

# LifeQuest International

Aila Accad, RN, MSN

## Instant Stress-Busters

What Stresses Me? \_\_\_\_\_

The Cause of All Distress is: N\_\_\_\_ C \_\_\_\_\_

I Cannot Control T\_\_\_\_ N\_\_\_\_ O\_\_\_\_ P\_\_\_\_\_

I Have Total Control of M\_\_\_\_ T\_\_\_\_ F\_\_\_\_ C\_\_\_\_\_

Where I put my time, energy and attention is in \_\_\_\_ Control!

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## Prevent Burnout

### Breaking the Perfection Myth™

“shoulds”

*Perfect* \_\_\_\_\_

*Zone of Failure*

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Energy expended ↗

*Excellent* \_\_\_\_\_

*Zone of Success*

Energy expanding ↗

gifts, talents, abilities, affinities

*Marvelous* \_\_\_\_\_

**3 Clues: History, Energy, Feedback**

“Where People Learn To Thrive”

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**Stress IS Energy**  
**Release Distress... to get ... More Eu-Stress**

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## **Instant Stress-Buster TIPS**

### **# 1 The Body – Attend to Basic Needs**

**Breathe**  
**Eat**  
**Drink**  
**Move**  
**Rest**  
**Sun**



### **#2 The Mind – Know Your Limits**

**What You Focus On Expands**



**What You Resist Persists**



**I want to remember**

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“Where People Learn To Thrive”

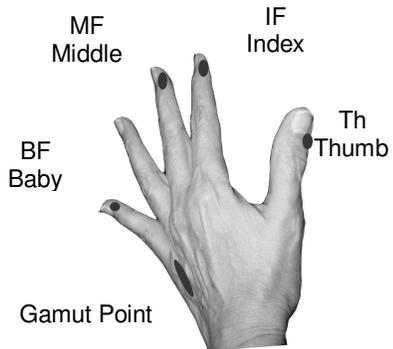
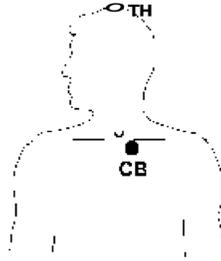
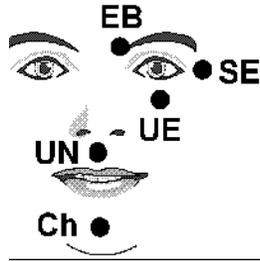
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## # 3 The Emotions – Tap on it



Karate Chop



*"Even though I have this \_\_\_\_\_, I deeply and completely accept myself."*

**EFT Demonstration Video at  
[www.ailaspeaks.com/eft.html](http://www.ailaspeaks.com/eft.html)**

## # 4 The Spirit – Connection

**Light  
Color  
Sound  
Image  
Nature**



**I want to remember**

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"Where People Learn To Thrive"

## **Attitudes of A Stress-Buster**

- ❖ I know what I can and cannot control.
- ❖ I focus on what I can control.
- ❖ I let go of perfection.
- ❖ I take responsibility for excellence.
- ❖ I influence life by valuing myself.
- ❖ I have the power to care for my body.
- ❖ I have the power to focus my mind.
- ❖ I have the power to soothe my emotions.
- ❖ I have the power to connect my spirit.
- ❖ **I am a powerful Stress-Buster!**

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## Instant Stress–Busters

### Comment Form

I sincerely hope that you enjoyed the *Instant Stress-Busters* as much as I enjoyed sharing it with you! Would you please assist me with a comment and/or testimonial and consent to its use for my own learning or for promotional purposes?

City/Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Signature (permission) \_\_\_\_\_

Occupation \_\_\_\_\_

Company/Group/Association/Business \_\_\_\_\_

**I know a group that would like to hear Aila's Presentation**

Name \_\_\_\_\_

Contact phone or e-mail \_\_\_\_\_

*Thank You,  
Aila Accad*

"Where People Learn To Thrive"