


The background of the entire image is a lush green forest. In the foreground, a stream flows over dark, moss-covered rocks, creating small cascades and white water. The trees in the background are tall and thin, with dense green foliage. A semi-transparent grey rectangular box is positioned in the upper middle of the image, containing the main title and subtitle.

3 Easy Ways to Manage Stress, Anxiety & Fear

**(and relax, gain clarity and experience
more resilience in the process)**

By Eve Wahn



*Stress, Anxiety and Fear are signs
we're off our true path and are
always correctable
if we are willing.*

– Eve Wahn

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Introduction and Background

Are you feeling stressed, anxious or afraid in some area of your life that you'd love to change? If so, you're not alone. Many people are feeling uncertain, stuck, or overwhelmed, and unsure how to make the changes they want to make.

Here's the GREAT news! There's 1 key resilient people use to bounce back and get on track. And I'm going to share it with you in this e-Book, along with the 3 easy ways to manage stress, anxiety and fear.

Use these tools and you, too, will feel more energized, centered, relaxed and in command.

We live in a world with a major focus on qualifications, status, achievement and success from a very young age. It's a world where happiness somehow gets tied to stuff – possessions. We work hard to reach our goals, yet end up stressed, out of balance or worse.

Most of us learn the basics of self care – we know we're supposed to eat well, get enough sleep and exercise – don't we?

Yet many of us fall short in one way or another. Something happens, and all of a sudden we find ourselves reaching for that cookie, drink or favourite social media site to cope. We may appear put together and happy, and we may act like all is well

to the outside world. Yet inside we may feel small, inadequate, ugly, unimportant, or unworthy. We look at others and they seem to have their act in tact. It can be painful.

For some, work/life balance and self-care are seen as something we'll get to when we have time. We'll take a vacation or a break of some kind, sleep-in on "Sundays" to rejuvenate – and hope that'll do the trick. This may work for awhile, yet stress has a tendency to accumulate, doesn't it?

Some folks feel guilty when they take time for themselves, believing they may be letting others down, not pulling their weight somehow or that looking after themselves is a sign of weakness or indulgence.

It's true there's a greater focus on mental health, yet in practice many still fear the potential for stigma, that they will lose their job or status, or that there will be negative consequences for taking "me" time. So, people continue on, stressed and anxious.



As we know, there are different types of "stress". What many call "good stress" is what we feel when we are on our growing edge. There's no real threat or fear, here. The hormones that kick in are those where we feel more vital, alive and engaged in life. On the other hand, the stress that we normally call "stress", and my focus here, is the chronic stress that has negative health effects.

Sometimes we are aware of the soft signals that indicate we are out of balance – perhaps it's the headaches, a diagnosis, we're tired all the time, or have bouts of anger or frustration. Yet we'll often ignore, override or explain them away. There's too much to do, too much to cope with... that is, until we get hit with a hard knock.

Whether you're getting soft signals or you've been hit with a hard knock, it's great that you've downloaded this e-Book! The suggestions here will make a difference if you take them to heart. I promise.

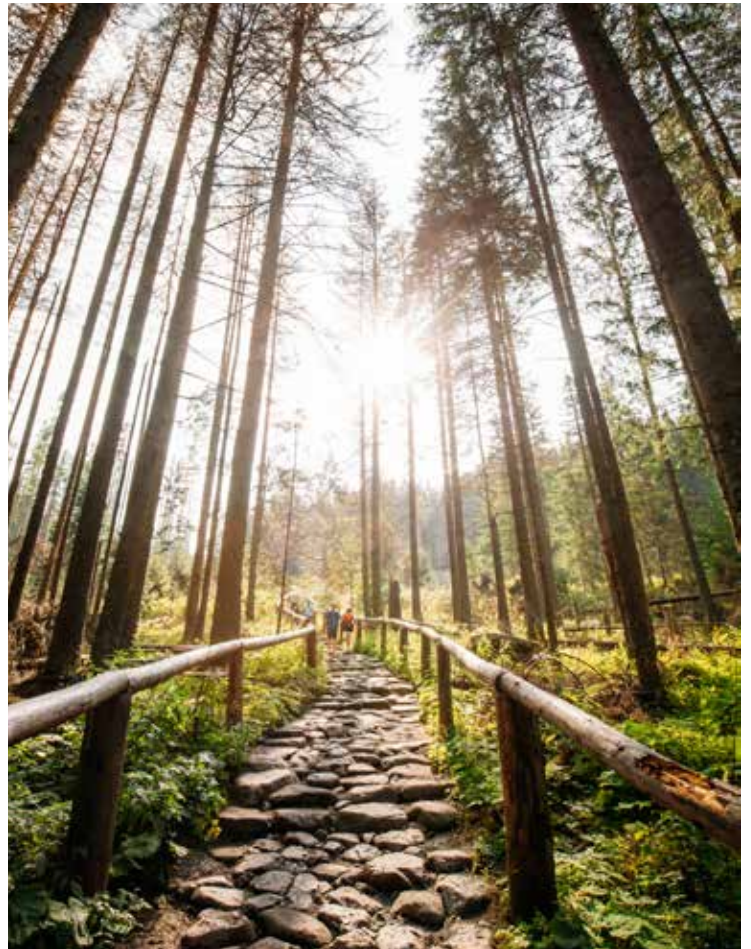
Some Background and a Secret to Resilience

