

**HOW TO:**

**BEGIN HEALING  
FROM YOUR  
STRESS &  
ANXIETY -  
A MIND, BODY,  
SOUL APPROACH**

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**Disclaimer:**

This is a brief guide that outlines several healing modalities and techniques. Please note, I am not a medical professional and I do not have a medical background. If you are under the care of a physician or psychotherapist, consult them before starting anything new. This guide is not a substitute for medical advice.

# CONGRATULATIONS!

I am so happy for you— I am happy because I know you are an infinitely powerful being and you are capable of achieving ANYTHING AND EVERYTHING that you dedicate yourself to. If you are committed to your healing journey, there will be opportunities for you to heal, it's as simple as believing that truth.

This is no way an all-inclusive guide, there are many, many healing modalities and they can be found in all facets of life. It's about trying different things, being open minded and finding the ones that work for you.

Remember, like most things, consistency is key- even doing a breathing technique for 5 minutes every single day will be more effective than a sporadic practice. The most important thing is to approach all things with a positive attitude, curious mind - and don't be too hard on yourself (easier said than done, but it's something to work toward!).

Kindness counts, ESPECIALLY WITH YOURSELF!! If something resonates and makes you feel good, GREAT, keep it up! If not, move on to the next thing, there is SO much out there to learn and explore.

A big part of working with anxiety is becoming empowered. Knowing that YOU CAN handle anything that comes your way. Sometimes when we suffer from stress and anxiety, we lose our mojo. When we engage in healing modalities, we have opportunities to get it back!

My website ([www.connectwithJPT.com](http://www.connectwithJPT.com)) has more information on energy work, energy elevation and things you can do to shift energetically. Energy is an important part of the healing process. Feel free to browse the blog and learn section.

I decided to write this guidebook because I too, used to experience an abundance of stress, anxiety and at one point agoraphobia and panic disorder. I made holistically healing my mission and over the years I've found that many things can help. Since being on this path, I have been able to restore my life to one that is happy, healthy, joyful and capable of managing any stressful situation that arises. I truly believe you have the ability to do the same. To learn more about my story, please see the final pages of this guidebook.

**A GOOD PLACE TO  
START - SEEK A  
PROFESSIONAL  
THAT CAN HELP:**

# FIND THE RIGHT DOCTOR

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Finding a doctor who understands a holistic approach to care is very helpful when dealing with stress management, anxiety and panic disorder.

A holistic doctor believes the body works as interconnected systems and that optimal whole-person health includes the balance of not only the body, but the mind and spirit as well. These doctors are trained to treat the whole person -- mind, body, and soul. This type of approach to medicine aims to heal the root causes of an illness -- not just alleviate or stop symptoms.

A simple search on the internet can help you to locate a local doctor that practices this type of medicine. Remember, just because someone has a medical background does not mean that their word is the end all be all. It's important to follow your intuition, trust your gut and find doctors that you trust and respect.

Here are a few types of practitioners that may have a more holistic approach to medicine:

Naturopathic Doctor (ND)

Doctor of Osteopathic Medicine (DO)

MD with a Functional Medicine Background

Ayurvedic Physician

# HOLISTIC THERAPY

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There are many types of therapy, find one that makes you feel good and that you look forward to doing.

This link below is an excellent list of different types of therapy modalities, go through each one and see if one makes you excited or hopeful.

<https://www.goodtherapy.org/learn-about-therapy/types>

Here are a few expanded options, what they are and how they can help:

**EFT aka Emotional Freedom Technique:** “Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain.”

**Biofeedback:** “Biofeedback is a mind-body technique that involves using visual or auditory feedback to gain control over involuntary bodily functions such as blood flow, blood pressure, and heart rate.”

**CBT or Cognitive behavioral therapy:** “Cognitive behavioral therapy is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional

regulation, and the development of personal coping strategies that target solving current problems.”

**Hypnotherapy:** “Hypnosis is used to create a state of focused attention and increased suggestibility during which positive suggestions and guided imagery are used to help individuals deal with a variety of concerns and issues.”

Please remember, it’s important to find a certified therapist. And furthermore, just because a therapist is “licensed” does not mean they are the right person for you. Many people go through several doctors and therapists before finding one that is helpful and resonates with them. Think of it like dating, you need to be selective and find one that you connect with! Do not be afraid to try someone new!

If you can’t afford therapy sessions, some therapist will structure a “pay what you can” option. This is worth asking about. Many therapy treatments are also often covered by medical insurance.

## HEALTH COACHES & DIETITIANS

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I have found that this category is one of the most important, yet it’s simple enough to make an impactful change right away. It does not take a great deal of effort on your part, just the ability to be organized and discerning.



I would break this down into a few parts; dietary, personal care products, household products and general lifestyle. The goal is to support and lessen your toxic body burden, this will allow your body and mind to work more efficiently and heal.

For dietary changes, if you are able, consult a certified dietitian or health coach and work with them to balance your diet and supplement intake. This does not mean following an unqualified social media influencer, or yoyo/fad dieting trends. This is science based nutrition - sourcing clean, organic, high quality, balanced foods and supplements. Nourishing your body and brain.

