



Carolyn Clarke
WELLNESS COUNSELING

YES!

YOU REALLY
CAN BE
LESS ANXIOUS
+ STRESSED...
EVEN WHEN
THE WORLD
IS CRAZY!

BY CAROLYN CLARKE

**Are You Overwhelmed and Even Worried
About Your Stress + Anxiety Levels?
Feeling Signs of Burnout?
Going Through a Transition?**



Welcome, it's great that you found your way to this guide! I'm Carolyn Clarke, your capable guide.

As promised, here is your Stress + Anxiety Assessment and the vast toolkit of additional tools and resources to help you experience a calmer version of yourself and life.

You're here for a reason, so I imagine you (or someone close to you) are impacted by symptoms of stress and/or anxiety or are maybe even in full-on burnout. Good, you're curious and seeking to gain insight and ideas on how to "come home to yourself" again.



Maybe it feels like you're racing on a non-stop "hamster-wheel" of inner and outer madness (like this illustration implies), every part of you racing, continually trying to keep up but utterly pooped, you have a busy brain that whirls on everything (and worries too).



It's likely costing you sleep. Exhausted in body, mind, deflated spirit, it might even feel like life is whizzing by!

I too, have had overwhelmingly stressful and anxious times in life AND even experienced a period of full-on burnout during a ridiculously steep nonprofit "job" I had twenty years ago. It took considerable time to come through into wellness again.

With transparency, I also want to share that I'm naturally a highly sensitive person (HSP), having been a nervous and bullied kid, and even prone to anxiety.

You see, my young nervous system became hardwired for fight, flight, and fleeing from "big energies" that seemed threatening all around me.

I developed coping mechanisms to get me through... PS, it's what we ALL do to manage.

I sincerely empathize with whatever it is you're going through.

Thankfully, my personal growth path early in my 20's led me to seek healing practices for processing stress and anxiety, which also beautifully led me into my counseling and coaching profession, too!

At this point in my life, my HSP sensitivity is a gift, but it wasn't always this way.

Taking honest stock of our well-being is really important and is the first step toward making incremental changes for the betterment of our overall health... physically, mentally, emotionally, and spiritually too.

Baby Steps

Pushing ourselves until we're a mere shell of ourselves is unloving and unnecessary.

Through awareness, caring compassion for ourselves, and the inclusion of simple daily self-care practices, YES, we CAN come through even really difficult times into feeling more grounded, able to handle stressful situations, and feel “more ourselves”... no matter what.

Before you head on into this guide, I want to invite you to keep this in mind too...



**These are unparalleled times on our Earth, and
humanity is called to deal with issues NEVER
EVER faced before!**

**It is challenging enough just to be a human being
living our own daily lives...**

**... let alone maneuver the steep and scary
uncertainties that are layered upon us now.**

So, when you're flooded and wondering why you're
not coping as well as you "think you SHOULD"
please kind person, remember that you're surely
doing your best... and during these crazy times!

So, pour a tea, sit back, and
take some quiet time to
reflectively glean through
this guide.



Get started by taking the following assessment
AND then actually implement the practices offered
here... it works if you apply the teachings!

The tools I offer you here are ones I consistently
use for myself, as well as my clients and workshop
attendees to regain wellbeing.

Rest assured, you are soon on your way to shifting
your experience. I am confident you will.

Warmly,

A handwritten signature in black ink that reads "Carolyn".

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Take This Stress + Anxiety + Burnout Assessment

In a sincere and caring way, go through this list and tick off each of the following symptoms you're experiencing. This is "for your eyes only," so be sure to answer honestly.

And, please, lovely person, refrain from judging yourself. Instead, extend extra self-compassion for all that you might be going through.

It's been a crazy few years, and (read these next words slowly)...

You have surely done your very best!

Check the boxes that apply:

- ☐ I'm tired or feel fatigued much of the time.
- ☐ I have trouble getting to sleep and / or staying asleep.
- ☐ My mind races like a hamster running on a wheel, going around and around, worrying.
- ☐ My mind is dwelling in the past or fretting about the future, and I am rarely present with myself in this now moment. I might also be distracted.
- ☐ Anxiety has me on edge, and my body feels the nervous symptoms.
- ☐ I feel burdened or overwhelmed with even the smallest things.
- ☐ I am hyper-sensitive to sounds, smells and unforeseen triggers.
- ☐ I look and feel haggard, and am without life vitality.

