

A woman with her hair in a bun, wearing a striped dress and high-heeled sandals, is swinging on a wooden swing set on a sandy beach. The background shows the ocean and a sunset sky with warm orange and pink tones. The text is overlaid on the image in white.

The Gentle Art of ReBalance-Me

6 Ways to Wellness to help you
manage stress and anxiety today

By Julia Harvey

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Me, aged 17

Here's me when I was 17 in my happy place, playing my guitar. Little did I know only 3 years later, aged 20, I would be right at the start of a very dark tunnel, dealing with an acute health problem called M.E. (Myalgic Encephalomyelitis).

It took me till I was 29 to find my way through that dark tunnel and whilst on that journey, I experienced many healing modalities and tried all sorts of treatments. The things you find in this guide are just a teeny weeny snippet of some of the tools I used to find my Way to Wellness, integrating them into my life for the next 25 years, passing them on to family, friends, clients, and colleagues. Hopefully this little introduction will help you today. Warmest wishes

Julia

Feeling stressed, anxious and out of alignment?

Start to build your Creative Healing Toolkit
using my 6 Ways to Wellness as your stepping stones

- Boost
- Nourish
- Cocoon
- Support
- Create
- Care

Before we get going, ponder this question:

Balance, what does that feel like to you?

- Going out with friends regularly
- Feeling happy, often
- Have a really wonderful job
- Doing what I love most of the time
- Not taking any medication
- Feeling a healthy weight
- Being sporty and feeling fit
- Feeling at peace inside myself
- Having a regular yoga/pilates/taichi practice
- Not smoking
- Making healthy cooked meals
- Being a vegetarian
- Eating plant based and vegan
- Not suffering from illnesses
- Managing anxiety and stress
- Being organised with my life
- Being able to adapt to big changes
- Being content in the area I live
- Having time just for me
- Being creative every day
- Having deep friendships
- Being in a loving relationship
- Being sexually fulfilled and loved
- Financially independent
- Having a purpose
- Living in a fabulous community
- Not having any allergies
- Feeling radiant in what I wear
- Peaceful world without conflict
- Having a daily meditation practice

Where do you feel you need to rebalance
right now?

Next you'll find a teeny weeny snippet taster
from my *6 Ways to Wellness*
to help you feel more balance.

Boost, Nourish, Cocoon, Support, Create, Care



LISTEN,
WHAT DO YOU HEAR?

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1. BOOST

Supplement Me

- Vitamin and Mineral Supplements were a crucial component to healing me back to health. We can get all of our vitamin and mineral supplementation from our food, however, if our immune system is comprised and weak, or we're struggling with stress in our lives, then often we need a boost from a reputable source.

Supplement Me

- The B vitamins, when combined in a complex variety will support your nervous system, helping with stress and anxiety and are one of the first vitamins I would turn to when needing support for my nervous system.



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		% DV
Thiamin (vitamin B1) (as thiamin mononitrate)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (vitamin B3) (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin (as D-biotin)	100 mcg	33%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg	1000%
Inositol	100 mg	**
Choline (as choline bitartrate)	20 mg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sodium, Artificial Flavor, Sweetener, Preservative and Color.

SUGGESTED USE: Adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

2. NOURISH

Feed The Water Within

- The brain and heart are composed of 73% water
- The lungs approx 83% water.
- The skin contains 64% water
- Muscles and kidneys are 79%, and even the bones are a watery 31%.

Feed The Water Within

- Stress and Anxiety can really be helped by rehydrating - drinking good quality water.
- Take a look at how much water you really drink?
- Try to drink more water from a good source.



a water filter is a great investment.





Water
nourishes
me
every day

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3. COCOON

Meditation

A Breathing Practice is a vital component to managing stress and rebalancing.

Breathing from the chest and not from the belly can often be a symptom of stress and anxiety.

How do you breathe?

Meditation + Mantra

- By resting your mind on a mantra or uplifting sentence, it is intended to 'raise' a person above everyday anxieties.
- Research shows that meditation slows down overactive physiological activity and quietens brain activity. Start with 2 minutes and increase
- 10 minutes every day is great, increase to 20-30 mins either alone or in a group.
- It helps with anxiety asthma, blood pressure, bronchitis, fear, insomnia, panic attacks, stress, tension, calms down wheezing.



Sometimes

all we need

is to be

STILL

and

Invite

Quiet Time

In

Developing a meditation practice

Let's turn to a breathing technique, we breathe in for a count of 3, hold for 3, exhale (through the nose) for 3 and hold for 3. I complete this cycle 3 times.