Even if you have a good idea of what is healthy, working with a dietitian can be helpful because they can help to uncover things that you might not be aware of in your blood work/ genetics/ family history etc.

For example; many people of European decent have a genetic mutation called MTHFR. This means that their cells do not detoxify as well as people who don't have this mutation. This is not something that is widely known, yet science is finding that it can have huge implications on mood and overall health and well being. Having MTHFR along with the wrong diet and supplementation can lead to a toxic buildup and cause anxiety, panic and a host of other illness over time! It's diagnosed with a simple blood test and an RD would be able to suggest things you can do to detoxify along with what you can do to support your methylation process, this could be along the lines of, stop eating foods with folic acid in them, replace all folic acid supplements with a methylated folate, eat more dark leafy greens to support your methylation process, etc.

Another thing a dietitian might address would be vitamin D levels - many people, especially those living in cooler climates are insufficient or deficient in D. Our bodies synthesize D more like a hormone than a mineral or vitamin. A lack of D can lead to mood disorders and a host of health issues. This can be easily addressed with a blood test and proper supplementation.

These are just two examples, but a dietitian or certified health coach can customize a program that is right, just for YOU!

Cleaning up your personal space and products is also important. Try to find clean brands of makeup, cleaning products, etc. Simple things like replacing candles with essential oils, getting rid of toxic cleaning chemicals in your household, finding personal care brands that have limited ingredients. [www.EWG.com](http://www.EWG.com) can help navigate this process.

Removing toxins includes letting go of toxic people and situations as well. Sometimes it is easier said than done, but be cognizant of those people and situations that make you feel good and raise you up and those that make you feel tense or unhappy - game plan accordingly with a therapist or trusted friend on how to proceed.

**UNDERSTANDING  
THE STRESS  
RESPONSE &  
HOW TO WORK  
WITH IT ON A  
BASIC LEVEL:**

# UNDERSTANDING YOUR STRESSORS AND BEGINNING TO WORK WITH THEM:

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We generally know what creates stress in our life, but we might not be aware that we are experiencing stress...stressors can be unique, everyone perceives stress differently, but the same biological responses are happening.

It's important to keep in mind, that not all stress is bad.

The stress response is your body's way of dealing with difficult or demanding situations.

Feeling stress triggers the "fight or flight" response - fight, flight or freeze.

When we experience a stressful stimulus, your nervous system responds in the most sensible way: it makes all resources available to the threat on hand.

To do this, the CNS (Central Nervous System) activates the hormone adrenaline, which we experience as an "adrenaline rush." Our heartbeat accelerates, raising our blood pressure. We switch to rapid breathing to get more oxygen into our system. Our blood thickens to reduce blood loss in case we get wounded. The immune system gets ready to prevent infection of wounds.

This type stress response helped our human ancestors to survive - we should be grateful for it, it's why we are here today. However, the stress response requires a lot of energy. To provide it, our body reduces many basic functions related to maintenance and repair, including the growth of new brain cells, which are vital to maintain optimal brain functioning and mental health. It even turns off digestion and provides energy from our reserves.

Typically when a threat is over, our brain creates signals that activate the parasympathetic nervous system (PNS), this governs relaxation, recuperation, and digestion, and it regulates hormones that switch us out of stress mode.

These hormones drop our blood pressure, slow down our pulse, calm our breathing. They reactivate our digestion, immune system, and signal for the production of new brain cells. It is the best way to replenish the energy used during stress and to repair the wear and tear it causes.

However, if we are chronically stressed, our brains wire in a way that maintains us in survival mode (COVID 19 situation, watching the news, going to a store, thinking to the future, etc.)

Over time this will deplete us.

The good news is, exciting information is being discovered all the time when it comes to the mysterious brain and it's ability to deal with and process stress!

For many decades, it was thought that the brain was a "nonrenewable organ," which means It was fixed in

how it behaves. In the 1960s, it was discovered that neurons could “reorganize” after a traumatic event. Further research found that stress can change not only the functions but also the structure of the brain itself (Fuchs & Flügge, 2014) and in the early 1900s it was confirmed that the brain could change even after a person reached adulthood - each brain has Neuroplasticity.

Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections and pathways and change how its circuits are wired. This means, your brain can change throughout your life! This means you can heal from stress, trauma, anxiety, panic, etc.

Since stress is the result of how we interpret and react to events, when we are more conscious of those events we can *change the way we interpret and react to them*, we can change our levels of stress and we can literally change our brains - taking us out of the stress state.

A very effective way to manage the stress response is through mindfulness, breath-work and meditation. These modalities are proven to help activate the parasympathetic nervous system (PNS), which regulates hormones that switch us out of stress mode.

They drop our blood pressure, slow down our pulse, calm our breathing. They reactivate our digestion, immune system, and the production of new brain cells. It is the best way to replenish the energy used during stress and to repair the wear and tear it causes.

People who learn how to manage their stress lead happier, healthier lives.

In the “tool box” section of this guide book you will find ways that have proven to reduce and help manage the stress response.

Once you have selected a “tool” set aside time in your daily schedule to practice it.

If your schedule is already packed, try meditating while commuting on the bus or train, take a yoga or tai chi break at lunchtime, or practicing mindful walking while exercising your dog.

