

**FREEDOM**

CHOICE ACADEMY

# Turning COVID-19 Stress To Success



**Zoe Slater - CEO**  
**Freedom Choice Academy**

# Rising To The Challenge - A Fresh Perspective -



I teach people how to Have It All by turning their  
Stress To Success

How to fix  
their Mental, Emotional and Physical Mindset

Take Freedom and Control  
Back over their life



What you need to do to make decisive decisions and improve your communication & connections with your

Business  
Marriage, family and friends  
Self Care





# COVID-19 Stress To Success

## Overview

1. Designed to turn your Stress to Success
  2. A quick Mental Health check
  3. Different perspective with a list of things to do
- Three self care Tips
- Mentally - calm the mind to have positive progressive thoughts
  - Physcially - exercise sustained energy, strength and endurance fpr 6 months and beyond
  - Emotionally – the first thing you need to do
5. The power of your Spirit and Vision to motivate you and others
  6. Mood Elevators



# COVID-19 Stressors

## 2. A quick Mental Health check

If these constant changes have triggered you into

- Depression
- Drinking alcohol through the day
- Angry – Argumentative
- Obsessing or ruminating
- Slothing around in PJ's everyday
- Moody
- Eating bad food
- Lost your hygiene
- Can't sleep or staying up late
  
- Be warned this can NOT be your NEW NORM
- Reach out and get help now



# COVID-19 Stress To Success

3.

My Success Model will help you reflect turning that stress to success and guide you through 8 areas of your life.

List all the things that you have neglected and feel out of balance.

Prioritise the list and take action





# Turn your COVID-19 STRESS To SUCCESS

To make decisive decisions;

*You must take control of your mind*

*To*

*Take control of your life*

*Zoe Slater*



# Turn your COVID-19 STRESS To SUCCESS

Here's what you need to do to Destress from the Mental pressures .

## 1. Mindfulness – will rest the stress, and reset the mind

### Here's what to do;

- Sit and focus the mind on one thing either internal or external, rise and fall your stomach or a tree
- Breath – out 2 exhalations, then nose breath
- Total immersion and connection - 2 mins every hour
- Any where any time, no limitations



# Turn your COVID-19 STRESS To SUCCESS

4. The 2<sup>nd</sup> Self Care Tip is to transform an anxious or exhausted body

**2<sup>nd</sup> Physical movement.** It strengthens the heart to handle stress and the spine to endure sitting for long stints. It also lowers cortisol build up.

**Here's what to do;** You must increase your cardiovascular above resting state every day for at least 10-20mins

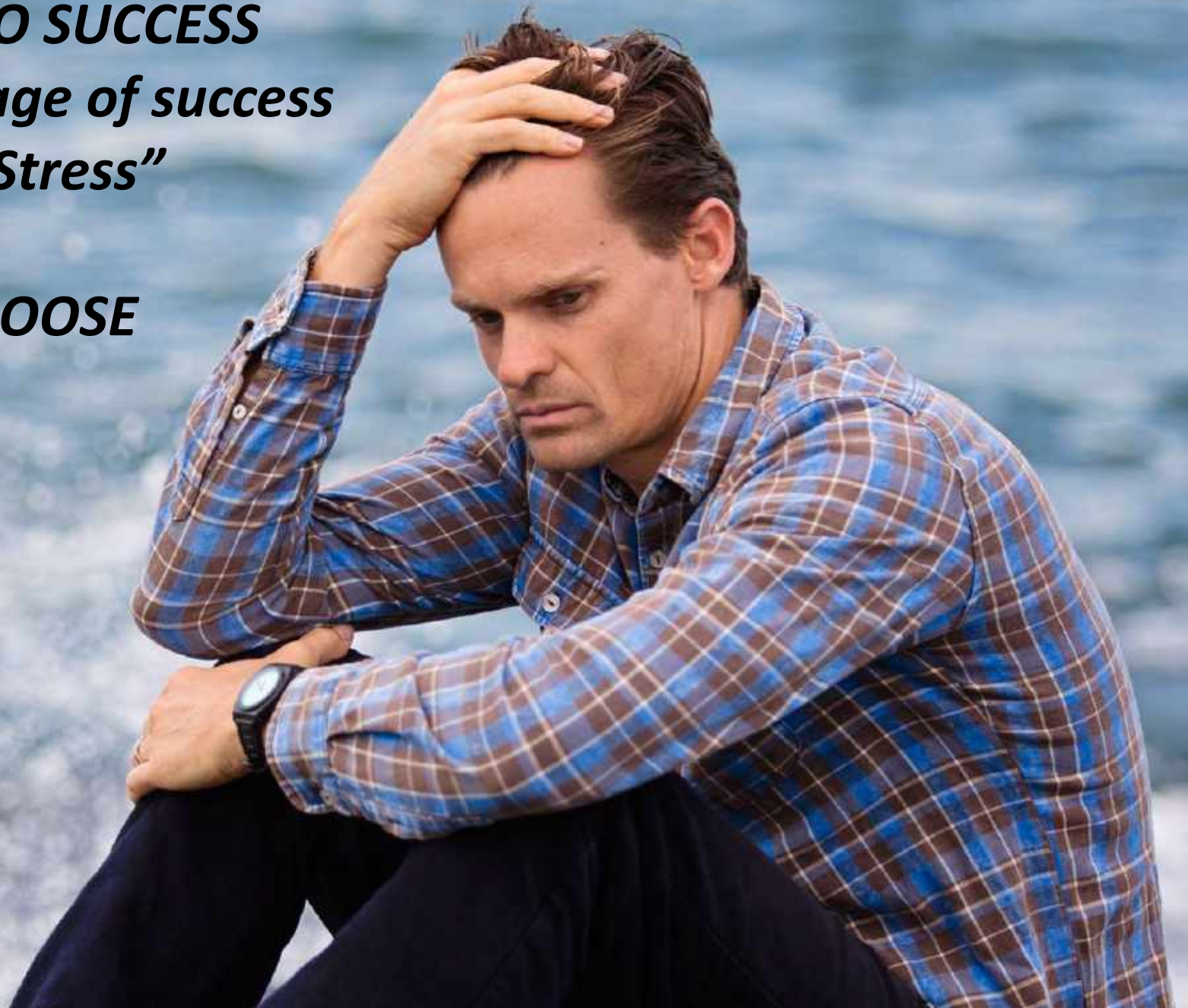
- Walking
- Running
- Swimming
- Dancing
- Cycling





***Turn your STRESS TO SUCCESS  
Propel into the next stage of success  
Not Prolonged Stress”***

***DECIDE NOW ... CHOOSE***



# ZOE HELPS YOU

## Resources

<http://www.freedomchoiceacademy.com>

**Watch the Webinar** – Business Mind & Mental Health plus tips and something personal for you

**Blog** – Scroll for Tips and Hacks

**Stress To Success**— is only available for those who are ready for committed to transform their life to have it all







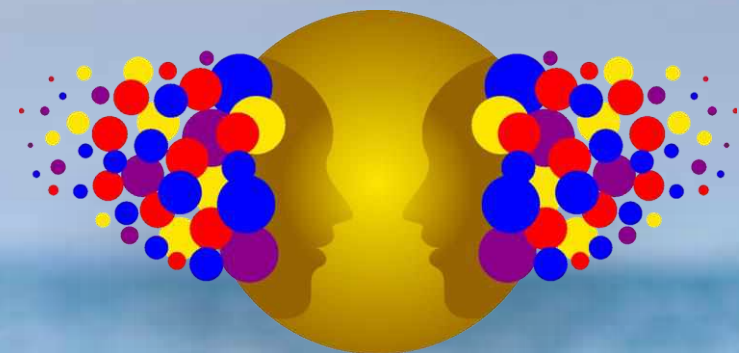
## My Gift To You

Free 45 min  
Personal  
Strategy Call

Free 45 min  
Education  
Webinar

**GET THE RIGHT HELP.  
TURN YOUR  
STRESS TO SUCCESS**

<https://www.FreedomChoiceAcademy.com>

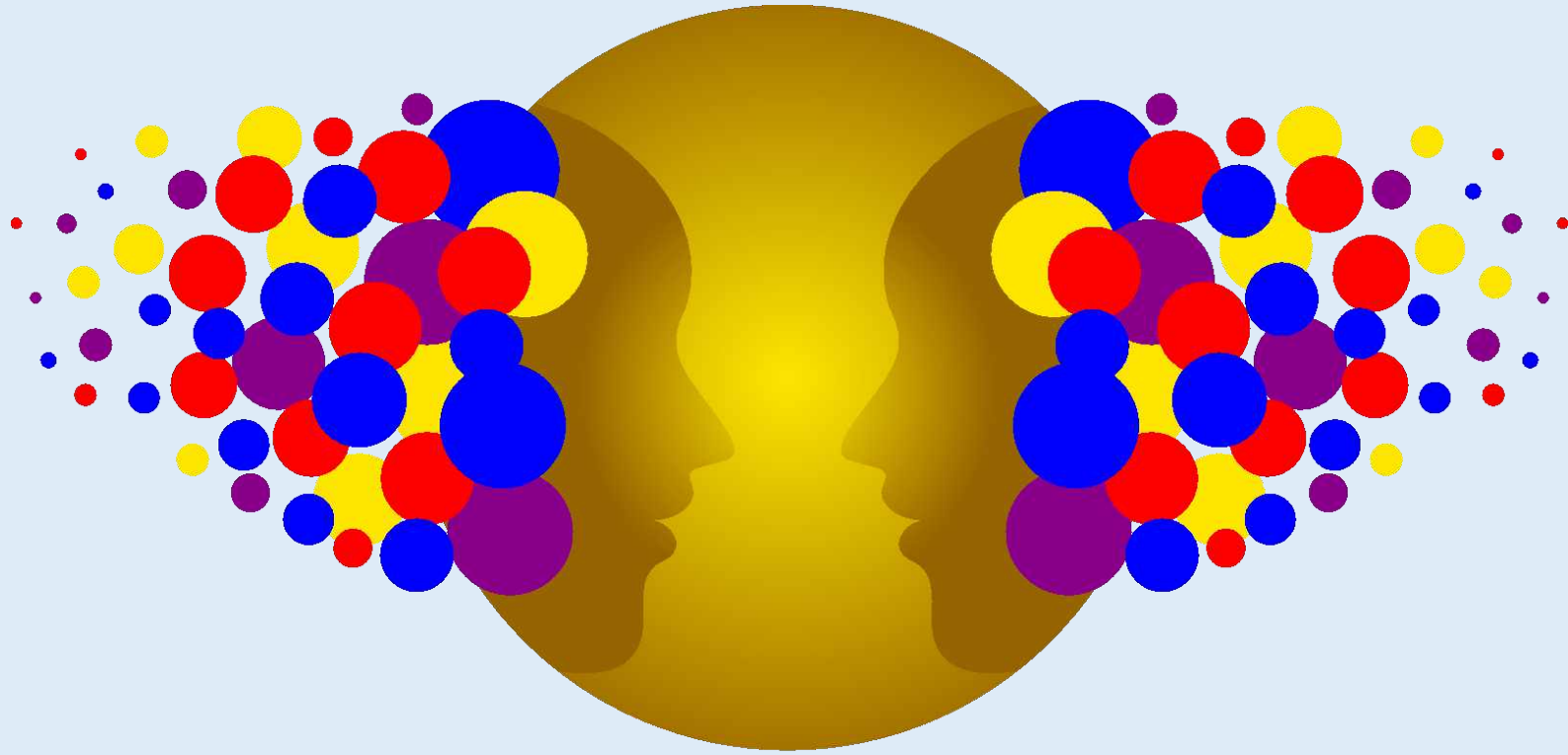


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