Introduce a mantra of your choice; for example

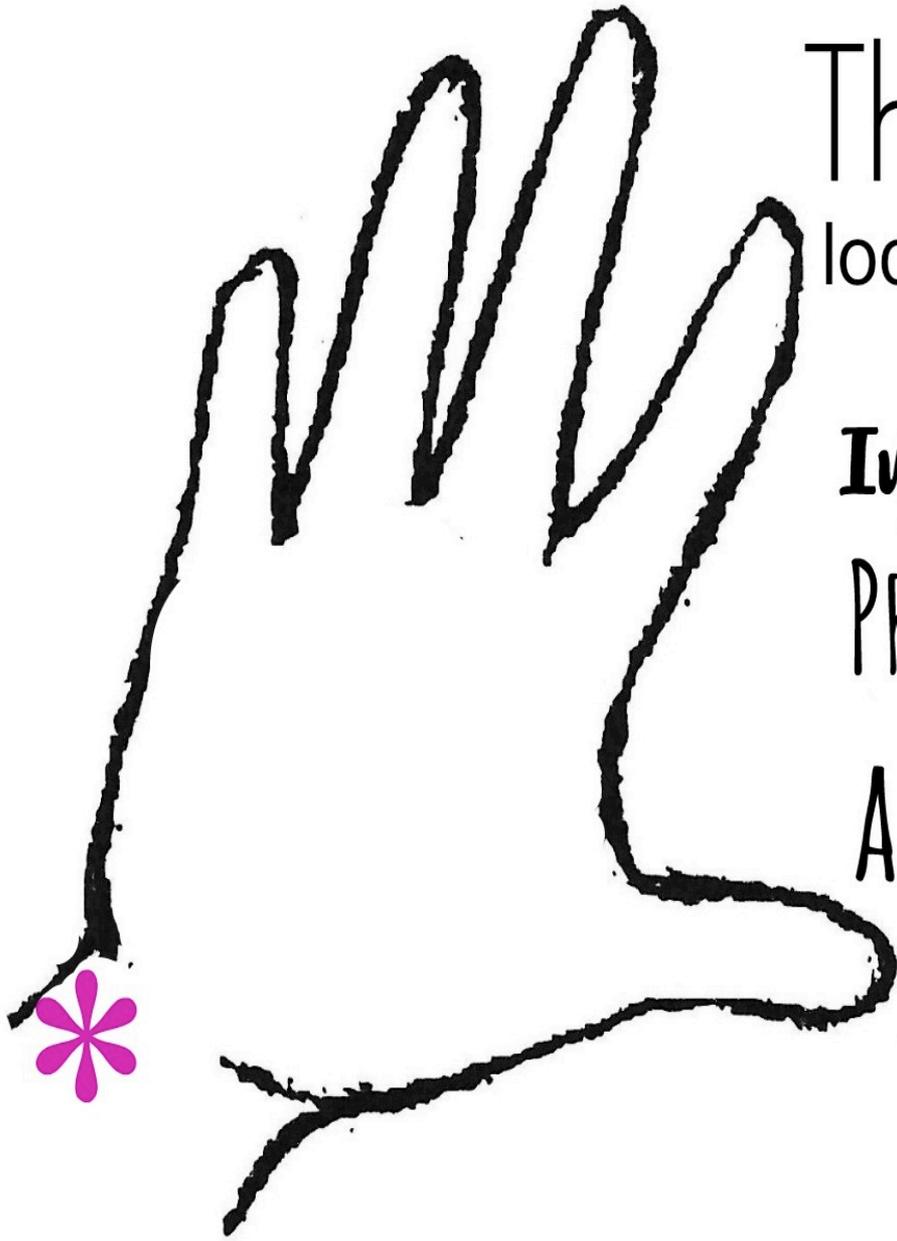
Breathing in..... I am

Breathing out Calm

4. SUPPORT

Pressure points on the go-go

Acupressure is a very old technique that helps your body to cope with stress and anxiety. To shift from Yuk to Yummy, here are my favourite four pressure points to help manage those stressful moments.



The 'Spirit Door.
located just below the wrist bone

Increases a sense of self.
PRESS FOR 40 SECONDS TO CAUSE
A STRONG BUT GENTLE ACHE.