In order for these techniques to work, you need to practice regularly.

Make use of smartphone apps and other aids. Many people find that apps or audio downloads can be useful in guiding them through different relaxation practices, establishing a regular routine, and keeping track of progress. - I use the insight timer (app) to track and time my meditations.

Expect ups and downs. Sometimes it can take time and practice to start reaping the full rewards of relaxation techniques such as meditation. The more you stick with it, the sooner the results will come. If you skip a few days or even a few weeks, don't get discouraged. Get started again and slowly build up.

Other things not listed in the “tool box” that can help manage/reduce stress but apply to general lifestyle:

*Eat healthy, well-balanced meals, regularly (blood sugar and anxiety connection).*

*Eliminate or reduce caffeine and sugar.*

*Proper Hydration- drink enough water!*

*Exercise regularly- a 30 min walk every day can dramatically improve mood.*

*Take time for self care.*

*Get enough sleep.*

*Stop or reduce tobacco/alcohol use.*

*Make time for hobbies, interests, and relaxation.*

*Spend time in nature*

*Develop an attitude for gratitude— begin a gratitude practice each day.*

*Social support, spend time with those you enjoy.*

*Seek treatment with a psychologist or other mental health professional that resonates with you.*

*Know it's okay and uncomfortable emotions and experiences will pass.*

Reducing stress and reframing your response to it is paramount when experiencing anxiety or panic disorder. In panic disorder you are essentially afraid of being afraid. Coupled with other things, this can lead you to developing unhealthy coping mechanisms and a limited day to day life where you are working so hard not to have panic, that you end up having panic.

One of the most helpful things I have learned over the years is to give panic a name...something as simple as "Jessica." When you name it, it becomes more manageable, less overwhelming and less encompassing.

When you find you are experiencing early stages of anxiety or panic, shortness of breath, light headedness, overheating, dizzy, afraid to leave your space...you can simply say "Jessica, everything is okay! You are safe!" And begin working with one of your "tool box" practices (breathing, meditation, walking, etc.)



Remember YOU ARE NOT YOUR ANXIETY. YOU ARE NOT YOUR PANIC. YOU ARE NOT YOUR DISORDER. You are a beautiful complex soul that is experiencing difficult and strong emotions.

**- THE TOOL BOX -**

**CHANGE YOUR  
RELATIONSHIP  
WITH STRESS &  
ANXIETY  
THROUGH THESE  
TECHNIQUES:**

# BREATH-WORK:

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*Your brain and breath can send signals for a stress response.*

Improper or shallow breathing can lead to higher levels of anxiety, depression, muscle tension, fatigue, and headaches. While deep, controlled breathing increases the amount of oxygen taken into the lungs, as well as the amount of carbon dioxide expelled from them, helping the body and mind to work more efficiently and effectively.

This works both ways. Using diaphragmatic breathing techniques will kickstart the calming "rest and digest" influence of the PNS. Deep breathing stimulates the vagus nerve, which runs from the head down the neck, through the chest, and to the colon. Stimulating this activates your relaxation response, reducing your heart rate and blood pressure and lowering stress levels.

New scientific studies confirm that longer exhalations are an easy way to hack the vagus nerve and combat fight-or-flight stress responses:

## **THE TECHNIQUE - Extended Exhale Breath:**

4:8 ratio of four-second inhalations and eight-second exhalations.

This breathing cycle takes 12 seconds which equates to five inhalation/exhalation cycles per minute.

5-10 rounds or 1-2 min

Extended exhale breath work shuts down the flight or fight reaction that is going on in your brain when you are experiencing stress and panic. It works, trust me!

## VAGUS NERVE STIMULATION:

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Everyone has a vagus nerve inside their body. When you are in constant flight or fight mode it becomes very sensitive and reactive, and ready to sound the hypothetical anxiety troops at any time.

Here are a few simple ways to exercise your vagus nerve which will improve your stress response: BIG, long forceful exhales, run and sing out loud, gargle, cold showers or plunges.

## MEDITATION:

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In meditation you encounter the "space" between your thoughts. Moments of pure consciousness, void of fear and judgment. The more you meditate, the more time you spend in this place of peace and bliss.

The best part is even after your meditation has ended you will bring this state with you, leading you to pursue a *calmer, happier and more fulfilled* life.

Neuroscience has shown that a regular meditation practice leads to neuroplasticity, which is the brain's ability to change, structurally and functionally.

Meditation allows you to bring your best to every single situation.

Here are some scientifically proven benefits of a regular meditation practice:

*Reduces stress, anxiety and depression*  
*Improves concentration*  
*Better quality sleep*  
*Increase in happiness*  
*Slows down the aging process*  
*Benefits cardiovascular and immune health*  
*Aids in pain relief*  
*Boosts creativity and productivity.*

There are literally hundreds, if not thousands, of types of meditation. The best one, is the one that works for you and that you can practice on a regular basis.

Here is simple meditation practice that is a modified Transcendental Meditation (TM) practice:

### **THE TECHNIQUE - Mantra Based Meditation:**

Sit quietly with good posture and an upright spine, repeat a Sanskrit mantra such as “LAM” - repeat this over and over in your mind, set a timer for 10 min and work your way up to 20.

