Stressed Out Reboot

+*Super-* **Stressed Out** Reboot--

– Self – Soothe-- *Use anytime--*

I Affirm/ Confirm--

"I am safe now.

" I let go of judgement."

" I release / reduce any harm."

" This too will change."

Repeat with gentle caring.

Affirm, Soothe, Solidify & Re- Confirm

for as long as you may need...

Then use another Reboot Tool if you wish...

Next Reboot—

Simply Distressed

(moderate to tougher stress)

The next few slides guide you in a
Deeper more complex Reboot
You get a Deeper, Longer- lasting reset

Next 4 slides--

+ Your Simply Distressed Reboot– Part 1

Step 1 – **Why you're Stressed–** Simple Facts
Narrow down to your **Biggest Distress --**

Step 2 – **Feelings Vent** *Tell- All*– #1 -- Your Anger:
Speak, growl, rage, stomp, punch air, etc.

Express, Allow, Breathe-- Release & Let fade…

Step 3 – **Tell--** Your Sadness – Your Fear . --
Your Guilt/ Remorse

Option One– Stop here & allow your feelings to fade–
Express the new-- Gratitude, Joy, Serenity, Love & Security,
Kudos, Healing Thoughts, etc…

-- **Option Two --** Continue to Reboot ahead––
It's effective & long- lasting to change troublesome triggers.

Part 2--

Simply Distressed Reboot

Step 4-

Tune in to your original top distress.

Breathe, Allow & Connect...

Ask yourself-- What's my ***Underlying*** *(unreasonable)* ***Belief ?***
"Why am I doing, believing or feeling this?"

What are your inner messages, such as--
"I am _____", "I cannot ____ " *or*

"I get my _____*(need)* ***from ____-",*** *etc.*
(Needs can be comfort, pleasure, security, safety etc.)

* ***More info --*** *see* **How- to --** ahead

Part 3--

Simply Distressed Reboot

Step 5-

Reverse the mistaken belief, feeling or inner message
Say & Confirm its opposite using different tones,
volumes, speeds, etc., (start slow & build) **

Repeat & Affirm--

"I am NOT (what I believe)"– or--
"I CAN __ (do x-y-z)" - or -
"I can NOT get my_____(need) from ____(action, vice, thought, etc.)"...
Or-- "I CAN get my_____(need) from _____ (action, etc.)"

** You may start slow & end with a lighter spirit, singing, rhyming, praying &/or playing with it.

Part 4--

Simply Distressed Reboot *continued...*

Step 6- **State/ Instil/ Affirm & Repeat** the new belief-- Eg', "I am ___" "I can __" etc. or needs message.

Step 7- **Name your resistance** to manifesting your new messaging.

Step 8- **Name your antidote**-- What can affirm your new state? Repeat/ Affirm as you wish.

Step 9- Nurture yourself, however you wish.
Love, Thanks & Congratulations.

Step10 Option-- Create an Action/ Intention for now.

Option 2:-- ***Learnings Record--*** *Journal if you wish.*

How- To 's: -- Step 4 & 5
Simply Distressed Reboot

Finding Your Underlying Belief Message –

1. *Your inner messaging may be…*

"I am _____"; "I cannot _____ " or "I get from _____" message:

Examples: "I don't deserve it," "I'm not worthy," "I don't matter," "I cannot succeed" or " cannot do good," or " can't make a difference",

2. *Your Needs inner messages* *may be:*

"**I must have** _____ (your need) **"I get it from_"** (action, thought or vice) Needs may be-- safety, survival, protection, nurture, hope, love, power, comfort pleasure, purpose,

What you use to meet the need may be-- overeating**,** hiding, abuse, shutting off, self- denial, self- indulgence, etc. *Eg:* "I must have safety. I get it from snacking on sweets." etc.

This ends this

Joy Reboot series

Congratulations on your Reboot!