Check the boxes that apply:

- ☐ I've slumped into depressed feelings and don't know how to feel free and happy any more.
- ☐ I've pulled back from relating to others.
- ☐ I am not sharing my feelings well and am even reactive to others, sometimes even feel grumpy or angry (but don't really know why).
- ☐ I am seeking a physician's care for stress, and it is suggested that I take a pharmaceutical medication, or am already on meds.
- ☐ I can get sucked into the negativity of the world condition and it pulls my energy and mood down.
- ☐ I'm afraid, and sometimes don't go outside of my home much.
- ☐ My nerves often feel jangled and I don't know how to settle down.

Check the boxes that apply:

- ☐ I keep myself super busy so that I don't notice how unwell I really feel.
- ☐ I'm not exercising, nor engaging in movement regularly, and don't feel especially good about myself right now.
- ☐ I'm not eating well, and even binge eat to numb myself.
- ☐ I self-soothe with my "drug" of choice: alcohol, cigarettes, drugs, social media, food, sex, TV, porn, gambling.
- ☐ My ways of self-soothing have heightened over those two COVID years and since.
- ☐ I rely on stimulants, coffee, energy drinks, sugar, etc., for bursts of energy.
- ☐ I have developed an addiction(s) with my coping style(s).

Check the boxes that apply:

- ☐ My self-esteem is suffering, and it's easier to judge myself than to appreciate myself.
- ☐ I give more of my energy to others than to myself, whether kids, aging parents, clients, etc.
- ☐ I've lost my spirit to focus, care, set goals, and make a difference. I sometimes feel aimless and discouraged and might wonder, "Who am I now?"

At this moment, having completed this assessment, extend some kindness on yourself for your willingness and honesty to even go through this.

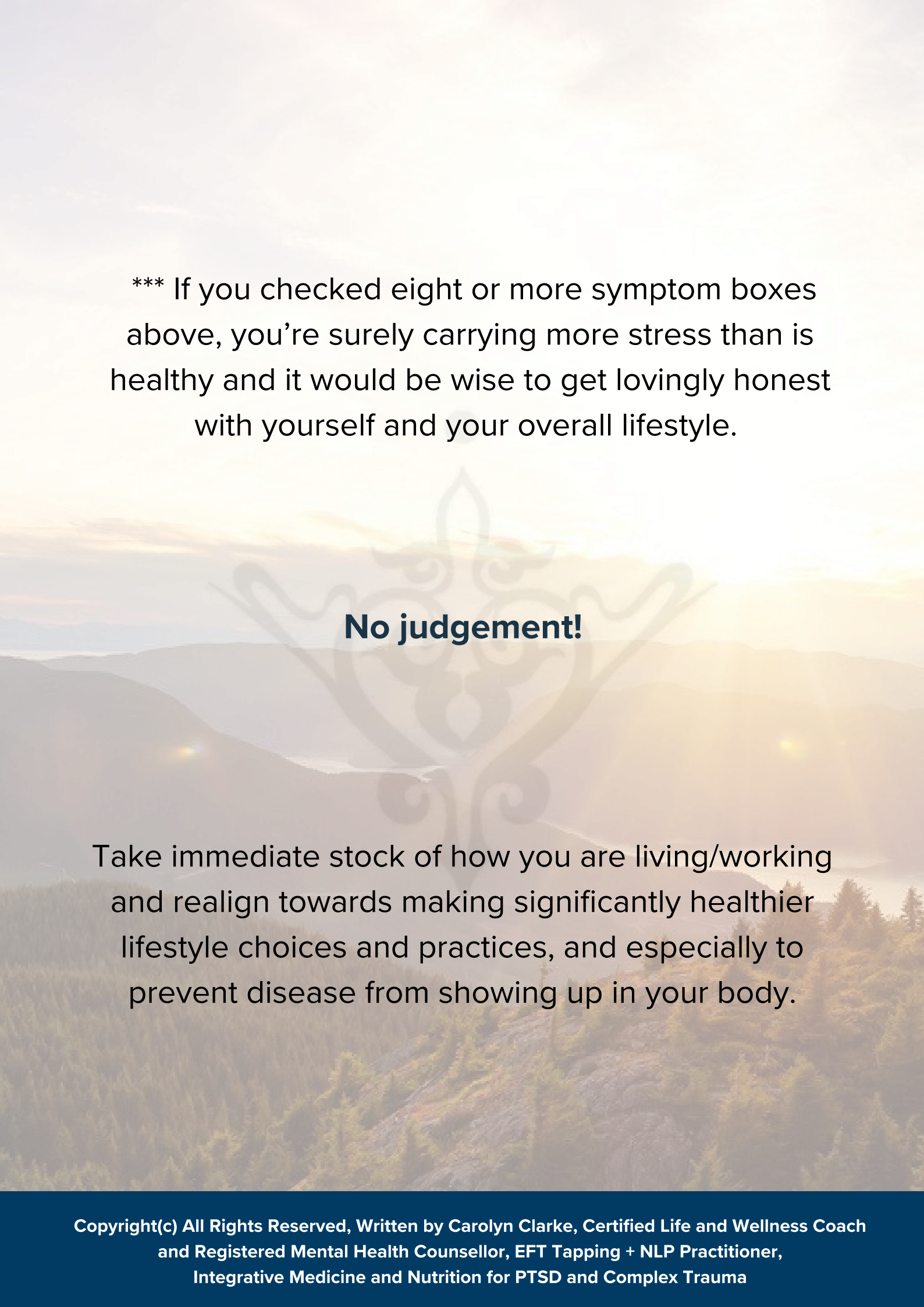
THIS is the potential start of a brand new way.