An ideal meditation practice is 20 min 2x a day but that is a lofty goal! Start small!

Do not be discouraged by “monkey mind” and active thoughts - THIS IS NORMAL!! When you notice your thoughts drifting, come back to the mantra!

## PROGRESSIVE RELAXATION:

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Progressive muscle relaxation is a two-step process in which you tense and relax different muscle groups in the body. With regular practice, it gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of your body. This can help you react to the first signs of tension that accompanies stress.

As your body relaxes, so will your mind.

### **THE TECHNIQUE Progressive Muscle Relaxation:**

Tense each muscle for about five seconds and then relax for 15-20 seconds, repeat.

Start at your feet and work your way up to your face, trying to only tense those muscles intended.

*Loosen clothing, take off your shoes, and get comfortable.*

*Take a few minutes to breathe in and out in slow, deep breaths.*

*When you're ready, shift your attention to your right foot. Take a moment to focus on the way it feels. Slowly tense the muscles in your right foot, squeezing as tightly as you can. Relax your foot. Focus on the tension flowing away and how your foot feels as it becomes limp and loose.*

## GUIDED MEDITATION & VISUALIZATION:

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Guided meditation is when one or more people meditate with the guidance provided by a trained practitioner or teacher. This can be done in person, through a sound recording, video, or audiovisual. Most guided meditations have elements of music and verbal instruction.

Guided meditation can help with overall wellness or target and address specific issues. It's a wonderful way to incorporate a custom meditation into your every day life.

You can have a guided meditation recorded just for you, or you can look online and will find many pre-recorded options.

Visualization Meditation, or guided imagery Meditation, is a variation on traditional meditation that involves imagining a scene in which you feel at peace, free to let go of tension and anxiety. Choose whatever setting is most calming to you.

You can practice visualization on your own, with an app or on your own. You can choose to do your visualization in silence or use soothing music or a sound machine.

This technique uses the power of the mind to achieve overall physical relaxation, often by visualizing very detailed peaceful and relaxing scenes.

Several studies have documented increased athletic performance with the regular use of visualization. More importantly, visualization has been practiced, studied and used with success in people with cancer, chronic pain, and those with headaches, muscle spasms and general or specific anxieties.

### **THE TECHNIQUE - Visualization:**

Close your eyes and imagine your restful place. Picture it as vividly as you can: everything you see, hear, smell, taste, and feel. Just “looking” at it in your mind’s eye like you would a photograph is not enough.

Visualization works best if you incorporate as many sensory details as possible. Incorporate the senses.

**See** the sun setting over the water

**Hear** the birds singing

**Smell** the pine trees

**Feel** the cool water on your bare feet

**Taste** the fresh, clean air



Enjoy the feeling of your worries drifting away as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present.

*Belleruth Naperstek* has a series of guided meditations called Health Journeys on iTunes. They are wonderful. Pick one and *listen to the same one everyday*. You will find that each time you listen your relaxation will become deeper and deeper.

## MINDFULNESS:

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By definition, mindfulness is a “mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.”

Mindfulness has long been used to reduce stress, anxiety, depression, and other negative emotions. These practices bring you into the present moment by focusing your attention on a single stimulus. Mindfulness can also be applied to activities such as walking, exercising, or eating.

Mindfulness mean pay attention, on purpose, in the present moment, non-judgmentally.

Mindfulness can be practiced in short sessions. A few minutes a couple of times a day will enable you to make progress. And once you have established a basic

practice, mindfulness will become a natural part of your life without requiring extra time beyond those regular sessions.

## **THE TECHNIQUE - Mindful Moments:**

Mindful eating/ showering/hand-washing/ washing the car, swinging a golf club. Whenever you decide, fully focus on any activity you are doing. Really use all of your sense to engage with it. For example, if you are washing your hands, feel the temperature of the water, the smell of the soap, the friction of your hands rubbing together. This process can take a moment or last as long as you desire.

There is also a program called Mindful Based Stress Reduction (MBSR) founded by Jon Kabatt Zinn. It is an “eight-week evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain.”

There is a lot of medically relevant data to support mindfulness and the MBSR program.

I would highly recommend finding this program online or in person and taking it. It sets the stage for a well rounded daily mindfulness practice.

# PRAYER/ CHANTING/FAITH:

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Believe deeply that there is a divine plan for you and a higher source. Know that you are meant to learn lessons and overcome obstacles. Speak to the higher source however you see it, ask for help, for love, and for opportunities to heal.

If you are religious, lean further into your faith!  
If you are not religious, don't worry! Being faith based and spiritual does not need to correlate with religion. It's knowing a higher source has your growth, healing and best interest in mind. Connecting with this source can be very powerful!

# GRATITUDE:

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I find this to be one of the most powerful things you can do. Every single day take a few moments to say OUT LOUD what you are grateful for. Even in the darkest of days, you can find something....Perhaps your eyes that can see, your loved ones, a special pet or plant....the more you do this, the more you will find that you can easily find things.

I am grateful for YOU!

# AFFIRMATIONS:

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An affirmation is a positive, personalized statement, spoken in the first person, that can be used to reduce stress, increase happiness and manifest your dreams and desires.