The Heart Protector

located in the middle of the palm



Your solar Plexus

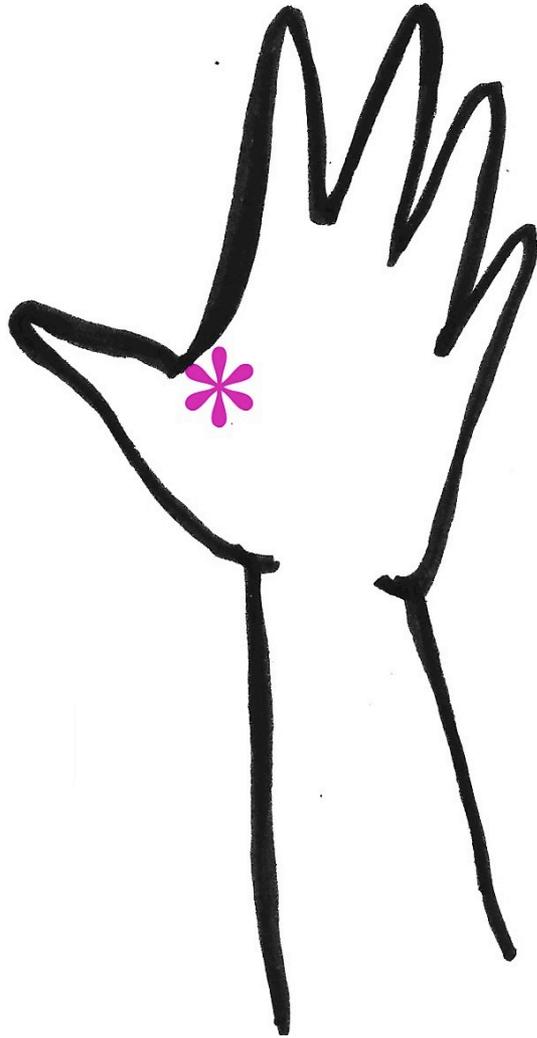
REINFORCES YOUR CONFIDENCE

AND TRUST IN STRESSFUL SITUATIONS.

PRESS FOR 40 SECONDS

The *Great Eliminator*

the fleshy indentation between thumb and forefinger



Lower Intestine Point

THE PLACE WHERE WE HANG ONTO STRESS.

PRESSING HERE FOR 40 SECONDS

ELIMINATES STAGNANT WASTE,

BOTH PHYSICAL, EMOTIONAL

AND ENERGETIC.

The Happy Point

the slight indentation between eyebrows



the third eye

UNIFIES BODY, MIND AND SPIRIT.

GENTLY PRESS YOUR DOMINANT

INDEX FINGER INTO THE SLIGHT

INDENTATION

4. SUPPORT

Bach Flower Rescue Remedy

A special combination of five flower essences, it's indispensable in a crisis, emergencies, especially when you're in that moment of anxiety.

E.g. Exams, Presentations,
Performances, Interviews, University
visits, Stress through study.

4. SUPPORT

- Star of Bethlehem - trauma
- Rock Rose - terror/panic
- Impatiens - tension/irritability
- Cherry Plum - fearing of losing control
- Clematis - passing out

Suitable for children, animals,
& plants. In tincture, spray & cream



5. CREATE

Colouring in

3.5 million adult colouring-in books were sold in 2015

Research about colouring-in is that it most definitely helps to ease stress and anxiety - it's a great way to switch off and can help alleviate tension.

Done on a consistent daily basis it's meditative so why not create your own colouring-in ritual right now. It's NOT just for children.

**Print out the next page
from my nearly published book!**

Muse Mantra Meditations

Colouring-in meditations to calm, soothe and inspire



What
have I
done
to
nourish
ME
today?

6. CARE

Movement Makes a Difference

- Tai Chi, Chi Gong, Yoga, Pilates
- Dance
- Football, Netball, Rugby & Running
- All help to shake up the stale energy and release endorphins.
- It is really important to incorporate a daily practice of energy movement.



I am feeling
stronger.

ALL I have
is within me

The Ball of Chi

- With your hands outstretched, imagine a football between both of your palms.
- Now close your eyes and imagine that you are gently moving this football within your hands, you have to move your hands around it to keep it moving. You will begin to feel the tingle happening between both palms.

This is your energy field.