Have you ever wondered why you're here (on this planet I mean)? I've asked myself that question since I was a little girl. I didn't grow up in a loving environment and didn't know what love was. My favorite song was "Where is Love" from the movie

“Oliver”. I’d sing that over and over again to myself, and it gave me solace to know that someone else was looking for love too. As a child, I looked around and didn’t see much purpose in my being here... I used to say, if this is all there is “beam me up scotty!”. Yet, since I was here, I thought I’d better figure it out. So, I started to seek. It took many years and much healing for me to become aware of and open to my true purpose for being on this planet and the reason it matters.

I now help others “find” their true purpose, and teach proven tools that transform the thoughts and behaviors that are in the way of your creating and living the life you’d love.

As mentioned, it wasn’t always that way. I put myself through school and university, including law school. When I became a corporate commercial lawyer (attorney) I thought I’d made it! I certainly wasn’t prepared for the ride that was ahead of me. You see, though I became good at the work, it didn’t call to me... it was something I did and was paid for. I had a great job at one of Canada’s top law firms in downtown Toronto, and was on track to be a partner there. I was working ridiculous hours, wasn’t eating well or getting enough exercise, and friends? Well, they stopped calling. I was working so many hours that my landlord at the time shut off the water supply to my kitchen so he could do repairs, and said he didn’t think I’d notice. Seriously? – but then again, I was “home” only to sleep. I was in my 30’s and the stress, long hours, poor food choices and lack of sleep started to have some physical effects. More importantly, though I didn’t notice at the time, my spirit was unsettled.



Have you ever had an experience that you didn’t see coming yet it changed the course of your life? Well, though it wasn’t a conscious choice, “out of the blue” I was negotiating my severance from that law firm, had picked up, packed up, and was on my way to South East Asia. I’d worked since I was 16 and figured I needed to “find myself” – or at least give myself a break and recover.

Over the course of the next year, I hiked many trails and spent time in and around the ocean. I followed my “nose” here and there, and started to find my Self. At a certain point it was time to come home and “back to reality” - get a job and work, settle down and do all the things one is supposed to be doing in their thirties. Yet the awareness gained through that experience has never left me, and the desire for clarity was even stronger. I’d found that Life is always seeking a fuller, freer expression of itself, as me.

And it’s the same with you.


You may be a person who wants to know why you’re here. Or maybe you know you’re a healer or teacher (or whatever it is) and want to engage in life in ways that feel truly meaningful to you.

You may be a person who is always giving to others before herself (or himself :) and are feeling exhausted by it.

You may be a person who is feeling so stressed, tired and anxious that it’s having an effect not only on you, but on those you love the most.

Regardless, a key that resilient people use to bounce back and get on track, and the 3 easy ways I offer in this e-Book for you to manage stress, anxiety and fear, will help. And at the end, I have a bonus that I know you’re going to love. It will make a huge difference in helping you step away from what isn’t serving you and step into becoming more of who you truly are.

So let’s dive in...



*Change takes
place inside
first and then
manifests
on the outer
level.*

~ John Rogers



The Resilience Factor

In the Fall of 2020, I facilitated a call with about 35 women where one of the participants said she found “resiliency” to be exhausting. In her mind, that word meant constantly having to be strong, reset and rise above. In other words, it was constant effort and felt draining to her. She believed that being resilient meant she had to be in constant action. As she spoke, her words sounded tiring and stressful. You see, her belief contained ideas of struggle; that success was dependent on outside circumstances and forces. It doesn’t have to be that way.

What is resiliency?