Nine- The Magic Number

9 times a day-- ***Check- In for Joy***

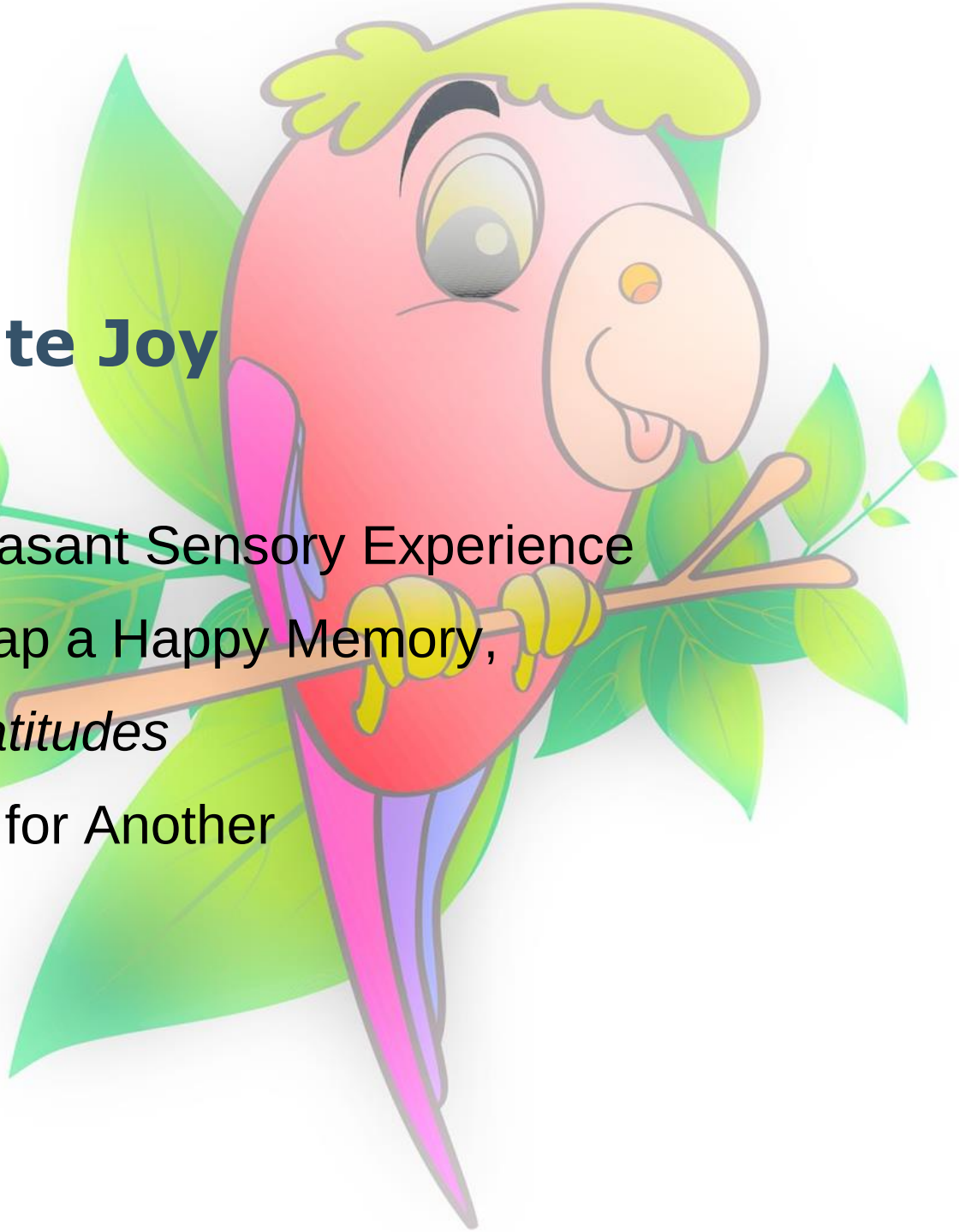
Three Times Morning

Three Times Afternoon

Three Times Evening

!

