

STRESS MANAGEMENT

An Inside out Approach

A 6-week Group Coaching program for people looking to create more peace and less stress in their lives



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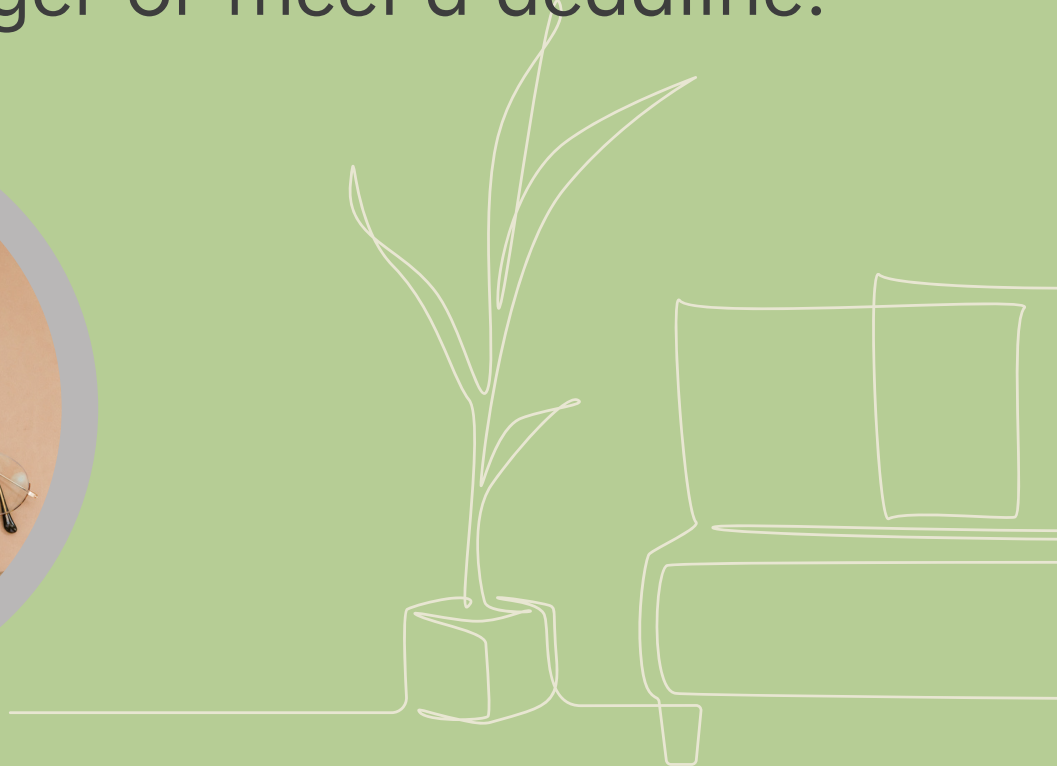
Introduction

Stress is a feeling of emotional or physical tension.

An event or thought that makes you feel frustrated, angry, or nervous is considered stressful.

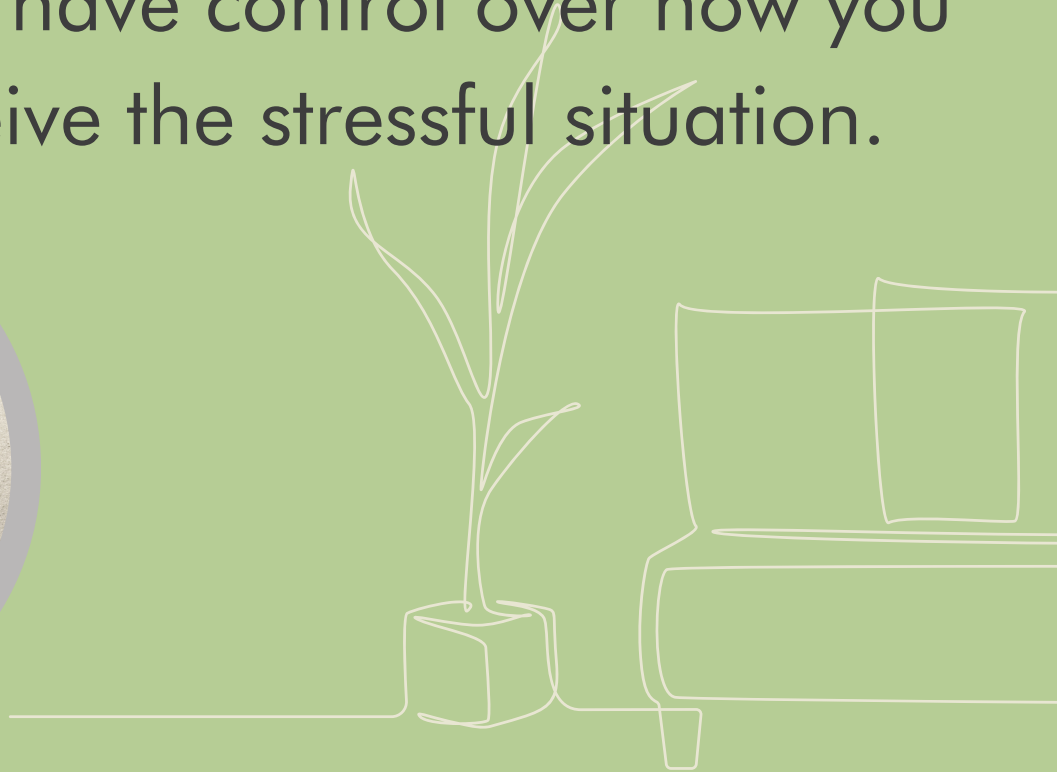
Stress is also your body's reaction to a challenge or demand such as an exam or a work deadline.

