



30 WAYS TO
SHIFT
STRESS

OWN STRESS, DON'T LET IT
OWN YOU

BECKYJ.WEBB

Hey, New Friend!

Welcome!

I'm so glad you downloaded my checklist, 30 Ways to Shift Stress.

Isn't it crazy to think that stress was truly designed to be a good thing for your body, not a bad thing? Yet, in our modern world today it seems to almost always feel like a bad thing.

Stress was meant for you to thrive, not to run you over like it does for so many of us so much of the time. My heart is to teach you how to use it to your advantage so it doesn't take you down. And if it already has taken you down let's build you back up, you've got this!

I spent so many years letting it own me instead of owning it. And, let me tell you that it is a game changer to own it. It will change everything for you.

This is the beginning of your journey to help you learn how to own stress instead of letting it own you. I have a feeling it is probably pass due.

You can take your life back. You can accomplish more than you ever dreamed possible.

If you are anything like me, at times you allow it to destroy you instead be a tool to help you live out your influence and destiny.

Are you ready to for a wild ride?

Let Me Be Your Guide

Before I share with you exactly how to use this guide, let's get to know each other ok?

My name is Becky Webb, I live in the mountains of North Carolina with my husband, Jonathan, three sweet children and our dog, Prince.

Back in the early 2000's you would have found me trying to figure out life as a mom with really little kids. My deepest desires were to #1 have healthy kids, #2 have a healthy husband, #3 have healthy finances, and #4 have my life live up to the expectations I set before it, which basically included winning in every area of my life or else I considered myself a failure.

Ouch. That one can hurt.

Sound familiar at all?

Turns out the road to get to those goals has been more difficult than I originally thought it would be. (Laughing) Actually, the road to get to those goals is somewhat unattainable.

It took years of beating myself up, being distraught about the past, living stressed-out, overwhelmed, and frustrated to get to this point where I feel confident that I can help others get through these valley's much faster than I ever did. Nothing is wasted for whoever needs to hear that today.

Even if you have been feeling this way for a decade or longer, it is time to DIVE into to something better and yes things can still change!

I can help you change all this!

Here's why I'm qualified to help...

Here's the thing... in the midst of my stress struggles I also built a six figure business to help others live a no-tox lifestyle, detoxify their homes, detoxify their personal care products, and use products that can help them be proactive about their health on the daily. I have coached others to do the same. I have always known deep down that I could have people fight the same battles I have better, and on a shorter road as a guide.

In the thick of all my stress, I finished my studies as a Nutritional Therapy Practitioner and started helping people see the value of how good food, and remineralizing their body also can aid in emotional and mental health. These tools will be game changers for your journey.

beckyjwebb.com

My guess is, much like me, you've accomplished things over the years that you are proud of too. Sometimes you've been able to break barriers too, but you may with lots of anxiety in tow.

Maybe you even feel like you've been able to handle stress less and less over the years when you thought it was supposed to get better and better as your children got old. Maybe you are frustrated feeling you were made for more, that you haven't been able to find the right path and you just don't feel like you are winning.

But, my guess is also that if you had some better tools, you could live a better story. You really could move forward faster, serve more people, live a life that lights you up, and break those old habits that are keeping you stuck.

It's time for those old habits to die hard. I'm here to help!

I'm a coach that has been helping people reach mountains, but not just any coach. I'm a coach whose been in it with you and understands exactly how you are feeling. I want to give you tools you need to be in the forward motion you feel like you are missing.

How to Use this Guide

At first glance, this might look like a check all the boxes kind of guide. The kind where you check all the boxes and have achieved the ultimate end goal. Sorry friend, this is not that kind of guide.

I think we all know deep down, even though we don't like to admit it, that we are all on a journey. What we really want is to deeply enjoy this life, the people in it and the beauty that surrounds it.

So this guide is not a one stop shop. It is the first part of your journey to help you win.

Here on this list is a series of techniques I have used to ditch my stress, deal with it better and use it to win instead of allowing it to keep me to continue to live a crippled life.

Chances are you've heard about many of these, and there is also a chance that you may not know at all what I'm talking about with some of these items.

You can use this guide in two ways...

#1

Use this list to remind you to practice each of these suggestions on a regular basis and google the ones you don't know about. Try and learn the techniques. Practice, Practice, Practice

#2

Join me for one on one Holistic Coaching. I use three pillars to help my clients achieve success. Physical health through hair, mineral tissue analysis. Emotional recharging and soul healing.

30 Tools to Hack Stress

- essential oil therapy
- heart coherence techniques
- live in the present not in the past or future
- find a hobby
- let go of expectations
- laugh
- get a dog
- Do a Whole 30
- give others permission to mess up
- remind yourself that everything will work out
- breath work
- exercise
- mindset work
- gratitude
- stop comparing
- spend time with life giving people
- find someone to serve
- give yourself permission to mess up
- take baby steps to complete a project
- do something unexpected
- slow down and smell the roses
- mineral supplementation
- gut healing
- hire a coach
- brain dump/journal
- plan a schedule
- stop eating sugar
- give yourself grace
- set boundaries with people who drain you
- Do something fun

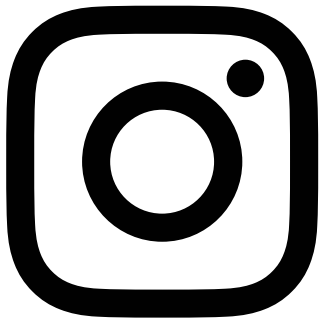
Notes

Still Feeling like You Need Extra Help?

Don't worry. So much have spent our lives in our stress mode or fight or flight that it is hard to get out of it! You are NOT alone! It literally took me more than a decade to figure out how to properly beat stress and not allow it to kick my butt permanently. After all, you want to own stress and not let it own you so that you can live the life you were created to live.

Right now, my stress workshop is i the works! Keep your eye on your email so that you will be able to grab it when it comes out!

Follow me for More...



[@beckyjwebb](#)



[The Full Cup
Society on
Facebook](#)



[Becky J.
Webb
Blog/Vlog](#)