Here Is How to Make Sense of Your (Non-Therapeutic) Assessment

***If you ticked only a few boxes above, you likely already draw from a toolkit of self-care practices and faithfully apply them to move stress and anxious energy out of your being to be more grounded within body and mind.

Great, keep devoted to your daily practices!

Dedication to self-care
practices support
“building a muscle”
of flow and wellbeing.



*** If you checked eight or more symptom boxes above, you're surely carrying more stress than is healthy and it would be wise to get lovingly honest with yourself and your overall lifestyle.

No judgement!

Take immediate stock of how you are living/working and realign towards making significantly healthier lifestyle choices and practices, and especially to prevent disease from showing up in your body.

***It's recommended that you seek professional physician support to monitor your physical body for stress symptoms and gain their input for you increasing your wellbeing.

Ask for blood work to be done, which will show levels of cortisol, the body's main stress hormone.

Please don't wait until stress signs get "loud" to get your attention. We all know of individuals that wait too long and pay a health price before they seek help. Don't become a statistic, friend.

To support you in this moment and offer you a few self-care tools to get you started immediately on a path to increased calm and overall wellbeing, continue reading as a list of tips and resources are provided below.

***And, if your symptoms are (also) related to your mental health, be sure to seek additional professional mental health supports for regaining a healthier mindset, processing and healing held emotions and overall equilibrium...

whether through family members, physicians, trusted friends, a counsellor, a mentor, church or support groups.

We ALL need support at times, and yes, even us helpers!



*****Finally, if you are in
a crisis situation,
call 911,
or go to your nearest
hospital emergency.**

**Know that there is no shame necessary
in seeking help to get yourself stable
and functioning again.**

These are accelerated times.

To Help You Understand What Anxiety Is

Above all else, be kind and gentle with yourself in anxious moments. This is a time, in fact, to extend extra self-compassion toward yourself... no judging allowed.

Anxiety, simply put, is your body's nervous system being hyper vigilant and overstimulated. And, you might be surprised to learn that anxiety actually starts in our HEAD, our thoughts!

YES, where we hang out in our head matters, it being the difference between feeling even-keeled, or jangled.



You see, our fearful worrying and ruminating sends a flood of stress chemicals and hormones out of the brain and into the physical body's nervous system, preparing us to fight, flee, or freeze in the face of “*seeming dangers that lurk.*” This causes the uncomfortable, anxious physical sensations to be triggered!

Question - Where in your body do you typically feel stress or anxiety?

(PS I feel everything in my gut!)

These anxious thoughts and physical sensations then cause our emotions to become activated and there seems to be no capacity to think, reason, or make choices... instead, foreboding feelings take over.

Humans literally lose access to clear thinking when stressed and anxious! Instead, survival.

