

YOUR GUIDE TO

More Joy



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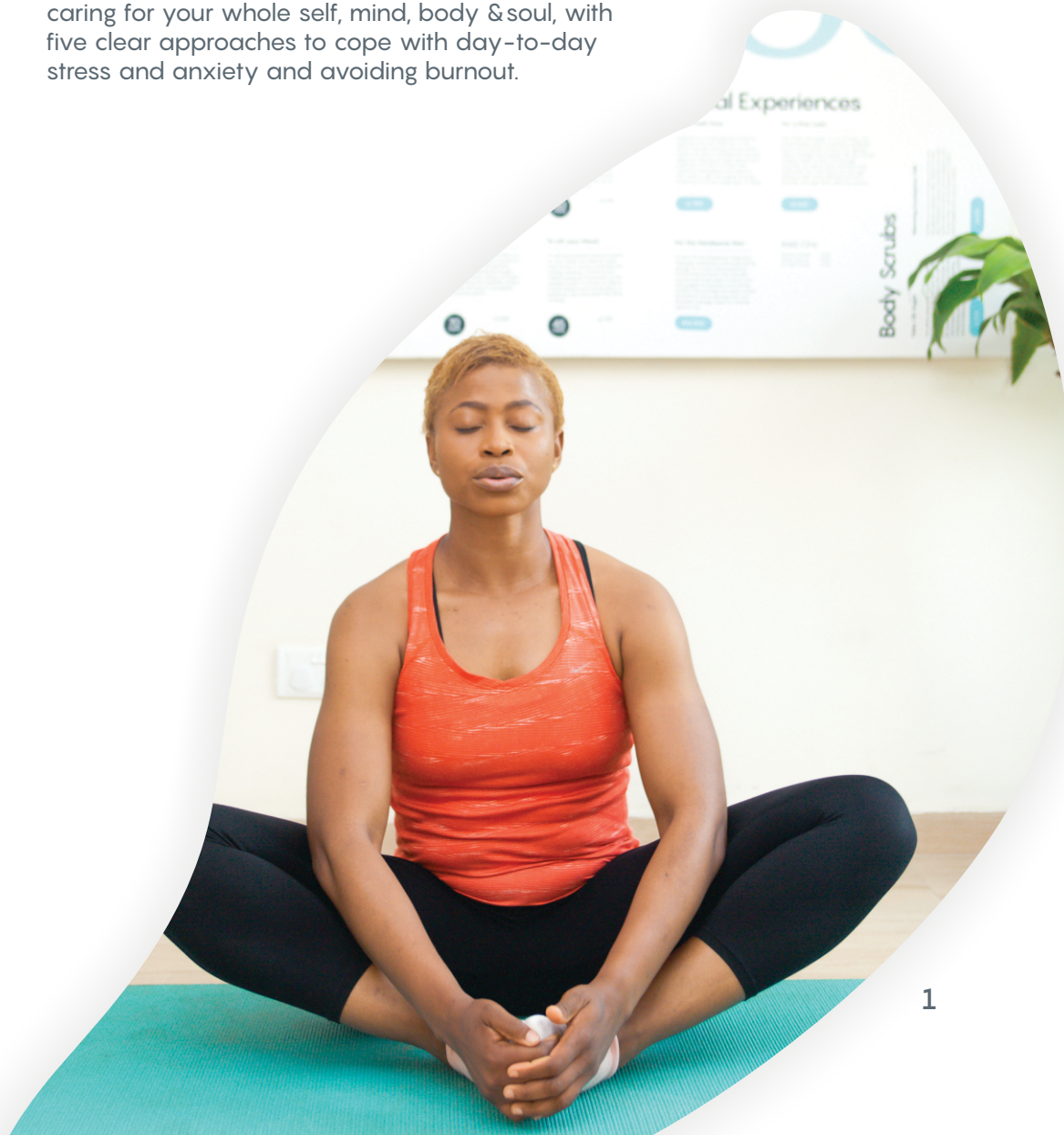
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Introduction

Your Guide To Less Stress & More Joy

The first step to finding more joy is a mindset that cares about the physical and mental health of the self. This guide will give you powerful insights into caring for your whole self, mind, body & soul, with five clear approaches to cope with day-to-day stress and anxiety and avoiding burnout.



About Spa Pampering

Spa Pampering is your partner and friend on this journey to self awareness and a happier life. We will support you in nurturing healthy habits, provide you with personalised self care experiences to appease all of your five senses, introduce innovative and effective products to complement and ease your journey, and feed your soul with educational content and programs that empower you to take greater care of the self.

At Spa Pampering, we understand that relaxation is both a science and an art. Therefore, we are invested in research-based creative approaches to wellness and happiness..

