



International Chronic Pain Institute™

HIGH SPEED HEALING™

Thousands of Clients In 160 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.



DEBORA WAYNE
Founder and CEO
Pain Release and Energy
Healing Specialist

Begin Practicing these Tips Now to Reset Your Nervous System and Eliminate Stress in Your Life. Create More Energy, Peace, Happiness, and Health Starting Today.

1. Remind yourself you don't have to answer every single phone call or email immediately.
2. As much as possible, eliminate spending time with negative, combative or complaining people. You become like who you hang around.
3. Disconnect. Unplug. Take a silent walk and spend quiet time in nature. Nature calms and rejuvenates the body, mind, emotions, and nervous system. We deserve quiet time to build up our reserves and to fend off stress.
4. Don't say yes, when you really mean no! This is a silent killer!
5. Avoid telling yourself scary stories about things in the future that haven't happened yet!
6. Gently inhale into your low belly and let out a long, slow exaggerated sigh on your exhale. It's physiologically impossible to feel anxious and practice deep breathing at the same time. Deep belly breathing first thing in the morning, mid-day, and before bed for even just 2 minutes can change everything!
7. Feel your feelings. Don't stuff, deny, suppress or repress. Listen to what your feelings are telling you that you need.

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8. Stop Negative Self Talk. The more you entertain negative thinking, the more these thoughts multiply. You have a choice. Negative thoughts create negative feelings and leads to inner stress and more tension. Choose to replace negative, judgmental thoughts with higher, more positive ones. Rinse and Repeat.

9. Sleep. Sleep deprivation raises stress hormone levels even if there isn't a stressor present. Take time to get a good night's sleep, not just every once in a while, but often.

10. Be sure to listen to Debora's mp3 "Instantly Relax Audio" starting today. In less than 10 minutes you'll begin to retrain your muscles to relax, your mind to quiet, your emotions to calm, and your nervous system to thank you!

HOMEWORK

- What new action will you begin to take starting right now to reduce your stress level?
- When will you begin?
- Rinse and Repeat
- What improvements do you find happening in your body, mind, emotions, and spirit as you make these important changes? Keep a journal with the benefits that you notice taking place. Be sure to stick with it even if it feels challenging at first.

Still feeling stuck? Confused? Overwhelmed?

Book a one on one appointment with Debora Wayne at: internationalcpi.com/discovery
Email: contact@internationalcpi.com.

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