Some overly anxious people literally get short of breath and experience panic attacks. And some even worry and think they may be having a heart attack because of extreme symptoms. Anxiety can be very debilitating. However, when the anxiety becomes debilitating, this is when the care has to go inward into self-care and self-inquiry steps.

Notice that sudden activation of anxiety is almost always evoked when you're worrying about past or future issues. You're not even present in this NOW moment.

Anxiety is an “*early warning signal*” (or informer) that you’ve got an inner pressure valve of emotions that needs to be gently and lovingly released.



Sometimes stressors and anxiety send gentle signals, and other times it floods in like a tidal wave.

My caring invitation to you, special person...

Rather than ignoring or pushing the stress and anxiety signals away (as most of us were conditioned), begin to notice and actually listen to these signals as trying to get your attention.

Then, use some of your new tools to interrupt the stress and anxiety... move it out!

Below are a few practices you can begin to experiment with (and which will surely help), and right away too.

You need not suffer, when there are easy tips and tools to use... even which can even be FUN!

A Few Simple but Powerful Tools to Shift Anxiety

How we can stay ahead of and/or release anxiety is by becoming present in the NOW moment.

Feel your feet firmly on the floor or ground, tap into each of your five senses for a prompt energy shift.

First, focus on breathing into your belly and bring your focus to exhaling as slowly as possible. Consciously breathe, inhaling and slowly exhaling to come “*home to yourself*” again. Long exhales tell your nervous system that you’re safe, calm, and secure.

Look up and gently around, observing your surroundings.

1. What colors do you notice?
2. What do you smell, taste?
3. Feel the temperature and/or notice the breeze on your skin.
4. Notice what you hear?



Allow yourself to feel and expel any waves of emotion that arise; it's perfectly okay. This gives your body permission to release in a healthy way... and be free.

Once the physical sensations have subsided, ask yourself,

“Was there something in this moment that made me feel unsafe?”

Is there an emotion I need to express right now?”

Anxiety is also a clue for you to observe your situation. Was something reminding you of a time in your childhood when you felt unsafe or scared?

Was the emotion arising similar to something you felt the last time anxiety appeared, and has it become your body's habit?

Stay curious, and be a caring and objective observer of your experience. This may help you to start to notice patterns when anxiety arises.

For many, and certainly not uncommon during these more stressful times on the planet, living with continual anxiety (and stress hormones such as cortisol that are continually elevated), becomes a “default” style. Many are living with chronically activated nervous systems for survival these days. (So much for thriving.)

This is not only unhealthy, it is unwise too. And, yes, it IS possible to break “the spell” of being in a default stress and anxiety style of living!

You TRULY CAN live feeling more free of stress and anxiety, and more personally resourced from within... even when the world continues to be crazy.



If you want or need help, this is my zone of expertise and over decades. I love to support my clients, program attendees and audiences to become freer, so reach out.

You're not alone.

In addition to you using these simple suggested tips and tools to feel a noticeable difference, here are several additional free supports I am happy to make available for you too!

Additional Resources to Support You

1

Gift yourself with a much deeper set of tools...

Buy your “*Being the Best You - Your Personal Growth Toolkit for Exceptional Wellbeing and Balance*” book.

**Order your book through Amazon or Kindle here -
<https://a.co/d/9aHqy0m>**

This 234-page book is a comprehensive cornucopia of a self-help book, broken into five chapters... first laying an introduction and framework, then a chapter on each: physical, emotional, mental / attitudinal, spiritual wellness tips and tools.



It is not just a book to read, but is also a workbook and "toolkit" of simple but potent ways to gently look after your health better, offload old mental outlooks that no longer serve, have helpful methods to understand and heal emotions, install new mindset for success and creative manifestation, and ways to enrich your sense of purpose and spirit too.

This is not "a heavy lugger" to read, rather "a buffet" of uplifting tools and practices for you to create optimal wellbeing and balance ... for living your one beautiful life more deliberately!

No more surviving... step into thriving!

Additional Resources to Support You

2 Visit and subscribe my [Carolyn Clarke Wellness' YouTube channel](#).

Come and browse an ever-expanding video resource library of helpful tools for personal growth, calming stress and anxiety, and with a focus on learning/using EFT tapping for powerful shifts in wellbeing.

Be sure to subscribe for updates on new content.