More Mini- Reboots *ahead*



How to Create Joy

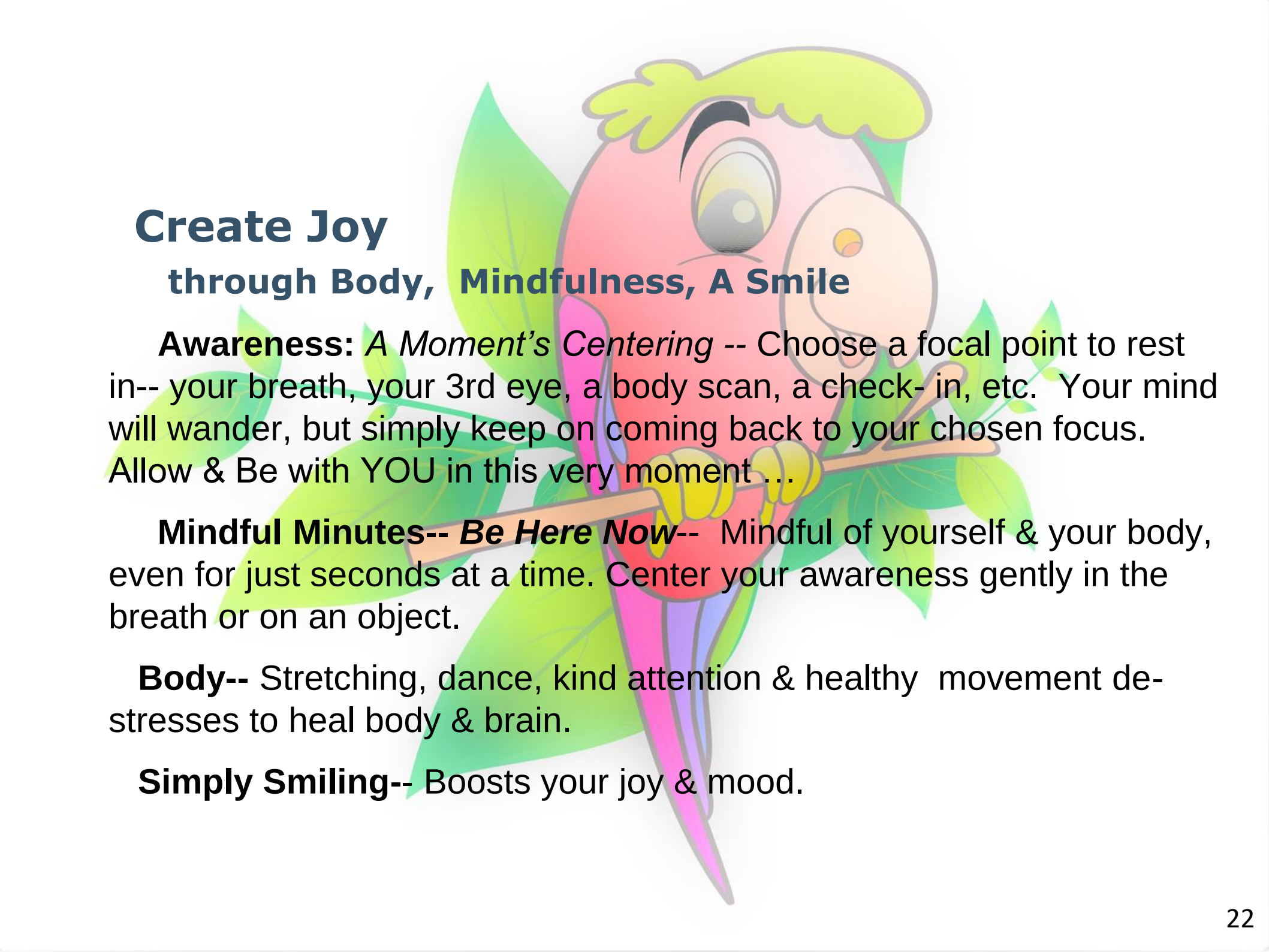
Four Ways

-- *Indulge*-- A Pleasant Sensory Experience

-- *Remember*-- Tap a Happy Memory,

-- *Count your Gratitudes*

-- *Do a Kindness* for Another



Create Joy

through Body, Mindfulness, A Smile

Awareness: *A Moment's Centering* -- Choose a focal point to rest in-- your breath, your 3rd eye, a body scan, a check- in, etc. Your mind will wander, but simply keep on coming back to your chosen focus. Allow & Be with YOU in this very moment …

Mindful Minutes-- *Be Here Now*-- Mindful of yourself & your body, even for just seconds at a time. Center your awareness gently in the breath or on an object.

Body-- Stretching, dance, kind attention & healthy movement de-stresses to heal body & brain.

Simply Smiling-- Boosts your joy & mood.

+ Joy- Affirm

"**Just for Today,** I choose to do my best to … (Name an action you'll take to relax, reboot &/or move forward into action.)

I Affirm--

Life-- I exist. I am right here. I am alive. I am right here now.

I do exist. I am. i am whole.

Value, Authenticity-- I am equal with all. I am O.K. I am alive.

I am okay and amazing in the Great Spiritual Power.

I am me. I count **Ten Happy- Gratitudes** each day.

I Celebrate Joy and the Human Heart!

+ Affirm & Confirm

Power-- I do have power. I do it. I decide. I am not in complete control, and that's perfect for me.
I am all that I need to be. I am whole. I am vibrant.

Integrity, Truth--
This is really me. I can do good. I am good enough.
It takes work. I can do it. i do it. I value myself. I value others.

People & Love-- I can love. I am fine as I am. I am o.k.
I am loved. I can have love. I love. I allow love.

Spirit- Connection- Shining, Receiving & Radiant
I do exist. I am of great worth & value. I am of God. I am of Good.

Change Your Day Joy Reboot

Ask Yourself--

* What do I want to **Grow, Change, or Let Go of?**

* What outcome, help request, prayer, or action can I make just for today?

* **Name & Claim** what's in your way-- ***(****Pain or Sticking Point)*

* **Affirm a Positive Intention & Attention**

-- "I am _____", . "I can _____", *etc. --or--*

-- "I get my __*(need met)* from __ *(a healthy source)."*

What's the Inner Reward of your desired Change? Enjoy!

Celebrate!-- Inner Rewards

Rewards of Growth & Chosen Change...

Progress not Perfection

Pride in You & What you Do

Sense of Confidence/ Growing Competence

Courage, Learning, Growth

Joy in Self- Acceptance, Authenticity

Inner Release, Better Rest, Serenity, Integrity

Connection / Love-- Self, Others, More

Feeling Valued / Important

Freedom, Inspiration, Spirit, Hope

Live your Joy!!

The World and all our
Loved Ones say ***Thank You!***
for Rebooting to
our ***Precious, Natural Heart of Joy!***

We are **Precious, Heart and Soul...**