Wiki defines it as:

1. the capacity to recover quickly;
2. the ability to adjust easily;
3. the ability to spring back.

Resiliency is a natural quality of being a human being. Nature is resilient and we are nature, so naturally are endowed with that quality. Look at the way nature responds to shifts and changes. A seed may find itself in a crack in cement, and will still find a way to grow and flower and seek the light.

In my yard there are lots of dandelions at different parts of the season. I have left the grass to grow without chemicals and things. And I noticed that in some places they flower very low to the ground – its as if they've learned that the lawn mower will cut off all their flowers and seeds! I laughed when I noticed this new pattern – its such an amazing example of the way nature adapts to its circumstances.

We sometimes think that if we aren't feeling resilient its something we need to work on. Yet there's another way to look at this. You see, you already possess all the resilience you could ever want or need. Resilience is part of your true nature. But if you aren't feeling resilient, there's a belief or some block in the way.

To remove that block is an inside-out job, as is dealing with stress or anxiety. And as we remove the block, we experience more awareness and resilience, and we also have a greater capacity to deal with fear, stress and anxiety.

People often try to deal only with the circumstances, situations or conditions without removing the blocks in their perception. And that may lead to relief or short-term solutions.

Usually, though the stress or anxiety returns, triggered by another form or situation. This is because when we deal only with the outside circumstances, we are dealing with effects rather than the cause. Yet once we change the underlying patterns of belief, we can experience permanent shifts in our results.

So, you may well ask: if this is some sort of block, where is it, what is it and what can I do to remove a it?

Well, that is a longer process, my friend. However, let's start with this...

One way to experience greater resilience is to question your perspective or beliefs



about a situation. In other words, consider opening to see a situation, person or circumstance in a new way.

There's a part of the brain called the "Reticular Activating System" which mediates our overall awareness. When we tell it to focus on certain things, consciously (like look for dandelions that have started to grow close to the ground :), or unconsciously through our beliefs, the brain will start to look for these things. In other words, when we have a belief that something is a certain way, that is what we will have a tendency to see. We won't generally see all the other options and opportunities that might be there and otherwise available.

With all that background, let's take a snapshot of where you believe your level of resilience is at this point. Without judging it good or bad, on a scale of 1 - 5 circle the number below that you believe represents your level of resilience at this point, with 1 being not very resilient and 5 being very resilient.

1

2

3

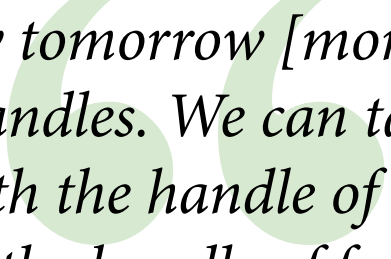
4

5

Not Very Resilient

Very Resilient

Regardless of the number you wrote down, the information I'm going to share with you in this e-book will help, and beyond that what I can share with you will change your life if you choose to work with me, because **you are capable of far more than you know.**



*Every tomorrow [moment]
has 2 handles. We can take hold
of it with the handle of anxiety
or the handle of faith.*

~ Henry Ward Beecher



Context: Finding the Truth Within

Let's set the context for your beliefs and current perspectives relating to any stress, anxiety or fear you may be experiencing.

For clarification and so that we are all on the same page here, I define “fear” as any contractive energy. David R. Hawkins, MD who wrote the book, Power vs Force, calibrated a number of emotions and perceptions onto a scale, based on the science of kinesiology. Some emotions and perceptions are expansive in energy – such as peace, joy, happiness etc. I call these energies of “love”. Others cause us to withdraw and are contractive, such as doubt, delay, worry, anxiety, depression, stress, tension and so on. Contractive energies are all based in fear, though they don't always show up as what we normally think of as “fear” – i.e. DEFCON 1.

What is the way fear normally shows up in your experience?

This is important, since you can't change what you aren't aware of, so write anything else related to it here:

When we are feeling stressed, anxious or fearful, we are off center. In a way, the stress, anxiety or fear can actually be seen as “good news”; it’s a signal we are out of alignment.

How do you center yourself again? Well, one way is to know who and what you truly are.

Many people have been taught and believe we are on this planet to grow up, get a job, have a family, grow old and then die. Yet, if you're open to questioning that common way of thinking, let me ask: does that feel right to you? Does being born, growing up, getting a job, having a family, retiring and then growing old and dying feel like your true purpose for being here? Certainly it didn't seem so to me. And, if you really tune in, I suspect you'll also say “no” (or at least not all of it!) So, if that's the case, then what is your purpose?