What Sets Us Apart



We believe that everybody deserves to be pampered. Our products and services cut across gender, ethnicity, and social class.



In your pocket and all around you, we provide wellness that won't leave you. Our therapists will come to you at home, office or hotel, so you can maintain your comfort zone. Each spa booking will save you time and money and stress of commuting.



All our therapists are professionally trained, with a sound understanding of how the body's systems function. Each session with a therapist will provide continued healing for the mind and body long after you have left the therapist table.



Our mobility and availability allows you to book your sessions and have access to a therapist within short notice. Having a therapist come to your location also gives you the flexibility to customise your spa pampering experience.



What Kills Your Joy?



“Every single second is an opportunity to change your life, because in any moment you can change the way you feel.”

— Rhonda Byrne

How Are You Feeling?

This is a question you are often asked. You most likely dread it, avoid it but feel a great need to answer it. This is because at any moment, by identifying your feelings, you are building self awareness and honour.

Anxiety is the Kill-joy shows up in a variety of ways that include overindulging or not eating enough, sleeping too much or too little, night sweats, difficulty concentrating, racing heart, sweaty palms, constant worry, fixation on the future, shortness of breath, fatigue,, nausea, hypervigilance, trembling, restlessness and more. The many masked faces of anxiety is why it is so important to be able to identify and understand them.

I know you must have experienced one or more of this feeling and considered it normal, you might even have welcomed it as novel, because it allowed you to thrive, face your fears and meet your deadlines.

Anxiety functions as a survival strategy,

- I have appraisal with management tomorrow - I must pull an allnighter
- This person dumped me - I will be alone forever
- Someone is knocking on my door - how will i tell them i don't want a visitor
- I am meeting a new customer - I need to act normal

What Kills Your Joy?

In other words, anxiety enables us to be hyper-aware of circumstances and people and create worse case scenarios that are mostly fictional. In moments of crisis, the part of the brain that thinks rationally shuts off and the part that is there to help us keep going kicks in. Why?

Well, if we felt all of the feelings that crop up during stressful times, it would be overwhelming — and we literally wouldn't be able to survive during these difficult situations.

Our brain creates extreme worst case scenarios, and it doesn't know how to differentiate between a perceived threat and a real threat. For instance, the spinning on a bike and a phone call from HR at work will lead to similar reactions in the brain and body — rapid heartbeat, sweaty palms, shaky hands, an urge to flee.



How To Reduce Anxiety & Amplify Joy

So the good news is this, you faced difficult situations, you found the courage to face your fears and the worst case scenarios did not come to pass. Now you are learning that in every moment you can create a different outcome by shifting your mindset.

By training the brain to learn how to differentiate between a perceived and an actual threat. To do so, you must orient yourself to the present moment, observe it and get curious about if what you are feeling is actual danger or simply the presence of a trigger.

Much of what we hear about anxiety is that it has to be controlled and managed. Has this helped you at all? I believe that statements like this fuels anxiety. We have to take a proactive approach to reducing anxiety. In other words, if we don't pay attention to it, it will continually tug at us.

The goal is to notice the anxiety and accept it by understanding how it helps us and what message it has for us. In this guide, we offer up ways of being with anxiety in a slightly different way, so that we experience it differently and make room for genuine feelings of love, joy and happiness.

Sorrow may last for the night, but
JOY comes in the morning!



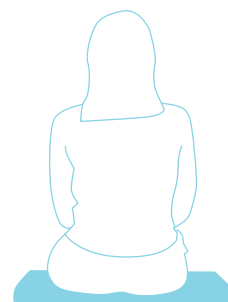
1

Sit in Silence

Commit 10 -20 minutes every morning to quiet reflections. Start to identify your triggers by coming through your daily activities.

Consider having a journal and answering these questions in a reflective mood.

- With the knowledge of anxiety I have now, what are my first memories of experiencing it?
- What is the story I have told myself about my anxiety or life's stressors? (Ex: It annoys me, it motivates me, it keeps me moving, it keeps me in control, it connects me to my family, etc.)
- If it is a killjoy why do i keep hold on? (Ex: It keeps me motivated, makes me feel useful)
- What do I know about how my anxiety shows up? (Ex: "My thoughts race and I have difficulty concentrating", "It happens mostly in the evenings when I am trying to sleep.")
- What would happen if I weren't anxious?



2

Write a letter to your KillJoy

Hello Anxiety, lets break up.

