



BALANCE

**STRESS BUSTERS
IN THE
WORKPLACE**

BODY - MIND - EMOTIONS



Stress Busters in the Workplace

with Sandy Rakowitz

I hope you had a great time in Stress Busters. I'd appreciate if you would leave me a gold review on OffSyte if you haven't already. Simply use the same link you used to join the event. Thank you!

About the Stress Busters Method

Stress Busters is a system of gentle circular TTouches, strokes and lifts that works at the cellular level to activate the body's potential.

Sandy Rakowitz, your Stress Busters facilitator, has been a Certified Practitioner of this work, called Tellington TTouch® for 32 years, first working with horses. As people watched the horses melt with relaxation, and saw how quickly behaviors changed, they asked if she could work on them, and with their dogs, cats and other animals.

Effectiveness of the TTouch for people was readily apparent. People of all ages realized a newfound sense of well-being and renewal in using TTouch. Sandy began showing people how to do these simple, yet profound TTouches.

People quickly found they got relief from everyday physical and emotional issues such as chronic stress, difficulty focusing, headaches, backache, neck pain, depression, anxiety, digestive upsets, coordination challenges, and sensitivity to touch.

TTouch is gaining acceptance in the human healthcare system. Nurses, massage therapists, physical therapists, physicians and occupational therapists are successfully integrating these techniques into their practices.

For example, nurses use TTouch for post-fracture swelling, labor pain, wound care, and the management of edema, pain and anxiety. Massage Therapists and Physical Therapists find TTouch effective in cases of chronic pain and Fibromyalgia.

In addition to the clinical applications, many healthcare professionals experience much needed relaxation and stress-relief for themselves.

In the following pages, you will find the steps to follow along these Stress Busting, life-changing practices.

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1) Heart Hugs

Heart Hug Purpose & Benefits:

Heart Hugs balance both sides of brain - the intuitive, creative and the logical aspects, enhance clarity of mind, focus, compassion, calm the central nervous system, decreases the Sympathetic Nervous System Reactivity and Enhances Para-Sympathetic Responses, enhances the ability to think rather than react, and gives a simple Self-Care Tool that offers profound, empowering, life enhancing changes.

Heart Hug Steps:

- 1) Place both Palms one over the other, over center of chest, heart chakra.
- 2) Imagine the face of a clock on the center of your chest. 6 is at bottom, 12 is at top.
- 3) Lightly move the skin under palms one and one quarter circle - either clockwise or counter clockwise
- 4) Repeat 3 times

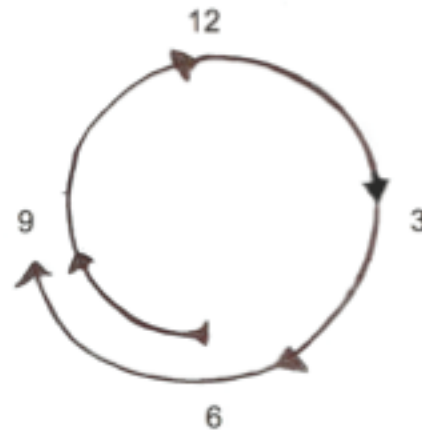
• TIPS - pay attention to:

a) Tempo:

Try a 1 second circle, where you take only 1 second to do the Heart Hug

b) Breathing:

- Inhale as you gently move the skin around the clock
- **Pause** as you arrive at 9 o'clock
- Gently exhale and let your hands release to 6 o'clock
- Repeat 3-4 times with a Pause in between



c) Pressure

- Apply only the amount of pressure needed to gently move the skin underneath your hands.

d) Intention

- Curve Lips upward as you move the skin around in the circle, notice the difference
- Think of a quality you Appreciate about yourself, or another as you move the skin around the circle applying the Heart Hug, notice the difference.

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2) Ear TTouches

Ear TTouch Purpose & Benefits:

- Using the Ear TTouch can balance all systems of the body
- Calming
- Rebalancing
- Enhancing function
- Fosters a sense of well-being
- Reduces stress
- Relief from pain
- Manage anxiety
- Enhances Focus
- Supports Digestion
- Reduce Shock
- Support while waiting for medical attention in emergencies
- Balances Respiration and Heart Rate
- Balances Body Temperature if too hot or too cold
- Enhance quality of life for seniors



Ear TTouch Steps:

- 1) Start at bottom of ear lobe.
- 2) With thumb on one side of ear, and forefinger on other side of ear
- 3) Gently stroke as if stroking a rose petal from bottom of ear lobe towards top of ear
- 4) Use four strokes curved upwards, as if dividing the ear into four quarters
- 5) Stroke one ear 3-4 times, then go to other ear.
- 6) Use until feeling better, or until medical care arrives

Ear TTouch Tips:

If there is a Medical Emergency:

- 1) **Call 911**
- 2) Measure Pulse and Respiration before applying TTouch for Ears
- 3) Let medical personnel know what Pulse and Respiration were when you began.

There are thousands of case studies showing application of Ear TTouches have reduced pulse and respiration into a more normal range.



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3) Body Blessing

Body Blessing Purpose & Benefits:

Attitude of Appreciation & Gratitude for your Body, Uplifting, Self-Kindness and Self-Compassion and gives a simple Self-Help Tool for self-Help and Healing.

Body Blessing Steps:

- 1) Using the palm and fingers of one hand, gently rest hand on head, take a breath
- 2) With long gently firm strokes continue down head, neck shoulders, arms to finger tips
- 3) Continue along your side, ribs, waist, over hip, down thigh, to knee, calf, ankle along foot to toes.
- 4) All along your body from head down to toes, thanking each part as you stroke along the way for their contribution to your daily life, appreciating your body.

Body Blessing TIPS:

- Curve lips upward while gently caressing, stroking, blessing your body
- Use at night before bedtime to wash the day off, and bring you to a state of self-appreciation before bed time.
- Use first thing in the morning to start the day off with Self-Compassion and Kindness.
- Use this with your dogs, cats and other animals, they Love it!

Grounds;
Enhances Awareness,
Boosts Confidence,
Reassures

Long sweeping strokes,
from head to tail,
down chest, along sides
and legs to toes.



Thank you for participating in Quick Stress Busters Escape for You!



If you or anyone you know has animals, please pass along this information to join me online in: Stress Busters for Adopted Pets and their People Make this their Best Year!

- Learn a hands-on, gentle approach for dogs, cats, horses, other animals. Free, Online Class.
- Learn how to help your animals transform into calm, confident companions.
- Please share the love with this upcoming class.

Register with this link below:

<https://onehearthealingcenter.com/stress-busters-for-adopted-pets-and-their-people/>

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More about Sandy Rakowitz:



Animals saved Sandy through connection when she felt alone, disconnected and on the fringe. Now, she helps others rescue themselves to enhance their self-worth and net-worth.

Sandy mentors people 1:1 in private sessions, classes and programs so they can thrive, unleash their intuitive, creative gifts, belief and trust in themselves and to live on purpose, while turning their dreams into reality.

Sandy is Founder and President of both One Heart Healing Center, and One Heart University for Pets and People.

Email [Sandy](mailto:sandy@OneHeartUniversity.com) the benefits you are finding in using the Stress Buster Methods.

Learn more: www.OneHeartUniversity.com
www.OneHeartHealingCenter.com
for people and their animals