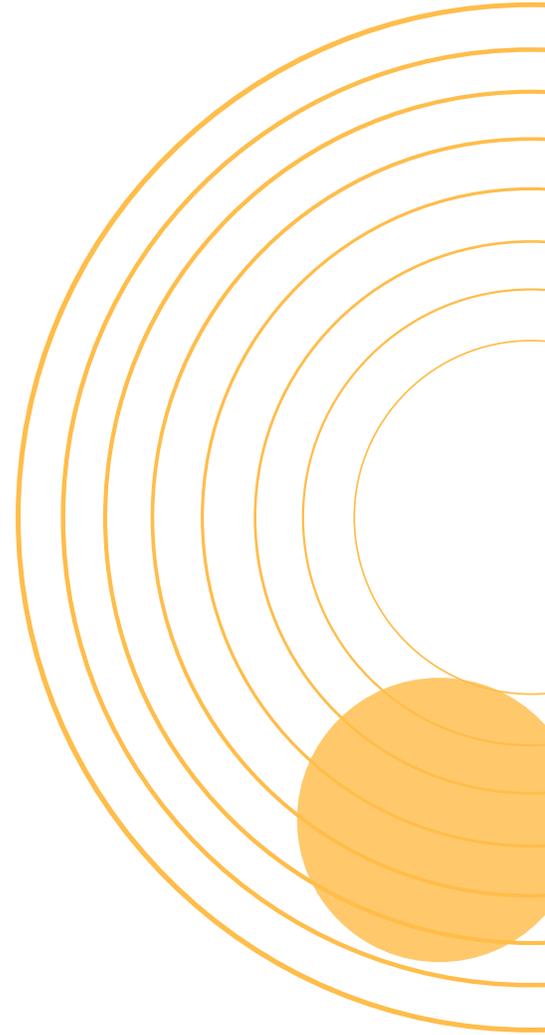


**YOUR FREE GUIDE**

# **ELIMINATE STRESS WORKBOOK**

**My top 3 tips for eliminating  
stress and anxiety, one day at a  
time.**

*Dr. Cailin O'Hara*



Hello and welcome to my guide of my top 3 tips for eliminating stress and anxiety... and they may not be what you think! I refer to this process as “setting yourself free,” because so many of the burdens and stressors we experience CAN be eliminated... we just may not know how to do it.

I deeply understand anxiety, stress, panic, overwhelm, fear, and so on. It’s what I specialize in helping my patients overcome and what I had spent much of my own life trying to understand and navigate. Through a series of profound healing experiences and incredible epiphanies, I have learned (and continue to uncover) the core of these fear-based, stress-based experiences we have and how to stop them in their tracks.

Much of what I teach is based on self-compassion. This is because it was developing true self-compassion that set me free. It was learning how to lean in to myself, my feelings, my fears, my past trauma, etc., that actually provided the path OUT of the fear and stress and anxiety. Also, it revealed to me a happiness and feeling of true love for myself that I had never known.

I share more about this in articles and videos, so follow along on [Instagram](#), [YouTube](#) and [Facebook](#)  
Visit [suntreehealingarts.com](http://suntreehealingarts.com) and [cailinohara.com/anxietymain](http://cailinohara.com/anxietymain) for more!

For now, let’s dive into what you can start integrating into your daily life ASAP to help you cut back on stress, find legitimate peace, and orient yourself toward a much happier existence.



*Dr. Cailin O'Hara*

DACM, LAc, Dipl OM

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# Step 1: Create a Morning Ritual

Hands down the most important thing I ever did for myself when I was in the process of healing was create a morning ritual for myself. It has been a crucial part of my daily life for nearly 10 years in not only managing stress but truly developing a sense of peace.



**WHY:** The morning can set the tone of the ENTIRE day. It's also the time before the world (aka your family, work, worries) comes rushing at you. If you take even 10 extra minutes in the morning in a supportive routine for yourself, it can change the course of not only the day, but your entire life. It did for me.

**WHAT:** Carve out a little time for yourself and make it non-negotiable. You can also do this at night before bed to help you unwind. The whole point of this ritual or routine is to help you prevent the escalating feelings of stress and anxiety that can happen throughout the day. It will be like creating a comforting home-base for yourself.

**HOW:** Set aside a certain amount of time in the morning (and evening if you'd like). It can be as few as 10 minutes or as long as 1 hour- whatever is doable for you right now. Your intention is even more important than the details of what you decide to do. It's important that you choose your intention for your morning routine and stick to it.

Examples:

My intention is to find some quiet and peace in my day.

My intention is to prevent myself from exhausting myself through the day.

My intention is to connect with myself to figure out what I need/want.

