

THE WELLNESS UNIVERSE GUIDE TO

Complete
Self-Care

25 TOOLS
FOR STRESS RELIEF

NOTES JOURNAL

CREATED BY

Anna Pereira

Copyright

The Wellness Universe Guide to Complete Self-Care
25 Tools for Stress Relief
Anna Pereira

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Welcome, Beautiful Soul.

Thank you for picking up a copy of The Wellness Universe Guide to Complete Self-Care! Our series of books can be found on Amazon and can be ordered around the world.

We have received such positive feedback about our books but one complaint was “I don’t have enough room to write notes or journal.” Please enjoy our gift to you that will help support your self-care program and assist you in your commitment to yourself as you write about your findings, doodle, or stick to a month long commitment to practice a tool that called out to you.

I am delighted The Wellness Universe is here to support your best life! Be sure to connect with me and the amazing self-care authors for a deeper dive into your best life experience. Come to our events online and in person to experience deep transformation!

Anna



Introduction to Stress Relief

We believe in a mind body spirit approach to wellbeing. The Wellness Universe was created to bring together people around the world who make the world a better place through their support of health, wellness, and well-being for mind, body, spirit, and planet.

Complete self-care cannot be achieved unless we nourish all of our parts. Within this guide, I want to share with you 25 of our top resources from The Wellness Universe to help you manage, reduce, and relieve stress.

Balanced mental wellbeing, I feel, is the foundation for a wonderful life experience. We are more resilient, positive, and empowered when we're calm, centered, and joy-filled.

Stress can come from tangible and intangible sources. Knowing what decisions to make and what feeds stress or diffuses it is essential to happiness.

This guide is chock full of tools and amazing coaches, doctors, and therapists, to help you through a stressful moment as well as practices to incorporate into your life to manage stress and be pro-active about your mental health.

This guide is especially near and dear to my heart as I suffer with occasional anxiety. My mindfulness practice along with putting these kinds of tools into action have helped me. This makes me a better person, wife, and leader.

I hope you find at least one golden nugget in this guide that changes your life. I hope you connect with these featured author-experts, WU World-Changers. They are here for you and your total well-being.

Anna



An abstract painting with a vibrant, textured background. The colors are primarily warm, including shades of red, orange, yellow, and pink, with some cooler tones of blue and purple. The surface is covered in various brushstrokes, including broad, flat areas and more intricate, dark, scribbled lines. The overall effect is one of dynamic energy and artistic expression.

*This Journal
Belongs to*

INSTRUCTIONS

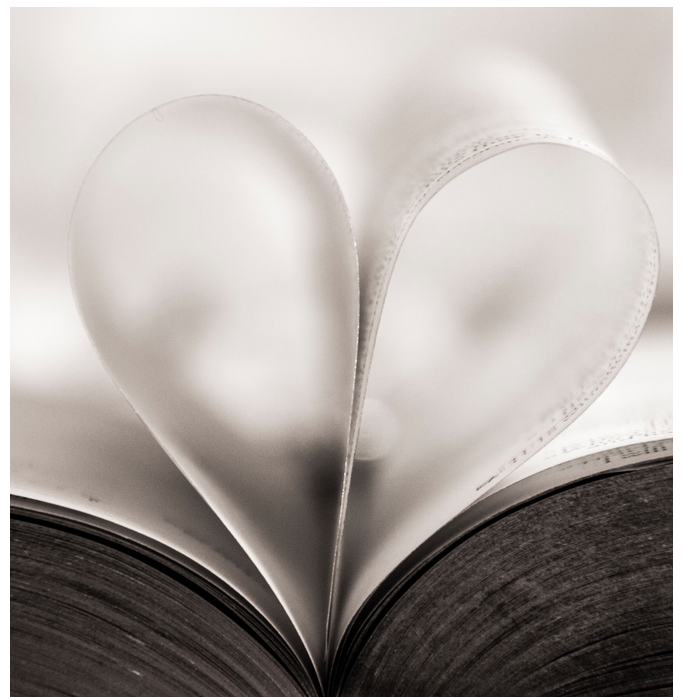
How to use this journal

Each chapter in the book has a space for notes and reflections within this journal.

You can read each chapter in order or you can read the chapters as you feel drawn to them.

Find a space to read where you will be able to read free from distractions.

As you read each chapter, use this journal to make notes. Write down what inspires you, share your insights, and plan how you'd like to implement that tool into your life.



