

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



KING CITY

PURE

PHARMACY & WELLNESS CENTRE

www.thepure.ca

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.

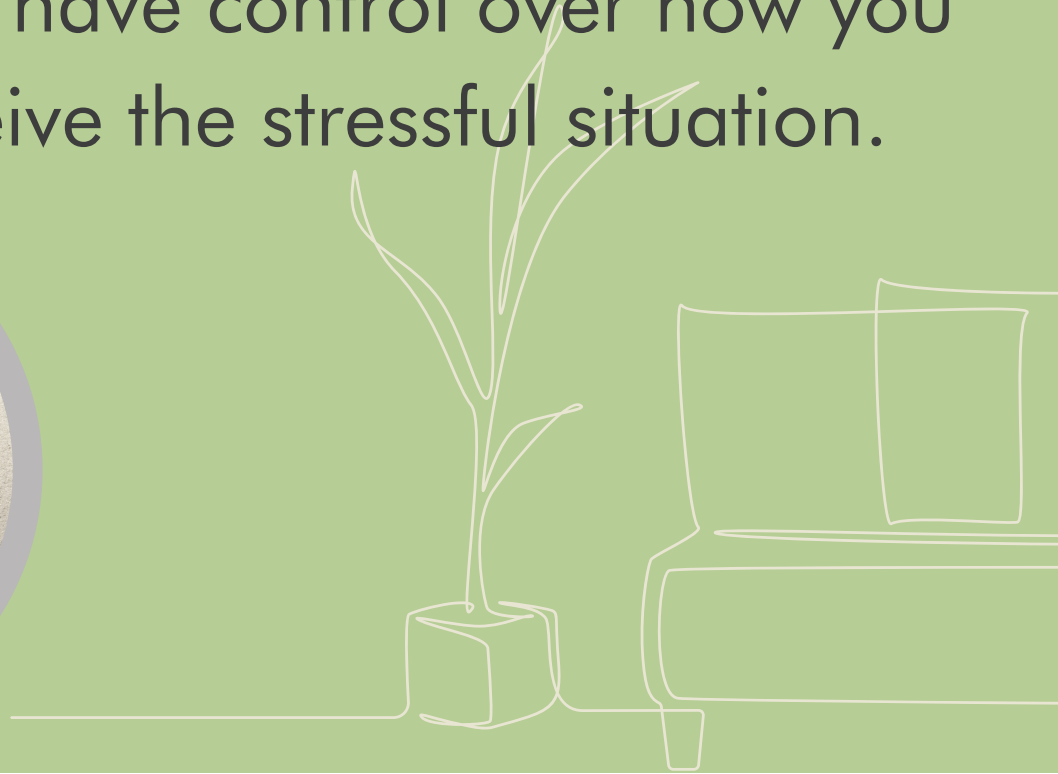
Stress is also your body's reaction to a challenge or demand such as an exam or a work deadline.

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

Testimonials

Tom Pinkney (March 2023)

In a truly enjoyable and interactive program consisting of six sessions, Aziza presents a logical explanation of both the physical and emotional components of the stress we all feel at times in our daily lives. Importantly, she also provides two processes we can follow to significantly reduce that stress. These are not "quick fixes" with some simple formula to be followed, but rather a thoughtful explanation of how our nervous system works in response to the unique stressful experiences in our lives. Based upon this knowledge and with guided private and personal practice, participants learn to significantly reduce or eliminate stressful situations. This does require some serious reflective work by participants to maximize the benefits of the program. Although Aziza often tells interesting accounts of her own experiences, no one participant is ever expected or required to reveal their sources of stress.


Following each session Aziza provides notes to facilitate review of the week's content, and she makes the tape of the entire session available for downloading. She also generously makes herself available for personal followup conversations and even provides a private session for each participant after the course concludes. As a person who has been involved in adult learning for several decades, I can sincerely verify that this program can be a life altering experience.

Testimonials

Anonymous (March 2023)

Aziza's small-sized group and compassionate approach meant I felt comfortable and safe to share. Each session was thoroughly well-planned, informative, and insightful through both clear visuals and Aziza's excellent and accessible delivery of concepts and strategies. I also liked how she used science to explain why our bodies were experiencing the things they were. Aziza also shared her life experiences with honesty and sincerity that made the workshop relatable and inspirational. I learnt so much in just a few weeks and have already noticed a difference in how I can now handle previously challenging situations. If you're feeling stuck in 'survival mode' while dealing with everyday stress, I highly recommend this course to help understand why, and to gain practical tools to become unstuck and gain your peace!

Course Details



**When : Every Wednesday
(except feb 21st)
Jan 31-Mar 13, 2024**

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

**Where: Live Online classes
using Zoom Platform**

Investment:

\$299 usd via PayPal

\$349 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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Registration for the
Course will open on
January 4, 2024