Research has shown that people who view themselves as lucky are actually more likely to become lucky. This phenomenon is known as priming, otherwise known as the Energy of Attraction -- whatever you put out into the universe, you will attract.

Affirmations work this way, too! For example, if you believe you are unlucky in love, you are likely to be unlucky in love. However, if you speak a positive affirmation daily, such as "I am open to a wonderful romantic relationship" then your subconscious mind will begin to emit the energy that reflects the statement, therefore making it more likely for you to enter a healthy, loving relationship.

Science has proven that affirmations work by retraining the subconscious mind, and that working with an affirmation produces chemical changes in the brain that create benefits for those who use them.

When you think positive thoughts, your brain releases certain chemicals that are related to positive emotions, thus leading to positive change.

Positive affirmations work as an eraser to your negative neural pathways.

How to create an Affirmation:

Speak in the first person, use the present tense and state positive statements, out loud.

Here are some examples:

*I am smart and successful.*

*I deserve true love.*

*I am free from fear.*

*My body is strong and healthy.*

*I am grateful for the good things in my life*

*I love myself, respect myself, and accept myself exactly  
as I am.*

*I deserve to be happy and loved.*

*I am letting go of all my worries and fears.*

*I am willing to step out of my comfort zone.*

## SOUND:

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Music is a wonderful way to relax. There is an app called “insight timer” that has many sounds like the ocean or a stream or a harp playing, it also has guided meditations. Sound baths, singing bowls, kirtan music, nature sounds the list is endless,- find what makes you feel at peace and listen to it often. You can also condition your brain to relax when you hear certain sounds. One way to do this is play the same track every time you do a breath work exercise or meditation.

This will train your brain to enter that relaxed state easily when it hears the music.

## **MOVE YOUR BODY:**

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Find ways to release pent up energy and move the energy through your body. Some great ways to do this are yoga, Tai-chi, running, walking, dancing, weight training. Exercise is very helpful in restoring and balancing brain chemicals. A 30 minute walk outside everyday can boost happiness levels and decrease stress! Release that excess energy anyway that feels good for you!

## **AROMATHERAPY:**

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Aromatherapy uses natural plant extracts to promote health and well-being. This is a vast subject but you can very simply begin working with aromatherapy by selecting a particular scent, and each time you meditate or do a relaxing activity diffuse that scent, when you are in times of panic or stress, take the scent out and smell it - it will trigger your relaxation response.

Some scents that are good for relaxation are lavender, and young living's stress away, peace and calming. Look for companies that sell high quality oils without fillers. Young Living, DoTerra, Revive and Wyndmere essential are popular brands.

## FORREST BATHING/ NATURE IMMERSION:

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Nature therapy, sometimes referred to as “eco-therapy,” describes a broad group of techniques that use an individual's presence in nature to improve an individual's mental or physical health.

Spending time in nature is good for you! The goal is simply being in nature, connecting with it through your senses of sight, hearing, taste, smell and touch

Time magazine did an article on forrest bathing and outlined how to do it: “Let nature enter through your ears, eyes, nose, mouth, hands and feet. Listen to the birds singing and the breeze rustling in the leaves of the trees. Look at the different greens of the trees and the sunlight filtering through the branches. Smell the fragrance of the forest and breathe in the natural aromatherapy of phytoncides. Taste the freshness of the air as you take deep breaths. Place your hands on the trunk of a tree. Dip your fingers or toes in a stream. Lie on the ground. Drink in the flavor of the forest and

release your sense of joy and calm. This is your sixth sense, a state of mind. Now you have connected with nature. You have crossed the bridge to happiness."

Nature restores and grounds you.

## USE OF CRYSTALS OR A TALISMAN:

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Since the beginning of time, crystals have been kept as prized possessions and used during rituals for healing and empowerment. Each crystal has a different makeup and therefore, emits unique energy. When we wear crystals or keep them in our space, they have the power to amplify positive energy, support us in achieving our goals, and connect us with earth and spirit.

The recommended way to select a crystal is by choosing whichever one you gravitate to. Our subconscious/spirit guides this process - or you can choose a crystal based on its metaphysical properties.

A talisman is a special object that you use for a specific purpose. You can program or dedicate an object for your stress reduction. One way to do this by holding the object and stating something to the effect of, "when I hold you or wear you, the stress will drain from my body and I will feel strong, stable and capable to deal with any situation." Make the words your own and select an object that feels special and unique to you.



**WHY ENERGY IS  
IMPORTANT,  
WHAT IT IS &  
HOW IT IMPACTS  
YOUR STRESS &  
ANXIETY:**

# WHAT IS ENERGY

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What is energy? Why does it matter? How can I "elevate" mine? What is an energetic vibration? Is this even real?!

These are all questions you might be asking. I'm sure you have also heard a lot of buzz words around this topic, like "good vibes" and "high vibration." And while I don't always think that it's helpful for things to get watered down, as it tends to reduce its importance and significance, I do think it's helpful that the word is finally getting out and people are becoming more aware of their energetic, infinite selves!