*All you need to do to receive guidance
is to ask for it and then listen.*

~ Sanaya Roman



Society's Purpose

There are several ways to look at purpose. The first, as mentioned above, is where we see our purpose as the work we do or the job we have to keep the wheels of the world running. Purpose in this context is defined as our contribution to the day-to-day functioning of our community or society.

At one time, children tended to take on the profession of their parents. For example, in England and North America, if your last name was Smith, your dad was probably a blacksmith. In India, if you were born into a certain “caste” or level of society, that was your function. And of course, that was primarily the boys and men. The function of girls and women was rather more limited.

Schools started to change this. According to John Taylor Gatto, who wrote the book *Dumbing us Down*, schools were made at the start of the industrial revolution to teach (dare I say, condition) children to be workers for the 9 - 5 engine of society.

Some children still follow in the footsteps of their parents. If a parent is a nurse, lawyer, teacher, doctor, accountant, or in the military, as examples, the child may follow those footsteps into that line of work.

Others are streamed into work based on the results of aptitude tests. Guidance counsellors and other advisors stream students into one or another line of schooling

and work based on the scores and outcomes of these tests, rather than passion. Most kids in the western world go through some sort of school system, graduate with certain skills and eventually into some work to support the functioning of society.

For some (and I would call these the fortunate), their aptitudes match their passion. Their work becomes an expression of their passion and purpose – it fuels them and brings them joy. For many of us, though, our work or job is a way to make money and a living. If we can find a way to feel we are contributing, we may feel satisfied for a time. However, after a while many people start to feel like a cog in the wheel of a giant machine, a number, or rat in the proverbial rat race. The money we receive in exchange for our work may pay the bills and more, provide recognition and other things. Yet for many, it isn't Life giving.

If that's your story, as it was mine, I have good news! The moment you realize there has to be something MORE is the moment you can start to change; and the moment you decide you can no longer tolerate the fear, stress or anxiety is the moment you can begin the process of healing. For some it takes a wake-up call – through an illness or accident. Others heed some of the soft signals that come their way and get the help and support to gain awareness and make the shifts, before the soft signals become hard knocks.

What are some of the signals (soft or hard) that life is sending your way at this time?

And, yes, we can certainly still feel stressed and anxious related to work we have a passion for. It's an issue of alignment at that point.

A close-up photograph of a person's hands holding a white ceramic mug. The mug has the words "Shine" in a large, elegant script font and "BRIGHT" in a smaller, bold, sans-serif font below it. The person holding the mug is wearing a light blue sleeveless top. The background is softly blurred, showing more of the person and some greenery.

Your True Purpose

Another way to look at purpose is what I call “true purpose”. It’s the reason you came to the planet. Your true purpose contributes to life as a whole – whether on the physical, mental, emotional or spiritual level and whether for humans, animals, or any other kingdom.

Your true purpose isn’t a role per se, and it doesn’t have to be the way you earn income. It uplifts you as you think about it and fulfils you as you engage in it. For example:

- 2 nurses or health care professionals may be working the same shift. One entered the field primarily because of aptitude – that would be fulfilling a role in society. The other became a nurse or health care professional because it is her calling – her true purpose is in being a healer of some sort; it calls to her heart.
- 2 lawyers are in the same firm. One became a lawyer because family members are lawyers and she had the aptitude for it (that was me). Another became a lawyer because she is passionate about changing the system or social justice issues (like what Mahatma Gandhi did).

The challenge for those who are engaged in work that fulfils society’s purpose when that work isn’t your true purpose, is that it will come to be unfulfilling, stressful or exhausting at a certain point.

I recently read a social media post on LinkedIn where the author (Erica Williams Simon) was providing advice related to career and said something like: “Don’t ever attach yourself to a person, a place, a company, an organization or a project. Attach yourself to a mission, a calling, a purpose ONLY. That’s how you keep your power and your peace.”

I loved that! And while she was referencing career, this applies in every area of our lives. In the sense I’m using the phrase “keeping power”, it means to not give your energy away or allow it to be siphoned off to work and structures that are unfulfilling. And the phrase “attach to a mission, calling or purpose” means to only align your heart with your vision and inspiration – for those will take you anywhere you want to go!

Now with all this you may be saying, well that’s all well and good, Eve, but I’m currently in a situation in which I’m not “keeping my power”, and where I feel drained, stressed, anxious or unfulfilled. What do I do?

The first thing I recommend is to use the 3 easy ways to manage stress, anxiety and fear in this e-Book to gain some command.