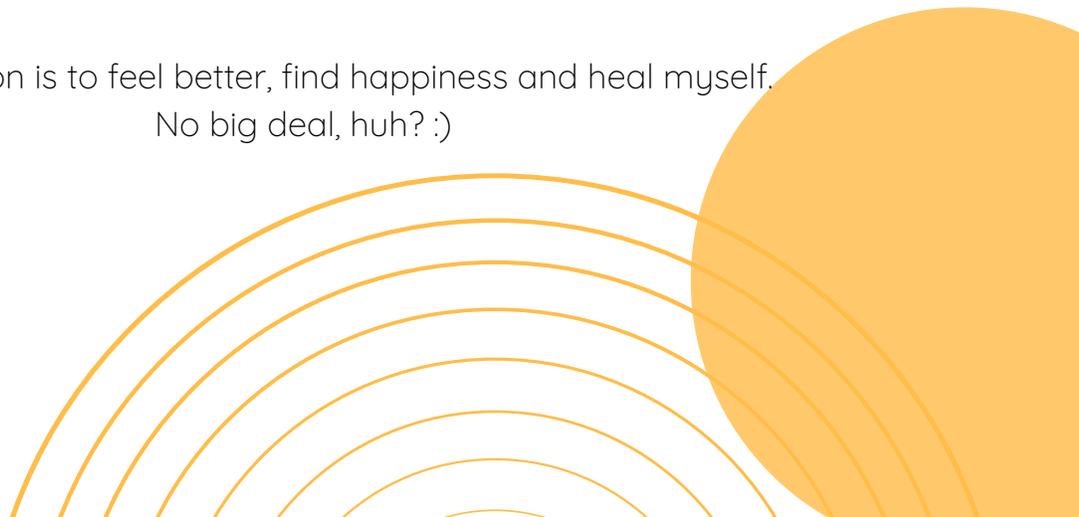
Write out yours:

A large, empty rectangular box with a light orange background, intended for writing a personal intention.

Choose what feels best for you. Mine 10 years ago started out like this:

My intention is to feel better, find happiness and heal myself.

No big deal, huh? :)



# Morning Ritual Ideas



## MEDITATION

I ALWAYS recommend there be some form of meditation as part of your morning because it has been such a powerful tool for me (check out our YouTube page or apps like Insight Timer for free meditations)

## READING

Read (or listen to) something that inspires you. Years ago, I read everything I could get my hands on from Deepak Chopra, Wayne Dyer and Louise Hay because they helped me believe in my ability to overcome and rise. Look for authors that uplift you.

## SENSES

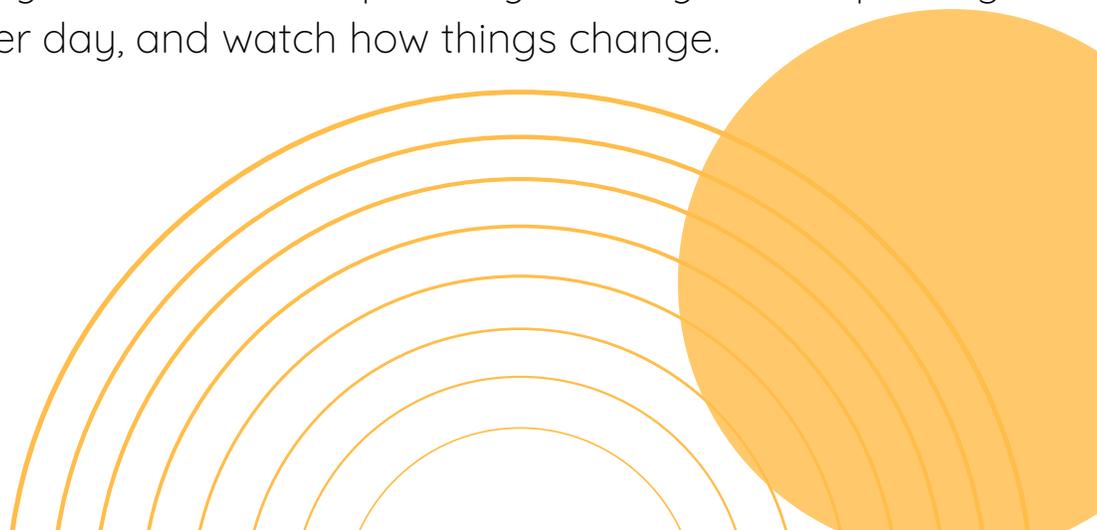
Invigorate your senses with essential oils, incense or candles that help you tap into a feeling of calm. Listen to a recording of waves or rain to help you drift away into a more peaceful state.

## JOURNALING

While some forms of journaling can be counterproductive, writing about what you LOVE, what makes you HAPPY, what INSPIRES you, what your GOALS are and the like can be a powerful force of inspiration to add to your routine.

## REPEAT

This won't be effective if you don't make it part of your daily life. Keep doing it, day after day, and watch how things change.