I also want to share that I was once a skeptic too. I have a degree in Biology and I have taken many courses in physics, organic chemistry, biochemistry, anatomy and physiology. So, you might be asking, how did a science minded person end up as an energy worker? Well, I'm happy to share that energy work can be both spiritual and scientific.

One of the most fascinating and exciting parts about working in the energy field during this time is that thousand year old traditions, practices and schools of thought, are now being supported by science. Similarly to how yoga and meditation have been around for thousands of years, but only recently science has been able to support the benefits of the practice with evidence.

So keep an open mind! The topic is vast and complex, but understanding the basics, even on a surface level is helpful.

QUANTUM PHYSICS HAS FOUND THAT EVERYTHING IN THE UNIVERSE IS MADE OF ENERGY.

Science Says:

Cells are made of atoms,

Atoms are made of protons, electrons, neutrons, and quarks,

When you break electrons, protons, neutrons, and quarks down, they are very small amount of matter and *mostly vortices of energy*.

*Therefore: We are comprised of a small amount of matter (the physical stuff) and the majority, energy.*

## UNDERSTANDING HOW ENERGY WORKS

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Within the energetic scope, there are two important things to keep in mind.

The first, is the law of thermodynamics, also known as the conservation of energy, in this we learn that **energy**

**can not be created or destroyed, it simply changes form.**

The next is the second law of thermodynamics which states that **energy is always working to achieve equilibrium (balance).**

Everything from the formation of mountain ranges, to volcanic eruptions, earthquakes and weather are all a result of energy transformations trying to re-establish equilibrium.

*In short, every single thing you can fathom, from the cosmos, to the earth, to your personal body - is working in a unified energetic field where energy is always being exchanged, projected and absorbed in a dance to establish equilibrium.*

Therefore: Our physical bodies may be temporary, but our energetic self is infinite and we are interacting within the energy matrix around us - all the time.

## **VIBRATIONS & FREQUENCY**

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Energetic vibration is the frequency in which an energy field is emitting or projecting outward.

Science has measured the human energy field to be somewhere around 62 to 68 Hz. Meanwhile the

frequency of a rose is 320 MHz - possibly one of the highest readings on earth.

Every person and every living thing emits a frequency and holds an energetic vibration.

This means every single one of us is emitting an energetic vibration at all times, but also interacting with every other living beings energy field — all the time!

*Everything that exists in the physical world has a vibration.*

Now you might be asking, what controls the energetic frequency that comes from each person?

In short, our heart and brain influence our frequency — the emotions we feel and the thoughts we hold and how we decide to project them.

Researchers at the HeartMath Institute in California have even discovered that the heart emits an electromagnetic energetic field that extends almost three feet from the body. This is amazing scientific evidence!

This also means, **our thoughts are so much more powerful than we realize!**

To better understand how our thoughts influence our energetic body, we can think about how our thoughts send triggers to our body and brain which is then responsible for releasing chemicals (like dopamine and cortisol among many). These thoughts also have the power to regulate our nervous system (more about this later in the guide).

Our most primitive ancestors survived this way by yielding into flight, fright, freeze. So, of course if these physical responses are happening, we are energetically responding as well....remember it's all about equilibrium!

When you are feeling at peace, your energetic vibration increases, whereas, when you feel fear or shame it is lowered.

This is not to say you will stay in these emotional states forever, but just as your personal vibration can be lowered it can also be raised.

This energy shifting is palpable and perhaps you can even recall a time that you walked into a room and just knew the person standing next to you was angry or sad without even speaking to them. Maybe their energy even "rubbed off" on you in an exchange, putting you in an unexpected bad mood.

So, now that you realize you are essentially made of energy and your energetic self is always working to achieve balance within and with your surroundings, how does this effect you? And why is this important to know?

It's amazing to know that *with conscious thought and our free will, we can become an active participant in changing our energetic vibration.*

# RAISING YOUR VIBRATION

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There are many ways to become conscious of your energetic field and raise your vibration- thus allowing you to more easily work with your emotions, transform old behaviors and get in touch with your true “authentic” self - the self that empowers you and helps to manage fear and anxiety.

One of the most important parts to remember is that our bodies and the world we perceive is truly a case of mind over matter.

Because as we have learned, we are mostly energy with very little matter (the physical stuff)!

**Intention is key and it's important to remain open minded.**

This work can be done in many ways. There is no “one size fits all” for energy work. And the most important point to know is that....**YOU ARE ABLE TO DO THIS YOURSELF.**

Yes, you read that correctly. You are the person responsible for your own energy elevation. **YOU ARE THE PERSON IN POWER** - it's just about learning how to embody that power and uncovering the ways that work for you.

# ENERGY WORKERS

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If you are curious about energy work but not sure where to start, meeting with an energy worker is a great place. Energy work is a wonderful way to support and further your healing process. Reiki, Shamanic journeying and hands on healing are just a few types of healing modalities and while technique may vary, practitioners are dealing with one major thing, your energetic field.

Browse different practitioner's websites and modalities and find one that resonates with you. Let your intuition guide you, but don't be afraid to ask for their background and qualifications. All energy workers go through initiation periods and have been trained for years through a particular lineage.