CHAPTER 1 - FINDING CALM IN DAILY ROUTINE

Complete this while you read this chapter, take some time to write out how you feel about this chapter and the author's story. How does it resonate with you?

INSIGHTS I GAINED FROM THIS CHAPTER

HOW DOES THE AUTHOR'S STORY RELATE TO ME

HOW CAN THIS TOOL HELP ME DECREASE STRESS?

WAYS I CAN IMPLEMENT THIS TOOL IN MY LIFE?

Chapter 1 Reflections

Use this space to journal any thoughts, feelings or insights you had while reading this chapter.

CHAPTER 2 - GRATITUDE

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Chapter 2 Reflections

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CHAPTER 3 - TAPPING FOR TURBULENT TIMES

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Chapter 3 Reflections

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CHAPTER 4 - EMBRACING LIFE

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Chapter 4 Reflections

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CHAPTER 5 - NARCISSISTS, GASLIGHTERS, TOXIC RELATIONSHIPS, OH MY!

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Chapter 5 Reflections

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CHAPTER 6 - MINDFUL NUTRITION FOR MENTAL WELL-BEING

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Chapter 6 Reflections

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CHAPTER 7 - EFFECTIVE DECISION MAKING

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Chapter 7 Reflections

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CHAPTER 8 - BREATHING

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Chapter 8 Reflections

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CHAPTER 9 - VITAL ENERGY MOVEMENT

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Chapter 9 Reflections

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CHAPTER 10 - PEAK SPORTS PERFORMANCE MINDSET

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Chapter 10 Reflections

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CHAPTER 11 - DETOXIFY

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Chapter 11 Reflections

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CHAPTER 12 - DE-CLUTTER YOUR MIND

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Chapter 12 Reflections

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CHAPTER 13 - PAUSE WITH PURPOSE

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Chapter 13 Reflections

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CHAPTER 14 - TAP AND RANT

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Chapter 14 Reflections

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CHAPTER 15 - DIVINE POWER

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Chapter 15 Reflections

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CHAPTER 16 - CHOOSING RESILIENCE

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Chapter 16 Reflections

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CHAPTER 17 - MOVING MEDITATION

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Chapter 17 Reflections

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CHAPTER 18 - THE 7-SECOND MINDSHIFT™

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Chapter 18 Reflections

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CHAPTER 19 - KNOWING YOUR TRUE VALUE

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Chapter 19 Reflections

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CHAPTER 20 - EMOTIONAL MASTERY

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Chapter 20 Reflections

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CHAPTER 21 - EARTHING

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Chapter 21 Reflections

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CHAPTER 22 - RELAX!

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Chapter 22 Reflections

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CHAPTER 23 - RECLAIMING YOUR POWER

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Chapter 23 Reflections

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CHAPTER 24 - FORGIVENESS

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Chapter 24 Reflections

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CHAPTER 25 - STRESS AND THE HIGHLY SENSITIVE PERSON

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Chapter 25 Reflections

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FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

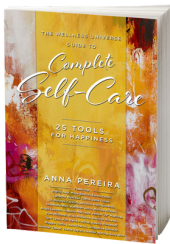
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Helpful Resources



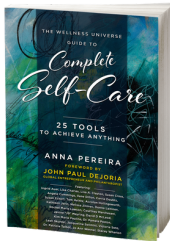
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Meet Our Authors



Nancy Stevens

Life and Health Coach

CHAPTER 1

FINDING CALM IN DAILY ROUTINE

A Step By Step Guide



Janette Stuart

CHAPTER 2

GRATITUDE

The Magical Elixir to Reduce Stress,
Worry, and Anxiety



Rev. Jennifer Moore

Accredited EFT Master Trainer

CHAPTER 3

TAPPING FOR TURBULENT TIMES

Release Empathic Distress with
Emotional Freedom Techniques



Jim Phillips

LIFE Strategist

CHAPTER 4

EMBRACING LIFE

Strategies for a Life Well-Lived



Laura Ellick, PhD.

CHAPTER 5

NARCISSISTS, GASLIGHTERS, TOXIC
RELATIONSHIPS, OH MY!

