



Lifetime of Stress Trying to Put My Mind at Ease



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Sometimes we are in situations that many circumstances in our life can cause a lifetime of stress. It could be family situations, health or work related. It can be daily, monthly or yearly situations that we have no control of and need to deal with all the time. Stress can become very intense it's important to understand why you are stressed.



What works for me is:

- Learn to read your body and mind
- How I de-stress is I sit in a quiet room and think about my situation and if I can change it or do I have to accept it. Once I make this decision it helps me de-stress and accept the things I can't change
- Walking outside on a sunny day also helps me de-stress
- Then I take one day at a time
- Most important is try to stay positive and remove any negative thoughts, people or feelings in your life that can cause you stress

This is my formula in dealing with a lifetime

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous