


**PERSONAL STRESS RELIEF CARD**

To be used when over stressed, off center, out of balance.

1. **INTEND.** SET YOUR INTENTION, in a request, prayer or visualization. See how you are feeling/being now; intend how it you would rather feel/be; visualize it and model it physically.
2. **BREATHE.** CALM DOWN. CHANGE YOUR STATE.  
Apply Your Technique/s to raise your vibration and calm your soul: Meditate, 1-3 mins.; Visualize how you want to be and feel, change your physical body and breathing to mimic that state; use Sound: chant OM, music, listen to sounds of nature, water, wind; Smell vanilla, sage, citrus, orange, lemon; Move, do yoga, walk around the block, be in nature, dance.
3. **INTEGRATE.** Recalibrate, reset, take a big breath, start over.
4. **ACKNOWLEDGE THAT IT IS SO.** Say your affirmation: example: "I am calm, grounded, safe. All is well"
5. **GRATITUDE.** Be grateful. Smile. Let go.



- *Intend*
- *Breathe*
- *Integrate*
- *Acknowledge*
- *Gratitude*

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Wallet Size Version:

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*Roslyn Whitney is a spiritual life coach, combining her psychology Masters with the world of spirituality and the advanced transformational tools of HPT, NLP, and meditation. She is the creator of the [Life Mastery Program](#) which helps you focus on the most significant thing to move your forward in life. She focuses on helping people transform in love and work – to create beautiful and spectacularly fulfilling lives.*