Energy work has been life changing for me and I would go as far to say that it has been the single most important thing in my healing journey. It has helped me release fear, understand who I am on a deeper level and get in touch with my authentic self - empowering me in a very profound way. We are all always healing, learning and evolving, energy work supports that process.

It is important to remember that the energy worker is not a miracle worker, they are not the one "healing you." YOU are healing YOURSELF. I like to think of energy work like this; source energy is healing energy, its all around us all the time and we all want to be connected to that energy so that we can heal, learn, grow. Sometimes we become a little discounted from it



or hold on to blocks that won't allow it to flow freely through our energetic field. An energy worker acts as the plug, they help you reconnect to source energy so that your own higher self is able to do whatever it is meant to do!

**CENSORSHIP,  
SPRIT GUIDES,  
EMPATHS AND  
SELF CARE:**

# CENSOR AND SELECT YOUR WORLD

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Consciously select what you are exposing yourself to. This includes; people, places, news, tv, social media, thoughts....basically everything.

## **Curate your life!**

Pay attention, be mindful and censor your intake. An example of this would be, if you have health anxiety, don't go to WebMd or google your symptoms.

Consciously consume media including social media, even consider taking a social media break or making an account that you use only to follow positive and uplifting accounts.

Try not to watch the news.

Select your thoughts like you select your clothes. If you think something triggering or negative say "cancel, cancel, cancel" and then state a positive affirmation.

Empower yourself with positive statements, tell yourself how wonderful, strong and healthy you are.

## **Fake it until you make it!**

Do things they make you feel strong, capable, proud and happy, this can be anything from, going for a walk with your pet to knitting a blanket. There is no task too small! Little steps and little achievements add up over time!! Be discerning!

# SPIRIT GUIDES

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Every single person has a spirit team. Your team is made up of primary guides, angels, ancestors etc. HOWEVER- your spirit team can not interfere unless you ask them to help, guide, show you - that is the law of the universe. So get to know them!! Ask for their help. Ask for a sign (the Laura Lynn Jackson Book, Signs, is great for this!) It's a great comfort to know that you are NEVER alone and that you have the support of higher beings whenever you need it. This is also where religion plays a role. If you follow a particular religion, dive deeper into it! Connect with that higher source.

# ARE YOU AN EMPATH?

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I will answer this for you - Yes. I believe every single person is energetically sensitive, some people are just more sensitive than others. Many people don't realize they are effected by the energy of people and places. Do not get caught up on the word "empath" - it is about understanding that you are sensitive to other's energy and always responding appropriately.

First, what is an empath? Empaths are highly sensitive individuals that feel and can even absorb other people emotions and even physical symptoms. Empaths are

typically highly intuitive and often experience strong “gut feelings” or lucid dreaming. Empaths often have a strong love for nature and animals, and are deeply caring people who like to problem solve for others and have a difficult time being in crowds. Of course, everyone is unique, but these generalizations can be typical.

Why does being an empath matter? Many empaths suffer from higher levels of stress, anxiety, panic attacks, depression and general fatigue. This is because they are processing and internalizing the pain/ issues/feelings of others without even realizing it - all the time. This can become very overwhelming! But the good news is, there is something you can do about it - and it can make a HUGE difference!

Pat Longo, a talented healer, wrote a wonderful book on this topic called “The Gifts Beneath your Anxiety.” In this book she goes through more information on how to manage as an empath and how to specifically address your anxiety. She also teaches a 3 part system of grounding, surrounding and shielding your energy field in order to feel less effected by the energy happening outside of you.

On a personal note, I suffered for a long time with health anxiety. I always thought something bad was happening to me. I finally learned that I was picking up on the issues of the people around me. I was processing their stress and symptoms just as if they were my own. When I finally learned how to set energetic boundaries, my health anxiety changed. What was once the worst part of my life, has become my superpower. I even use this ability in my work as an energy worker. An example of this is, I was once in a

meeting with someone and as I spoke with him I felt my chest become a little tight and my breathing a bit labored, instead of panicking thinking something was wrong with me, I asked in my mind, “is this me or him?” I immediately felt the response “him.” In that moment the symptoms completely dissipated and I asked him, “are you having a difficult time breathing?” He went on to tell me that he was suffering from restricted breathing and tightness in his chest for weeks but the doctor was not able to find anything wrong, he felt hopeless. I asked my guides to show me more, I was able to see a clear picture of his lungs and what part might be effected. I told him it would be good to see another doctor and ask about the small air sacs on his lungs. A few weeks later I saw him again and he shared that he went to a new doctor and in fact had COPD, he was now receiving treatment and feeling great. This made me so grateful. Not only was I able to process and change my relationship with a type of anxiety that had negatively impacted my life, but I was now able to use it in a positive way!

## SELF CARE

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When using the word self care, I don't mean “getting your nails done” as a form of self care (although for some people taking that time can be important). I mean knowing when to pull back, being mindful and understanding the signs of stress and taking time to recharge before you have the onset of anxiety or panic.

This might mean taking a magnesium bath (Ancient Minerals makes a great one and it's sold on Amazon). Cancelling plans. Doing something to fill your cup instead of empty it. For example, going to get coffee with my sisters normally makes me feel happy and strong, if I'm having a bad day, I will try to work this in to my day. Find the things that fill you up and do them when you are having a hard time. Journaling can help uncover what these things are for you.