Next, consider some form of art or movement – something to inspire you and move the stress and energy.

- Volunteer for a cause or organization that is aligned with your values, and where you feel some passion or joy.
- Exercise is great, however while it moves energy and temporarily relieves stress, it isn’t inspiring for many people. If it inspires you, though, then that is terrific and go for it!

Regardless, do something that lights you up. That’s a clue to it being aligned with your spirit and purpose.

Why is this important?



Why This is Important

The reason this is important is that when you have clarity of purpose, all the chaos and energy of indecision are gone, the wondering “if” goes away, and you will start to feel more focused, directed and inspired. You’ll feel happier, wake up in the morning with vitality and focus, make decisions with greater confidence, will be more aligned with the flow of life, and I could go on... .

When we are on the treadmill of working for a living, and going through the motions, it can be numbing and deadening.

So how do you “find” your true purpose, if you don’t already know it? Or, if you believe you are living your true purpose, what can you do if you’re still feeling stress and anxiety?

Well, some ways to deal with stress and anxiety are in this e-Book. For those of you who are not yet aware of your true purpose, the discovery is a beautiful process. And while it’s beyond the scope here, I can certainly help you with that. You can also explore this more fully through one of my online courses. That’s where miracles happen!

The point here is to understand that if you’re feeling stress, anxiety or fear, it may point to your being out of alignment with your true purpose. Consider reflecting

on this, and if it resonates with you, take steps to engage in Life in a way that's more meaningful for you.

How? Well, there's always a way to transition gracefully. In truth, when a decision to do something is aligned with your purpose, a step along your path, there will always be support. Its important to take the step, even if you don't know the full picture. The decision and step may have to be taken before the next step becomes clear. In other words, it doesn't have to be an "either/or" situation.

We build a life and a dream one step at a time. When we wait for the right time, or for someone else to agree, we will stay stuck. You may say you "can't because" of your circumstance, situation or condition – including the money. However, if taking an action is aligned with your purpose, there's always a way!





Each of us came here for a purpose and we are either on purpose or out of alignment. Our minds can conceal or block the truth from our awareness, only as long as we allow it. The good thing is, your body will never lie. You may not appreciate the signals, yet it will give them regardless.

Are you ready to gain clarity for yourself? If not, that's ok.

Yet if you've said "yes", here are a few questions to consider:

Where is stress or anxiety showing up in your life right now?

What ways do you currently use to deal with the fear, stress or anxiety?

Becoming aware takes courage and effort, yet there is nothing like it! It's golden!

Does awareness mean an end to stress? No. However awareness allows us to take command in a new way so we can change our relationship to the stress, fear or anxiety, and uncover the basis for it in the first place.

So, let me ask you a few additional questions:

Do you believe you are living your life's purpose? If yes, what is it?

What are some of the soft signals that you are experiencing?

Do you have a sense of what the soft signals mean at a deeper level?

Now you have some context and have greater awareness for yourself, as promised, here are the 3 simple, fast and effective ways to shift any stress, fear or anxiety that you may be experiencing.



The 3 Easy Ways to Manage Stress, Anxiety & Fear

You can use these 3 suggestions together or separately, in any situation and as often as required. In doing so, you will decrease your anxiety and stress response, and increase your resiliency over time. They work! I promise.

No. 1: For Immediate Relief, Breathe

We can't change our mental, emotional or physical state unless or until we become aware of it. So, as soon as possible after you notice you're feeling fear, stress or anxiety (or any negative emotion), take a moment to BREATHE deeply – at least 3 deep breaths slowly in through your nose and out through your mouth. Some of my clients will do this for a few minutes until they feel some calm returning.

This type of breathing changes your nervous system from the sympathetic (flight/flight) to the parasympathetic (rest/digest/relax). From there you have the opportunity to respond in a centered state. The wonderful thing here is that no one needs to know what you're doing and it can be done almost anywhere!

If you do this several times a day over a period of a week you will reduce some of the tension and stress in the body, and exponentially increase your responsiveness and effectiveness.

The breath is your connection to your true awareness, so as you lessen the stress



and anxiety in the physical body, you may notice you are starting to receive insights, more intuitive guidance, or hunches. When the body is tense or in a gripped, fight/flight state, it isn't open or available to this information. The door is closed, and information can't get through to us when the door is closed.