When you can externalise your feelings to examine anxiety- when you accept its limitations and the extent to which it can only take us. You begin to shift your relationship and mindset. Start this letter with a kind salutation, its a break up letter so think it through, and don't worry about how long it will take, just be sure you have enough paper and give it all the time it needs. It might help to be in a comfortable seating position and even set the stage to be relaxed and calm. You might make a cup of tea, listen to soothing music, adjust the lighting in the room or decide to write while lying on the sofa rather than sitting upright at your desk.

Here are some prompts to consider as you prepare to write to your anxiety

- I know you well enough now.
- This is how you have impacted me in negative ways or caused stress.
- This is how you have helped me.
- This is a statement I can share with you to let you know I accept you.
- If I want to, this is how I can give you permission to take a rest and step aside.



3

Practice Mindfulness

Mindfulness It provides an opportunity to connect to your physical self and notice any sensations you're experiencing without judgement.

While many people find the body scan relaxing, relaxation is not the primary goal. It is simply to get in touch with what it feels like to be you.

- Begin by bringing awareness to your breath. You can do this by noticing the rising and falling of your belly with every inhale and exhale.
- Take a long slow, deep breath in and slowly exhale.
- Feel any tension melting away as you gradually relax deeper with each breath.
- Notice the natural rhythm of your breath knowing throughout the practice you will hear sounds inside the room, sounds outside, these are not distractions, not disruptions, simply what's happening around us as we sit and breathe.
- Take another long slow, deep breath in and exhale.
- Begin to notice the mind as it wanders, jumping from thought to thought.



- Gently guide the attention and focus to the stomach or chest.
- As you breathe in, feel them rise, breathing out, feel them fall.
- Simply continuing this practice, observing sensation of breath.
- Notice the mind as it wanders.
- Take a few more deep breaths and relax deeply.
- The mind wanders, gently guide attention back to the breath.
- Letting go of expectations or judgments of your practice, just sitting and breathing.
- Breathing in, feeling the stomach rise. Breathing out, feel the stomach fall.
- Learning to be comfortable in stillness.
- Knowing what it is like to just sit and breathe.
- Take a few more deep breaths, deep breath in and exhale.
- Now, wiggle your toes and fingers, open your eyes and give yourself a few moments to adjust.
- So how do you feel?

4

Learn about your Nervous System

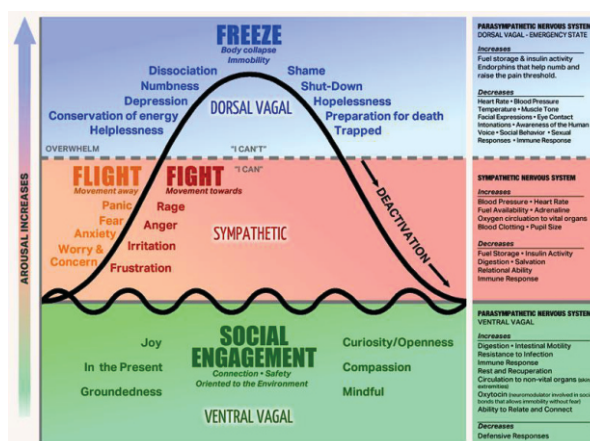
The nervous system has three states that are dependent on our level of arousal. The Ventral Vagal, Sympathetic and the Dorsal Vagal.

When you are in a Ventral Vagal state; you are mindful, grounded and joyful, in the Sympathetic state you may feel anxious, out of control or overwhelmed — a.k.a. fight or flight mode. When you are in the Dorsal Vagal state you may feel spacy, zoned out, numbed or suicidal- a.k.a freeze state. Neither of these are a conscious choice — they simply happen.

As humans we experience all of these states and we can go from joyful, happy to angry and frustrated and and completely short down, thinking about what might happen.

When you stay in the Fight or flight state or the Freeze state, that is when we start to have physiological effects and mental emotional effects. So staying in one state for too long can compromise our immune system, increase level of cortisol and adrenaline in the body system which causes hypervigilance and have a significant effect on your health and overall well being.

We ideally want to learn how to bring ourselves out of the two states of high arousal and into the state ventral vagal of joyful state. There is no quick fix for this; it is a practice and muscle that we build over time. The first step is getting to know which state you are in, because we must identify what we feel in order to know what we need. The more we know about what we feel, the less those feelings control us.



Follow these four steps to learn how to do so.

- 1 **Use Words**
Think of one word that identifies each of these states for you.
- 2 **Cultivate Awareness Of Micro-shifts**
We often just scratch the surface of getting to know our emotions. The more “micro” we get in our observance, the more our bodies feel seen and heard and the more aligned we feel in body, mind and spirit.