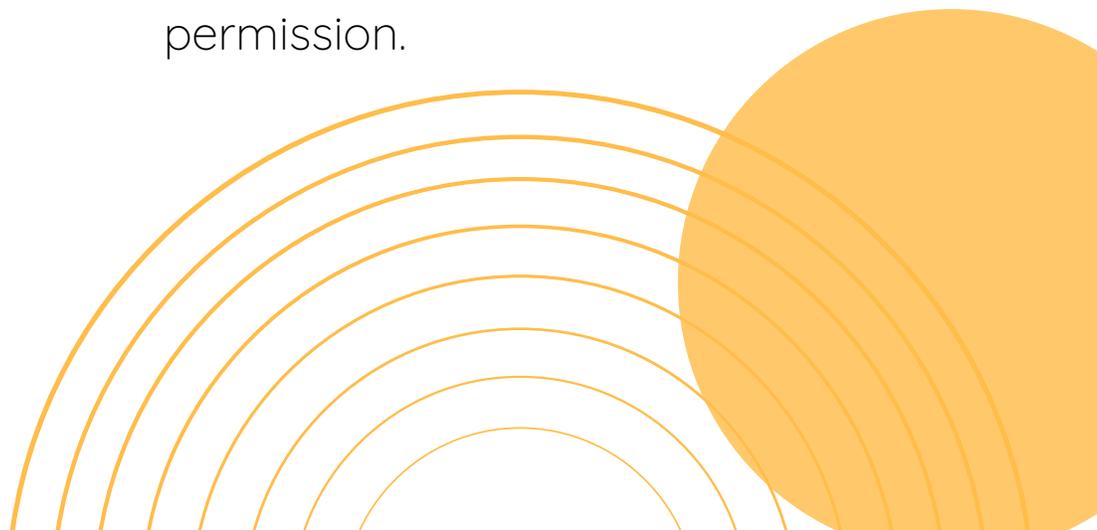
## Step 2: Accept Where You Are

One of the most stressful experiences we have is the process of overwhelming ourselves. We think about all the possibilities, the to-do lists, the worst case scenarios and so on. This can put us in a panicked kind of flight-or-fight mode that can be difficult to stop. The best antidote I've found for this is ACCEPTANCE. Once you accept the way things are, you can start to find some relief and gain clarity again.



### TRY THIS EXERCISE

Find a quiet place to be for the next 5 minutes. Take a slow, deep breath in through your nose and out through your mouth. Allow your shoulders to relax. Relax your eyes and your jaw. Wiggle gently in your seated position to help release any tension that may have been building. Roll your neck from side to side gently. Let your legs relax. Let your body feel a bit heavier and more relaxed. Take this moment with yourself. Look around at where you are and let it be ok, whatever it may be. Notice how you're feeling emotionally right this second. Let it be ok, whatever it may be. Notice how your body feels right this second. Let it be ok, whatever it may be. Place your hand on your chest and notice your heart beating. Allow yourself to feel this pause in your day. Allow yourself to be right here, feeling whatever you feel. Give yourself permission to be exactly as you are, where you are, in whatever circumstance you're in. Let it be ok to be exactly who you are right now. Only you can give yourself this validation and permission.



## Processing to help yourself find acceptance:

1) What are all the things I'm worried and stressing about right now?

2) What if I accepted it all? How would that feel?

3) What if I let it be ok that I am exactly where I am right now? How would that feel?

4) What if I let myself really, truly feel how I am feeling right now? What would that feel like?

5) How can I allow myself to be exactly where I am without needing to change anything?

6) What if I gave myself permission to let go of some of the things that are stressing me out? How would that feel?

7) How can I be kinder and more compassionate toward myself to help alleviate some of my stress?

## Step 3: Develop a Relationship with YOU

Come back home to yourself. This is so important! Do you have a truly supportive relationship with yourself? Are you kind and compassionate toward yourself? Do you let yourself take breaks, make mistakes, have upsetting feelings? If you don't really get to know who you are and what you need, stress and anxiety will likely haunt you, trying to get your attention.



This step is the most important part, but...

there's no way for us to go over it in this little workbook in every way, shape and form. It is a process that will take TIME! But here are my main suggestions to check in on how you're doing in your #1 relationship (the one with YOU).

### WHAT ARE YOU THINKING?

Do you think positive or negative thoughts about yourself? Start paying attention to what you're thinking. Are they thoughts like, "I can't do this. I don't know what to do. I'm never going to get ahead," and so on? Or are they more like, "I'm doing my best. I appreciate what I have to give. My feelings are valid," and so on? If they're on the negative slant more often than not then you will likely experience more stress and anxiety. Try adopting thoughts that feel more supportive. I have a lot of suggestions for this, so follow [on social media](#) for more insights!

### WHAT ARE YOU FEELING?

Do you check in with how you're feeling? And if you do, do you embrace how you feel? It can be easy to be nice to ourselves if we're feeling happy. It can be harder if we're in a bad mood or stressed out or panicked. The point is that in order for you to develop a relationship with yourself, you have to intentionally connect with yourself. Pay attention to how you're feeling. Let yourself have the feelings you experience. AND support yourself like you would a best friend if you're having difficult emotional experiences.

### WHAT ARE YOU WANTING?

If you could have anything in the world, what would it be? If your day could be spent any way possible, what would it be like? If you could have any career, what would it be? If you ask yourself these questions and let them inspire you, how does that feel? I believe that our desires connect us to who we really are. It's not about getting every single thing we want... it's about honoring who we really are and believing in what's possible for us. Let yourself imagine the best possible you.

That's who you really are.