Now
Shake out the energy
from your hands

6 ReBalance-Me

Ways to Wellness to help with stress and anxiety

Boost: Vitamin B Complex

Nourish: Hydration: Water

Cocoon: Meditation

Support: Pressure Points

Bach Flower Rescue Remedy

Create: Colouring-in

Care: The Ball of Chi

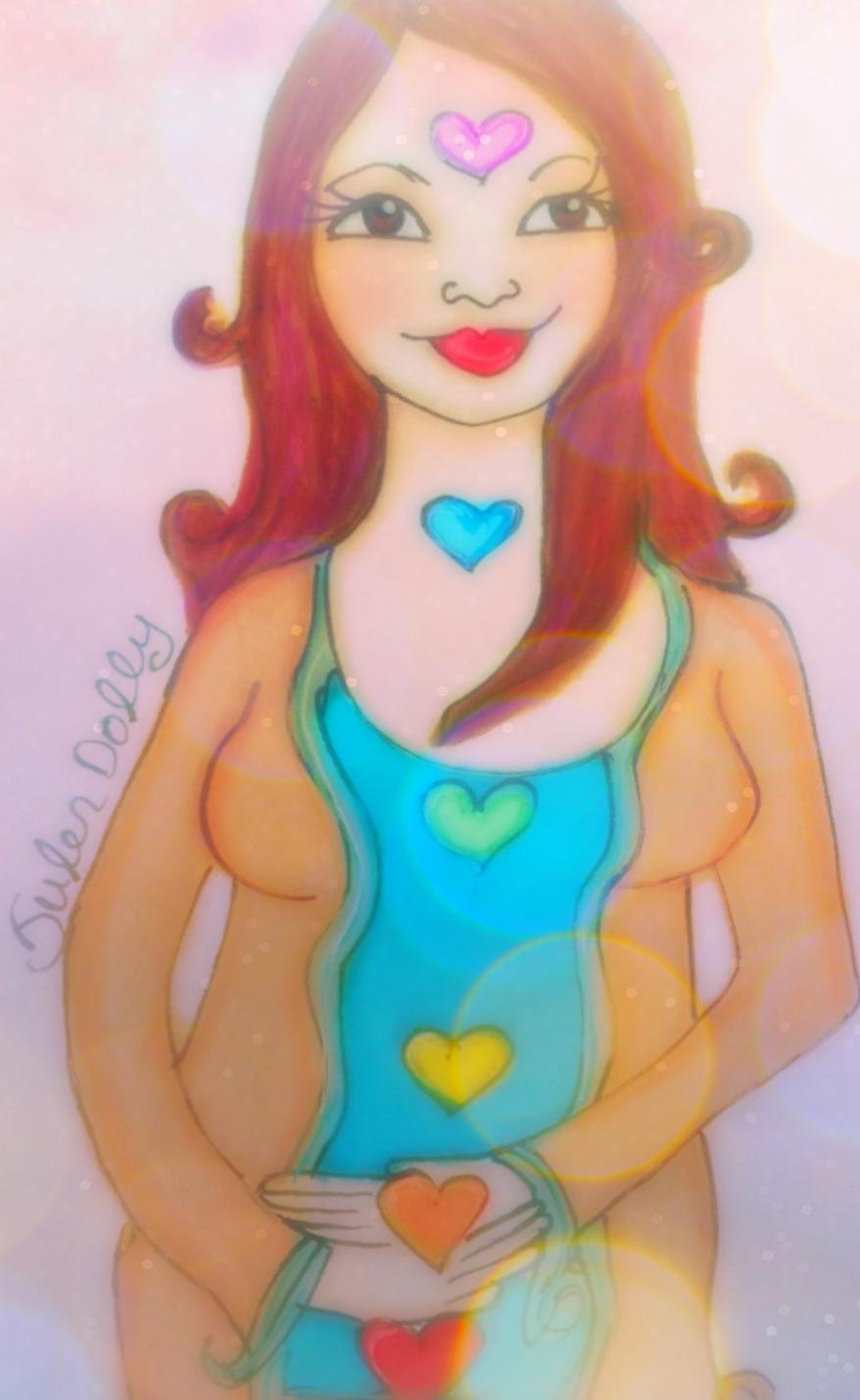
Join the ReBalance-Me Club on Facebook

I'm building a community of individuals who are rebalancing not only our body, mind and spirit, but also in focusing on ourselves, our rebalancing has a ripple effect with family, friends, animals neighbours, communities, countries and The SuperWoman herself, Mother Earth.

As you step into this group healing space, we will share ReBalancing Stories and practices.

I'll be continuing to share activities, exercises, practices, ritual, and guidance about my 6 ReBalance Me Ways to Wellness: Boost, Nourish, Cocoon, Support, Create, Care, these are the foundation blooms of a Creative Healing Toolkit and underpin the book I'm writing called ReBalance Me.

Join here <https://www.facebook.com/groups/rebalancemeclub>



Hope this has
helped.
Love Julia x

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