To interrupt unhealthy patterns of thinking and feeling, listen to your desires, align with your heart and soul, make better choices for your SELF, feel more ALIVE...

3 Join my private [“Tap Into Your BEST SELF + LIFE, Deliberately” Facebook group](#).

Here you will also find announcements of workshops, EFT tapping sessions, and a beautiful community of like-minded others on the personal growth journey.

Additional Resources to Support You

- 4** If you have access to Spotify, type INNER FITNESS in the Spotify search bar and enjoy listening to a beautifully calming “Relaxation” guided meditation I made in the sound studio years ago with my husband, Richard Clarke (1934-2020). This is one in a beautiful series of five meditations.

Lay back in a restful way and invite yourself to feel completely restored (25 minutes in length). A gentle heartbeat sound will play in the background.

- 5** And finally, schedule a complimentary 20-minute virtual conversation (via Zoom or in person, if local).

This will allow us to “meet” and for you to share what you want and need, and for both of us to determine if working together might be a good fit.

Additional Resources to Support You

- 6** Let me introduce and support you in the simple but potent healing modality of Emotional Freedom Technique, also known as EFT tapping... one of **THEE** most effective (and quick) tools to eliminate stress and anxiety! I bring EFT into all of my counseling sessions and workshops because of its proven success.

EFT incorporates both Eastern medicine/acupressure points and Western psychology (Talk Therapy), studied over decades and scientifically proven to help people move through a variety of issues they may be experiencing, both physical and emotional.

We do this by tapping on acupressure points while voicing out loud what is going on for you. EFT not only provides the beautiful and powerful opportunity to calm the nervous system, but it then invites shifting our emotions, freeing pain, and incorporates using affirmations to attract a state of being or desired goals.

When our minds are calm, emotions are in a healthy ebbing and flowing, and our physical body and nervous system are supported and regulated, we then have access to our inner well of resources, our brain power to make good choices and therefore a capacity to take healthier action in life too. Invite spaciousness!

I would love to share EFT tapping with you, either in a 1:1 personalized way, or through my live, Zoom, and recorded programs and workshops... reach out.

If you are ready to step into a freer, healthier version of yourself and life ahead, email me at info@carolynclarke.ca or phone me at 604-989-8885.

Help is available through overwhelming hard times, and even when the world seems upside down and crazy!

Remember, these are unparalleled times never faced in all of humanity's existence.

We're all called to maneuver a LOT of issues each day, personally and collectively.

You know what else?

**Humans
need
each
other.**



A BIT ABOUT ME

Behind EVERYTHING I do and love is a lifelong fascination for transformation, expressed through various careers and numerous creative passions!

I have four decades of experience as a Life and Wellness Coach, plus Registered Professional Counselor. I'm certified in EFT Tapping, NLP, Integrative Medicine + Nutrition for PTSD + Complex Trauma, Re-Write Your Life Mastery, and am an Infinite Possibilities Trainer too. I've supported literally

thousands in their personal growth through 1:1 private work, workshops, women's sacred sister circles (for 50+), retreat programs, speaking engagements, and now with my Being the Best You book too.



PS I'm also a Nutrition Consultant in my local community... wise in the ways of living healthfully.

The journey as a human being naturally involves experiencing change, sometimes chosen and sometimes not.

No one is exempt from arriving at those personal and professional points where taking stock of self and life becomes necessary, pondering "What comes next?"

I am a compassionate listener, sensitive healer, experienced guide and educator. My passion is in supporting individuals and groups (most who are in mid-life) to “tap into” transitions as opportunities to grow, listen to heart and core values and say “YES!” to the potential of life’s deliberate transformation and next meaningful adventures.

Shifting old limiting beliefs and emotions invites reclaiming unrealized dreams into refreshed holistic health, creativity, purpose, and joy!

I truly love my work and helping people, and I hope that this guide will help you in your life.

**Transformation also
shines in my photography.**



DISCLOSURE/DISCLAIMER -

This guide is for educational purposes only.

It is not intended as medical or psychological advice, nor does it establish any counselor/client relationship. Consult with your physician or health care provider prior to making any lifestyle, diet, exercise or other changes.

Though this guide offers health and wellness information, it is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

If you have any concerns or questions about your health, you should always consult with your physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have learned in this guide.

The use of any information provided in this guide is solely at your own risk and discretion.