Notice even the smallest sensations in your body — Sharp, throbbing, dull, pinching, numb. Notice the temperature around you — hot, warm, cool, cold, nothing. Notice magnitude of the feelings — intense, big, full, small, empty.
- 3 **Self-Knowing Statements**
Include a feeling, a body-based sensation and a cognition (in the form of a thought, memory or need). Begin by identifying which of the threeparts below you are aware of, and get curious about the parts that you want to build awareness of.
For example: I am hungry (feeling) → My stomach is empty (body-based sensation) → I need food (thought/need) I am sad (feeling) → My eyes are watering (body-based sensation) → I need to cry (thought/need) I am defeated (feeling) → I am hunched over (body-based sensation) → I want to give up (thought/need)
- 4 **Perform The Opposite Physical Action**
When we experience a difficult emotion or sensation, we want to acknowledge it, but not get caught up in it. We can challenge the experience with our bodies by performing the opposite action. Example 1: What are you feeling? Defeat
How is your body holding that emotion? Collapsed shoulders, head down What would happen if you did the opposite? Lift your head up, roll your shoulders back.
Example 2: What are you feeling? Nervous, What is happening in your body? Heart palpitations, racing thoughts, What would counteract those sensations? Standing up, feet hip width apart, pressing feet into the ground.

5

A-La Carte Menu for creating more Joy

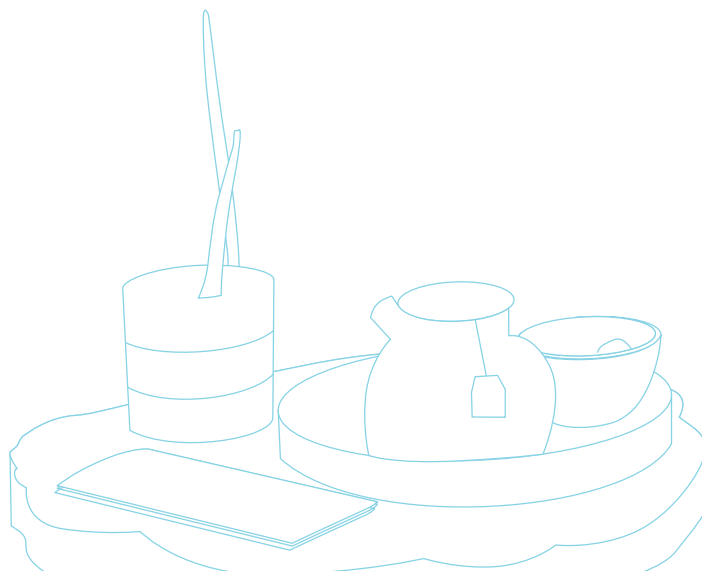
When we are feeling anxious, we cannot rely on our brains to reroute to a state of calm, as we are already in fight or flight mode. Instead, we can develop a menu of nourishment when we are not feeling anxious or overwhelmed, and revisit that list as a reminder of what works for us in a time of stress.

Some examples:

- Unplug from your screen. Instead, look at something that inspires you, whether it's what's outside your window or a special object or image in your home.
- Listen to a song that calms you.
- Participate in dream time. Carve out 10–15 minutes to let your mind wander toward your dreams. What places do you want to travel to? What is your hope for yourself and those you love? See where your mind takes you!
- Repeat the wise words of others. For example, Nothing is wrong, it's just real life.— Tara Brach
- Squeeze an object, like a stress ball.
- Literally ground yourself by digging your heels into the floor. Notice the tension centered in your heels as you do this.

To create your own menu of nourishment, answer the following questions:

- What has felt good to you in the past?
- What speaks to you from the options presented above?
- What practices did your ancestors implement to nourish the soul?
- What ignites your pleasure? + Consider your favorite childhood movies and books: What characters inspired you? How did they live their lives?
- What are the elements of a life worth living to you?



Conclusion

Dear friend,

You can now identify your feelings and nervous states of arousal. You are more aware of your states, have gotten to know your key stressors, attuned to the messages your body is generating, practiced resourcing the self and engaged in activities to support you in being with your anxiety in a new and nourishing way.

Dont be discouraged if you dont notice a shift immediately; this is not a quick fix, but through continued practice, this roadmap will support you in experiencing sustainable release. e temperature around you — hot, warm, cool, cold, nothing. Notice magnitude of the feelings — intense, big, full, small, empty.



Friends have you back & stick together

If you are seeking further support [Join our club](#) with our Founder Kemi Bawa-Allah as your Chief Supporting Officer, where you can connect with others and work through experiential workshops.

How Spa Pampering Can Help

- The Calm Box will introduce you to the power of essential oil
- Use the Home Spa box to cultivate a calm space in your home
- Join us for a mindful meditation practice of our meditation course
- Book a wellness consultation
- Learn more about our SPA services
- Sign up for our 10-day meditation support group.