In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.



But when you are constantly feeling emotional or physical tension day in and day out, then the stress has become chronic or long term. Long term stress is now known to be the risk factor for just about every illness known to man.

Although you may not have any control over the stressful situations, you do have control over how you perceive the stressful situation.



Understanding our own inner narratives, emotional stories and limited beliefs can give us insight into our perception of reality.

And as we become aware of these inner stories and work through them we change our perception and things that seemed stressful no longer do!

This is
**AN INSIDE OUT APPROACH TO
STRESS MANAGEMENT**



MODULE 1

UNDERSTANDING OUR NERVOUS SYSTEM AND THE STRESS RESPONSE

1. What happens to the body when we feel stressed and overwhelmed.
2. Understanding the vagus nerve response
3. Relationship between chronic stress and diseases



MODULE 2

ALL ABOUT EMOTIONS AND THOUGHTS

1. Understanding our emotions and thoughts & how they are often the root cause of the stress and overwhelm that we feel in our lives.
2. How our limited beliefs & ego stories are a reflection of the coping mechanisms developed in childhood.



MODULE 3

LEARNING THE INSIDE OUT APPROACH TO STRESS MANAGEMENT

1. Learning how to look inwards to become conscious of suppressed emotions & subconscious beliefs that are playing a role in activating the stress response.
2. Understanding triggers & how they can guide us towards what we are holding inside our hearts and minds.



MODULE 4

HEALING THE PAST & IT'S IMPRINT

1. Healing the past and its imprint on our nervous system so we can respond and not react to stressful situations in life.
2. Learning & Practicing the 5 step approach to processing suppressed emotions and changing limited beliefs that we may be holding in our subconscious minds.



MODULE 5

LEARNING THE ART OF REFRAMING

1. Practicing a new way of living life.
2. Learning how to regulate the nervous system for a more calmer, peaceful and joyful existence.



MODULE 6

INTEGRATING THE INFORMATION INTO EVERYDAY LIFE

1. Expanding the window of tolerance through awareness and practice.
2. Practical tools to continue practicing this new way of being.



Meet the instructor



Aziza Amarshi

Pharmacist, Holistic Nutritionist, Wellness coach

Aziza is passionate about the health and wellbeing of her clients. She has worked as a pharmacist in both community and hospital settings.

Her journey into holistic health started when she completed a certification in holistic nutrition 10 years ago. It was an eye opener for her as it allowed her to see the connection between lifestyle factors, food and illnesses. However, it wasn't until her own diagnosis of an autoimmune condition called Rheumatoid arthritis in 2018 that she began to personally experience how stress, emotions and mindset can have such a huge impact on our health.

Her own subsequent healing from this condition using a holistic, integrative approach has been the catalyst behind the creation of this course. She completed her training as a root cause practitioner and a wellness coach so she can better support her clients on their healing journey

Course Details

When : Every Wednesday
Feb 08 - Mar 15, 2023

Time : 2 - 3:30 PM EST option 1
7 - 8:30 PM EST option 2

Where: Live Online classes
using Zoom Platform

Investment: Introductory Price
\$249 usd via PayPal
\$299 cad via e-transfer

BONUS: 30 minute private coaching call for all participants included
in the investment

Note: The 2pm option will only run if there are enough participants in
the afternoon session.





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