The Magical Elixir to Reduce Stress, Worry, and Anxiety

Meet Our Authors



Linda Gillan

Mental Health Advocate. Dip. Mental Health

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**MINDFUL NUTRITION FOR MENTAL
WELL-BEING**

Choosing Foods to Help Lift Your Mood



Melissa Jirovec

Mindset Strategist

CHAPTER 7

EFFECTIVE DECISION MAKING
Eliminating Conflict and Confusion



Laura Sharon

MA, ACC, CDTL/CDWF

CHAPTER 8

BREATHING

A 3-minute Practice for Creating Calm
in Any Situation



Carole Park

Spiritual Chi Yoga Healer and Teacher

CHAPTER 9

VITAL ENERGY MOVEMENT
Create Flow to Balance the Body
and Calm the Mind



Kim Marie Pauline

DLM, CNS, CNC, CPT, PES & CES

CHAPTER 10

PEAK SPORTS PERFORMANCE MINDSET

Eliminate Anxiety On and Off the Field

Meet Our Authors



Rosemary Levesque, LSH

CHAPTER 11

DETOXIFY

Discover and Relieve Toxic Stress



Dr. Toni Warner-McIntyre

LCSW, MEd, MSW

CHAPTER 12

DE-CLUTTER YOUR MIND

Enhance Productivity Without the Burnout



Jennifer Wren Tolo

RN, MA, CRM, CPT

CHAPTER 13

PAUSE WITH PURPOSE

Tame the Chaos and Reset the
Nervous System



Carolyn McGee

Intuitive Strategist and Coach

CHAPTER 14

TAP AND RANT

Release Blocked Energy for
Empowered Clarity



Ingrid Auer

Spiritual Teacher

CHAPTER 15

DIVINE POWER

Integrating Angel Energy to Release Life's Burdens

Meet Our Authors



Jennifer Whitacre, MA
Empowerment Strategist, and Trauma Specialist

CHAPTER 16
CHOOSING RESILIENCE
Using Your Biology to Shift From
Distress to Well-Being



Jill Alman-Bernstein, MFA
Intuitive Empowerment Coach

CHAPTER 17
MOVING MEDITATION
Mind Body Balance Through
Intuitive Movement



Donna Blevins, PhD
CHAPTER 18

THE 7-SECOND MINDSHIFT™
Retrain Your Brain for Calm on Demand



Debra Lupein
Voice of the Akashic Records

CHAPTER 19
KNOWING YOUR TRUE VALUE
Coexisting in Peace & Harmony with Ego



Ilene Dillon
MSW, LMFT, LCSW

CHAPTER 20
EMOTIONAL MASTERY
Learning Life's Lessons to Create an Amazing Life

Meet Our Authors



Jenine "J9" Mayring

CRM, CEMP, CCHP, CHT

CHAPTER 21

EARTHING

Connect to Nature to Soothe Body, Mind,
and Soul



David D. McLeod

DD, PhD, CMLC

CHAPTER 22

ReLAX!

From Stress to Serenity in Sixteen Minutes



Suzy Woo, B.Msc.

CHAPTER 23

RECLAIMING YOUR POWER

Shine So Bright It Hurts to Look at You



Elizabeth Kipp

CHAPTER 24

FORGIVENESS

How to Transcend Resentment and Live
in Peace



Dr. Delores Fazzino, DNP, RN

Nurse Practitioner, Medical Intuitive

CHAPTER 25

STRESS AND THE HIGHLY SENSITIVE PERSON

Moving Beyond Surviving to Thriving



MEET ANNA

SoulTreat Wellness Retreat

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Facebook: www.FB.com/WellnessUniverse

Clubhouse: annapereira

Instagram: AnnaPereiraOfficial

Instagram: TheWellnessUniv

Twitter: @TheWellnessUniv

Twitter: @AnnaPereiraDesi

Anna Pereira is the Founder of The Wellness Universe and CEO of Soul Ventures, a woman-owned business, where her mission is to make the world a better place. She's an inspirational leader, mentor, and connector for business owners who are changing the world. As an author and creator of wellness events, projects, and programs, Anna is an expert at showcasing, promoting, and supporting the world's most talented wellness professionals.

Anna lives between Europe and her birthplace, New Jersey, USA, with her husband, sports expert and investor, Hugo Varela. The couple has adopted pets (one dog and two cats) and cares for two strays. Big Red, their African Gray, loves to speak English and Portuguese and is the ruler of the house. Anna enjoys turning on the creative flow when time allows by painting, writing, and creating custom T-shirts and jewelry. Finding balance in nature or at the beach with friends is her joy. She's dedicated to serving her calling and leaving her legacy as a 'conduit for change' by bringing more health, happiness, and well-being to the world with a collaborative spirit and intentional action.



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