

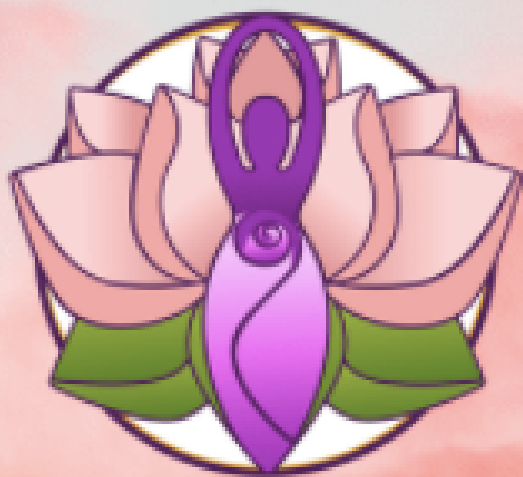
Name



EMAS

(Excelling in Managing
Anxiety and Stress)

Program Workbook



Linda Mitchell
Healing
MASSAGE, BODYWORK & COACHING

DAY ONE

Date _____

- Intro to this safe space, confidentiality and respect for group members
- Questions are always welcome either in the chat or by raising hand.
- Brief group intros include: Your name plus one word that describes how you feel today and a brief sentence about how you'd like to feel at the end of this 5-week course.

Today's Topics:

- Understanding the Function & Power of Your Subconscious Brain including the power of Imagination and Visualization.
- Breathwork - Explanation of various types and practice



Day 1 WORKSHEET



#1: MY INTENTION FOR THIS PROGRAM IS:

#2: ONE WORD THAT BEST DESCRIBES HOW I'M FEELING TODAY AS I ENTER THE 5-WEEK COURSE? MY WORD IS...

#3: HOW WOULD I LIKE TO FEEL AT THE END OF THIS COURSE?

#4: WHAT WILL HAPPEN IF I DON'T TAKE THIS STEP?



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#5: NOTES AND OBSERVATIONS FROM TODAY'S CLASS

#6: MY IMPORTANT TAKEAWAYS FROM TODAY

#7: HOMEWORK AND ACTION STEPS I COMMIT TO WORK ON BEFORE OUR NEXT CLASS:



DAY TWO

Date _____

Today's Topic:

The Power of Meditation and Guided Visualization



Day 2 WORKSHEET



#1: NOTES AND OBSERVATIONS FROM TODAY'S CLASS

#2: MY IMPORTANT TAKEAWAYS FROM TODAY

#3 HOMEWORK AND ACTION STEPS I COMMIT TO WORK ON BEFORE OUR NEXT CLASS:



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DAY THREE

Date _____

Today's Topics:

- Belief → Results Cycle. Understanding how your beliefs create your reality
- The 4 Pivotal Questions to bring us peace and calm
- Top techniques for reducing anxiety & stress.



Day 3 WORKSHEET



#1: NOTES AND OBSERVATIONS FROM TODAY'S CLASS

#2: MY IMPORTANT TAKEAWAYS FROM TODAY

#3 HOMEWORK AND ACTION STEPS I COMMIT TO WORK ON BEFORE OUR NEXT CLASS:



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DAY FOUR

Date _____

Today's Topic:

Emotional Freedom Technique (EFT Tapping) Demo & practice



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Day 4 WORKSHEET



#1: NOTES AND OBSERVATIONS FROM TODAY'S CLASS

#2: MY IMPORTANT TAKEAWAYS FROM TODAY

#3 HOMEWORK AND ACTION STEPS I COMMIT TO WORK ON BEFORE OUR NEXT CLASS:



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DAY FIVE

Date _____

Today's Topics:

- Energy Medicine and QiGong
- The Power of Gratitude and Affirmations
- Summary and Questions



Day 5 WORKSHEET



#1: NOTES AND OBSERVATIONS FROM TODAY'S CLASS

#2: MY IMPORTANT TAKEAWAYS FROM TODAY

#3 HOMEWORK AND ACTION STEPS I COMMIT TO WORK ON BEFORE OUR NEXT CLASS:



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