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## HOW WELL DO YOU MAINTAIN BALANCE TO MANAGE YOUR STRESS?

BY ESTELITA PEARCE 2018

"We are born with internal catalyst stressors that are essential for body's organ systems to function. Without these stressors, there could be no life. Stress is inevitable; therefore, we must create habits that will keep us balanced and grounded in the midst of daily stress." ~Estelita Pearce~

If you are trying to manage your daily stresses in the midst of challenging situation, you might feel like a tightrope walker— always fearing that you could slip and fall into the clip anytime. Living at the edge everyday, putting your physical and mental state of mind under a lot of pressure for a certain length of time can cause an array of chronic and serious health conditions.

TAKE THIS QUIZ TO SEE HOW WELL YOU ARE MEETING YOUR RESPONSIBILITIES WHILE ALSO RECOGNIZING AND FULFILLING YOUR PERSONAL DESIRE, NEEDS AND WANTS.

Instruction: Read each statement below carefully. Place a number 1 on the box that corresponds your answer. Evaluate yourself and answer with all truthfulness and honesty.

TRUE	FALSE	STATEMENTS
		The only way I can successfully manage my life is to take care of myself physically, mentally and emotionally.
		I nurture myself first to enhance my capacity to help others.
		I eat nourishing wholesome food and I exercise daily which maintains my energy and vitality.
		I manage my stress by seeking balance on my perception to see things from a balanced perspective.
		Finding the benefits and blessings of negative encounters with people, events, or environment take me into a state of presence and gratitude.
		I nurture my creativity that feeds my soul through writing, painting, cooking, gardening, socializing, etc.
		I make sure to give myself a personal quiet time for reflecting, meditating, or simply spending time being with nature.
		I celebrate the gifts of each season; hiking and enjoying wild flowers, trees, camping, beach walking, swimming, gardening, doing barbecues, harvesting the bounty, gathering woods, spending time inside keeping warm in winter, or enjoying hot drink.
		I observe and heed the emotional signals that tell me when I'm out of balance- resentment, mood swings, overwhelming feelings, frustrations, etc.
		Reaching out to others enriches my life. I spend quality time with loved ones, family and friends.



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TRUE	FALSE	STATEMENTS
		Contributing to the world provides connection and purpose so I give my time and energy to experience what feels most useful for the good of all.
		If I feel that I'm catching a cold or flu, I know I have stressed my immune system with overactivity so I stop and take care of myself.
		When someone requests for my time and I want to say NO, I do so without feeling guilty for my honesty.
		If I have made something planned for myself, I don't just toss that aside when someone makes a request of my time.
		I'm busy but I find time to do things I love to create.
		I make it a routine to make sure I get enough sleep to allow my body and mind to restore, rebuild, and regenerate at night.
		I make it a habit to give thanks, gratitude and blessings to life, loved ones, friends, and people that I interact daily.
		I am grateful for the precious gift of life experiences be it good or bad situations, people, or environment. I tuned in to the higher vibration of my experience to stay present.
		I experience inner peace, calm, and joy connecting to the essence of my soul.
		I reflect on my unbalanced perception of people, events, or environment to find a learning wisdom to expand greater awareness and being present in the moment.
		I say "Thank you and I love you to myself" to honour the divine soul essence that lives and expresses itself through this beautiful body that I inhabit.
		I nurture the precious gift, talent, or genius I was born with so I may be of service to others.
		<b>TALLY ALL THE TRUE AND FALSE ANSWERS</b>

If you answered FALSE more often than TRUE, you may want to reflect at the questions to which you answered FALSE. See if you can incorporate something of its message into your daily life to help you balance yourself and manage your stress.

These question statements that you answered FALSE can be used as a daily affirmation to help balance a part of yourself seeking love and alignment to your source.

Please don't hesitate to email: [info@estelitapearce.com](mailto:info@estelitapearce.com) to explore this issue further.