# **SUGGESTED READING:**



## FOR FEAR AND ANXIETY:

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- The Gifts Beneath Your Anxiety: Simple Spiritual Tools to Find Peace, Awaken the Power Within and Heal Your Life. Longo, Pat
- Fear by Thich Nhat Hanh
- The Panic Attack Workbook by David Carbonell PHD,
- When Things Fall Apart: Heart Advice for Difficult Times. Chodron, Pema

## GENERALLY GOOD READS:

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- Many Lives, Many Masters by Dr Brian Weiss
- The Medical Medium Books by Anthony William
- Believe, Ask, Act: Divine Steps to Raise Your Intuition, Create Change, and Discover Happiness by Maryann Dimarco
- Aromatherapy for Beginners: The Complete Guide to Getting Started with Essential Oils The Complete Guide to Getting Started with Essential Oils
- The Way of the Rose: The Radical Path of the Divine Feminine Hidden in the Rosary
- Your Soul Purpose: Learn How to Access the Light Within. Russo, Kim

- The Modern Medicine Woman: A Path to Wholeness. Mastrojanni, Carlotta
- The Light Between Us: Stories from Heaven. Lessons for the Living. Jackson, Laura Lynne
- Becoming Supernatural: How Common People Are Doing the Uncommon. Dispenza, Dr. Joe
- Waking Up: A Guide to Spirituality Without Religion. Harris, Sam
- Hands of Light: A Guide to Healing Through the Human Energy Field Guide to Healing Through the Human Energy Field. Barbara Brennan
- Warrior Goddess Training: Become the Woman You Are Meant to Be. Amara, HeatherAsh
- Be Your Own Shaman: Heal Yourself and Others with 21st-Century Energy Medicine. King, Deborah
- The Untethered Soul: The Journey Beyond Yourself. Michael A. Singer

# ABOUT THE AUTHOR

## JACQUELINE PILUSO TROMBINO

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I was born and raised on Long Island, New York with a deep connection to nature and animals. As a child, I was drawn to alternative healing methods. I began meditating early on and kept an extensive crystal collection. As years went on, I lost touch with this intuitive side of myself, and it wasn't until years later that I reconnected with it.

I attended college at Northeastern University where I studied Biological Science and went on to earn a Degree in Art from Adelphi University. I fell in love with the art community and wanted to immerse myself in it, so I earned a second Master's Degree in Teaching Art from the School of Visual Arts. During my time as an art educator, I worked with a wide range of students. I taught children at a NYC homeless shelter, international students from Korea and Brazil, and high schoolers at an elite private school. As a teacher, I realized all of these students, regardless of their background, had one thing in common...they were stressed out, over worked and looking for connection and meaning in their lives.

Thanks to this revelation, I began my Doctorate in Education at Columbia University, with a dissertation on Art as a Form of Mindfulness. After extensive research, including an eight-week MBSR (Mindful Based Stress Reduction) course, I discovered my passion was not really in art education, but in the meditative and healing arts.

I was fascinated by what I was experiencing and through each experience, I was reconnected with my empathic, intuitive self. I was astonished at how every "spiritual" experience I had, connected me to a feeling of flow, timelessness and deep connectivity. With this, I left my teaching job and doctorate program and decided to lean in to the path of spirituality and healing arts, even more deeply.

I soon completed a 200-hour meditation teacher training with Vedic Master Charlie Knoles. I attended retreats, most notably with Zen master, Thich Nhat Hanh, and took classes with various experts on mindfulness, limiting negative beliefs, stress management, happiness, and divine femininity and became a Reiki Master. I was moved by this breath of knowledge and craved more, but most importantly, the teacher in me felt compelled to share what I was uncovering with others.

With each new obstacle life brought my way, ranging from health and relationship issues, to new motherhood, fertility complications and the list goes on; I experienced the transformative and powerful healing capabilities of choosing this path.

I truly believe everyone has the capacity to feel happy, fulfilled and empowered, and it's become my mission to lead people to that ideal. I hope you will join me on this incredible journey.

With Gratitude,  
Jacqueline

- Reiki Master in the Usui Method.
- 200 hour Meditation Teacher Training and Certification with Vedic Master, Charlie Knoles
- Mindful Based Stress Reduction Training by Jon Kabat Zinn
- Oracle School of Divine Feminine Shamanism with mentor Carlotta Mastrojanni
- Student of the Golden Borough School of Indigenous Italian Shamanism with mentor Karyn Crisis
- Training on Mindfulness and Fear by Tara Brach through The National Institute for Clinical Application of Behavioral Medicine
- The Quest Course led by Deepak Chopra and Martha Beck
- The Science of Happiness Program through the University of California, Berkeley
- Ordained Interfaith Minister
- Bachelor of Science in Biological Science from Northeastern University
- Master's of Art in Studio Arts, Sculpture and Ceramics from Adelphi University
- Master's of Art in Teaching from the School of Visual Arts, K-12 Certification
- Completed doctorate level course work at Columbia University and conducted research on the topic of mindfulness and art-making