



"I'm Fine"

5 Secrets to Reduce
Stress & Anxiety
to Find more Happy



I'm beyond thrilled to share my Freebie with you!

I'm Lisa, and I'm a Suicide Survivor. I made a promise to my mom many years ago that I would put my mental health first. When I made that promise, I naively thought it would be an easy promise to keep.

Little did I know that after having my own kids, I would face some of the same struggles with Stress & Anxiety that my mom lived with her entire life.

I guess it's just a good thing I'm good at keeping promises. I dug deep & found a few tricks along the way.

I'm beyond thrilled to share my secrets with you!

-Lisa



**If you find these 5 Secrets Helpful,
I have so much more to share in my course.
*Click Here for How to Survive Everyday Stress***



Let's get REAL for a second

Mental Health is a real thing...



This list isn't a magical fix all cure, but it will give you peace of mind.

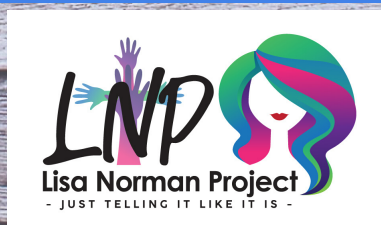
Peace of mind always follows when you take the first step. TAKE. CARE. OF. YOURSELF. FIRST!

Balancing your mind WILL happen when you are consistent.

If you find these 5 Secrets Helpful,

I have so much more to share in my course.

Click Here for How to Survive Everyday Stress



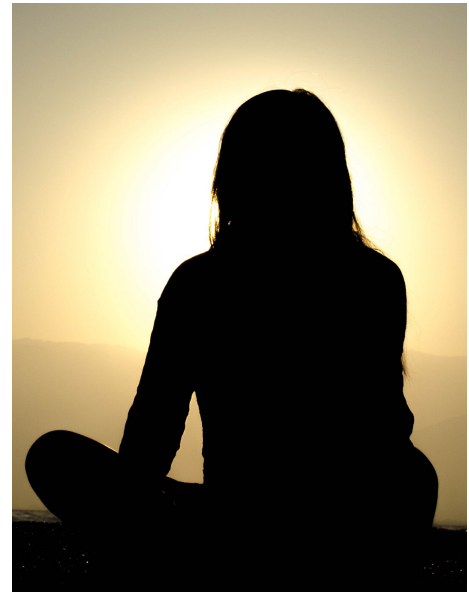
1. Keep a Happy Memory Jar



Take a minute to write out happy memories on a slip of paper & keep them in a jar. Take them out & read them when you need a little bit of happiness in your life.

2. Take a Deep Breath or Two

I'm not talking about the deep breaths that happen after a fit of anger. I mean take 10 DEDICATED minutes of your day to take a couple deep breathes on repeat.



**If you find these 5 Secrets Helpful,
I have so much more to share in my course.
[Click Here for How to Survive Everyday Stress](#)**



3. Shake Your Tail Feathers

Ok! I get it! Fad exercise programs don't appeal to everyone, but you don't have to join the next fad to get your heart rate up. I dance in my kitchen with my kiddos all the time!



4. Laugh More

I mean REALLY Laugh! Did you know that laughter releases endorphins & can decrease your stress hormones? Find ways to laugh until your belly hurts.



**If you find these 5 Secrets Helpful,
I have so much more to share in my course.
[Click Here for How to Survive Everyday Stress](#)**



5. Use Visual Reminders



Place Sticky Notes Everywhere!
Put Positive Messages on them.

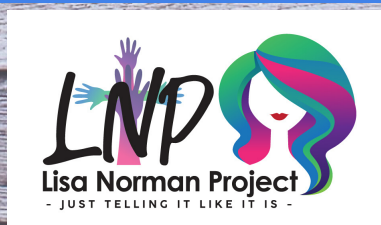
"You are better than you were yesterday"

"I am a Rockstar"
"I am Loved"

You get it, Right?

**If you find these 5 Secrets Helpful,
I have so much more to share in my course.**

Click Here for How to Survive Everyday Stress



This is just a simple beginning of how to drastically reduce Stress & Anxiety in your life.

Ready for More? Here's what's Next

Find out what really driving your stress & anxiety

If you want to:

- **Learn How to Find Your Balance**
- **Figure out what Life Clutter Needs to Go**
- **Find where to get Your Lost Energy**
- **Reconnect with Your Deep Sleep**

*Click Here to Get Access to
The Secret to Surviving Mom Stress*

Girl Save Your Spot Now!

Let's Stay Connected @ LisaNormanProject.com