Breathing is a way to open the door, so to speak, and make the insights welcome. Remember to write these insights down and take action on them – they are **GOLDEN!**

No. 2: Turn up your Gratitude

After you've centered with the breathing, bring to mind something that you are truly grateful for. It can be anything – even something as simple as hot and cold running water! Allow yourself to really feel the gratitude and let it fill you up before moving forward.

Gratitude is one of the fastest ways to shift your state to one that is more open, expansive and effective. It is the vibration of flow and increases your sense of deserving. When we are feeling grateful, we expect good things to happen and they do!

There are 2 ways in which we can be grateful. The first way is to be grateful for a person, situation or thing. This is what comes to mind for most people when we think of gratitude.

Another way is to be grateful in an experience. We may not believe we want to be grateful for the experience of stress or anxiety. Yet consider looking at it, or any other situation, as information that is there to serve you. It's that "soft signal" or gift to get your attention indicating that a shift is required; that something is out of alignment.

In addition to using gratitude with deep breathing on an “as required” basis, consider maintaining a gratitude journal for a week and see what happens. Each day, morning or night, write 3 things you are grateful for or grateful in. Then, if you're in a stressful situation and you can't think of anything, you may remember one of the items you have written. It will support you in that moment.

No. 3: Visualize What Brings you Joy or State your Favorite Affirmation

Next bring to mind a beautiful and peaceful scene, a person or pet that you love, or something you'd love to be, do or have. Just be with that image or feeling for a few moments. Allow yourself to smile, and feel the joy, love and happiness it brings you.

There is research in the mental health field on the power of visualization to change our state of being, and our ability to generate more positive thoughts, emotions and responses.

What is this image for you? Take a moment to bring that to mind and write it here:

An alternative to visualization at this point (particularly if you have challenges with that) is to state a favorite affirmation of the person you'd prefer to BE in this situation. Use one of the quotes in this e-Book, or here are a few other suggestions:

I am relaxed, calm and responsive.

I feel happy.

I appreciate _____ about myself.

I am confident and clear minded.

I value and take wonderful care of myself as a priority.

I am beautiful, strong and free.

I contribute and bring joy to those around me.

What are 3 affirmations you can use for yourself in moments where you feel stress, anxiety, doubt or fear? Write them here:



Summary

In summary, here are the 3 easy ways to manage stress, anxiety and fear:

No. 1: Breathe

No. 2: Turn up your Gratitude

No. 3: Visualize something that brings you joy, or state your favorite affirmation

Consider experimenting with these 3 suggestions for 7 days.

Your prescription for best results: Use one per day and I promise you'll see results in the moment. Use all 3 suggestions together at least once a day for the entire 7 days and you'll experience a powerful re-set!

Bonus Tip: Limit your intake of media and “news” to once daily, maximum. So much of what is coming over our screens has a fear vibe to it that will affect us and takes us off our center. If there is something you absolutely need to know, you'll hear about it :).

Want More? Here's your Bonus –

Let me ask you something:

Is stress, anxiety or fear getting in the way of your health, happiness, confidence or success?

Are you tired of the “hamster wheel” way of life yet up until now, haven't seen a way out?

Would you love more Joy, Peace and Love in your Life? Would love to experience greater Resilience? Are you seeking the true purpose for your life?

If you've answered YES to any of the above, I have something you're going to love.

Learn to create your "happy ever after" life with Eve Wahn and the Power of Vision, NOW!

This is a 1 hour masterclass that is on demand and its FREE! [Watch Now](#)

You'll learn:

- 2 essential keys to tune into a compelling vision and clarity so you can live a life you love,
- Additional strategies to use when you experience stress or anxiety, or encounter fear, doubt or worry, and
- 1 skill to turn around negative and sabotaging thoughts or a rear facing view of a situation, person or circumstance.

You'll also learn that there is a process that will unlock and create a clear path for you as you begin to engage in your life's purpose and create a live you love, and much more. It will absolutely change your life!

[Save your Seat!](#)

Now why would I deliver this as a free, on demand, masterclass?

Well, my coaching programs are quite full at the moment, yet I know people are looking for clarity and support. Part of my life's purpose is to help you open to your own life purpose and support you in removing blocks that may be inhibiting the full expression of You. Consider it a gift (though I know in this world there is usually a catch). The "catch" here is for you to tune in and sense whether this will light your path in some way. If it feels expansive, I recommend you say "yes", for you know its right for you.

[Nurture your Self here](#), you'll be so glad that you did!

Much love coming your way,

Eve

If you haven't already, join me on your favorite Social: [Facebook](#) | [Instagram](#)