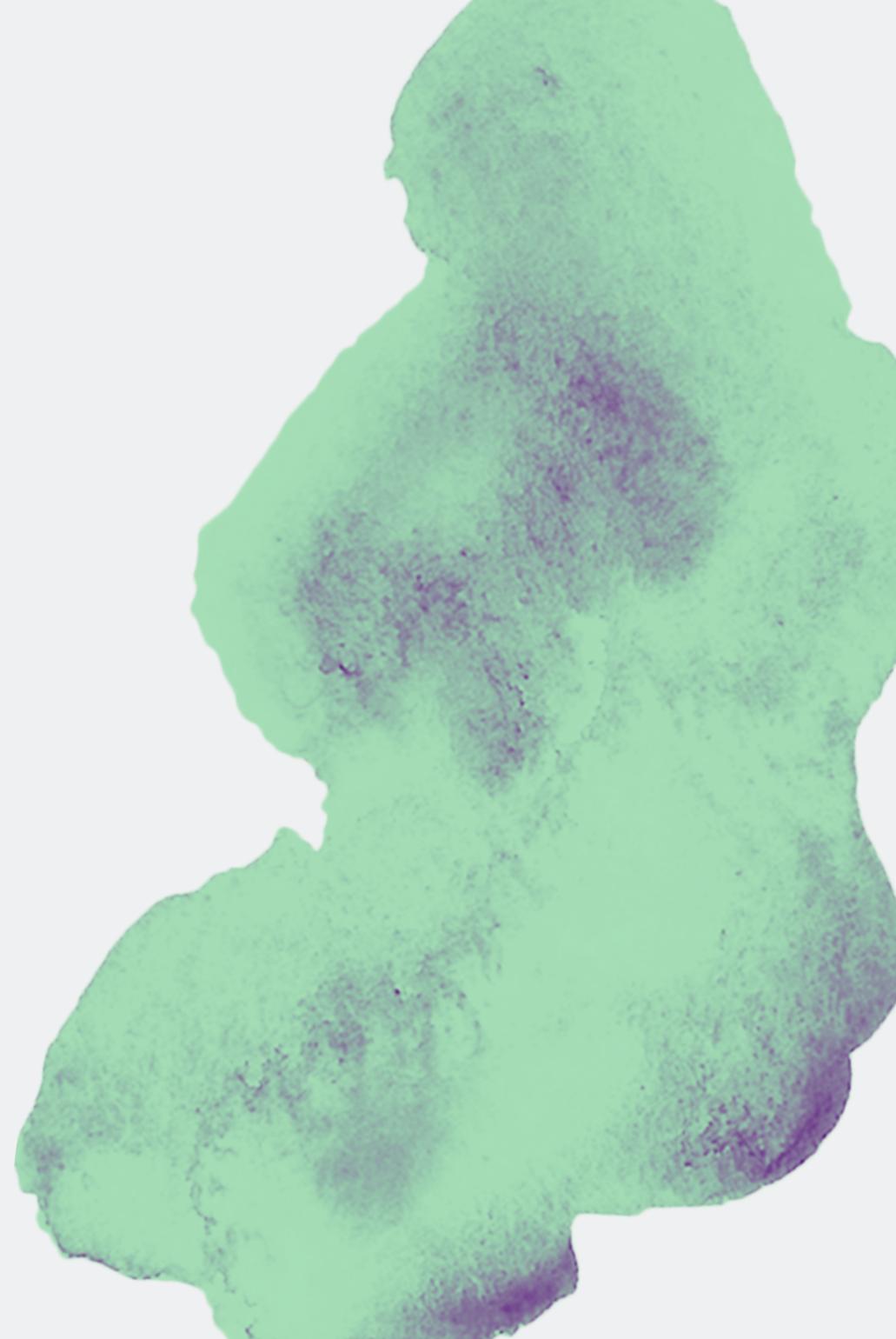


**Tense?  
Stressed?  
Aches?  
Pains?  
Anxiety?**

**Let's get rid  
of it all!**

[www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)



# Life can be tough at times ...

... we've probably all experienced it:

When we are stressed, we tense up, we try to hold everything together and keep a stiff upper lip.

Underneath we are struggling - whether it's about meeting a tight deadline, approaching a difficult conversation or co-ordinating all your kids' activities and family life.

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# When we are stressed ...

... our heart rate goes up, blood pressure and body temperature rise, we sweat, breathe faster and our muscles tighten.

It's called the "fight or flight" response, a natural, physiological reaction to stress.

Our body also produces fear hormones, e.g. adrenaline and cortisol, to support us with enough energy to fight or run away.

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# Our bodies are amazing ...

... and this clever response supported us when we were out hunting or gathering, encountered the wild beast and needed all that energy to fight or run away.

But nowadays, our wild beasts look different and we generally don't run away – although physical activity can be quite helpful to deal with stress.

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# Stress isn't just in the mind ...

... it's in the body, too – and this is where the mind-body connection comes in.

When we are able to release muscle tension, the nervous system can also calm down, which allows us to become more balanced.

Working somatically (i.e. with the body) has an effect on our nervous system and gives us an extra bonus:

Giving our constantly busy minds a rest!

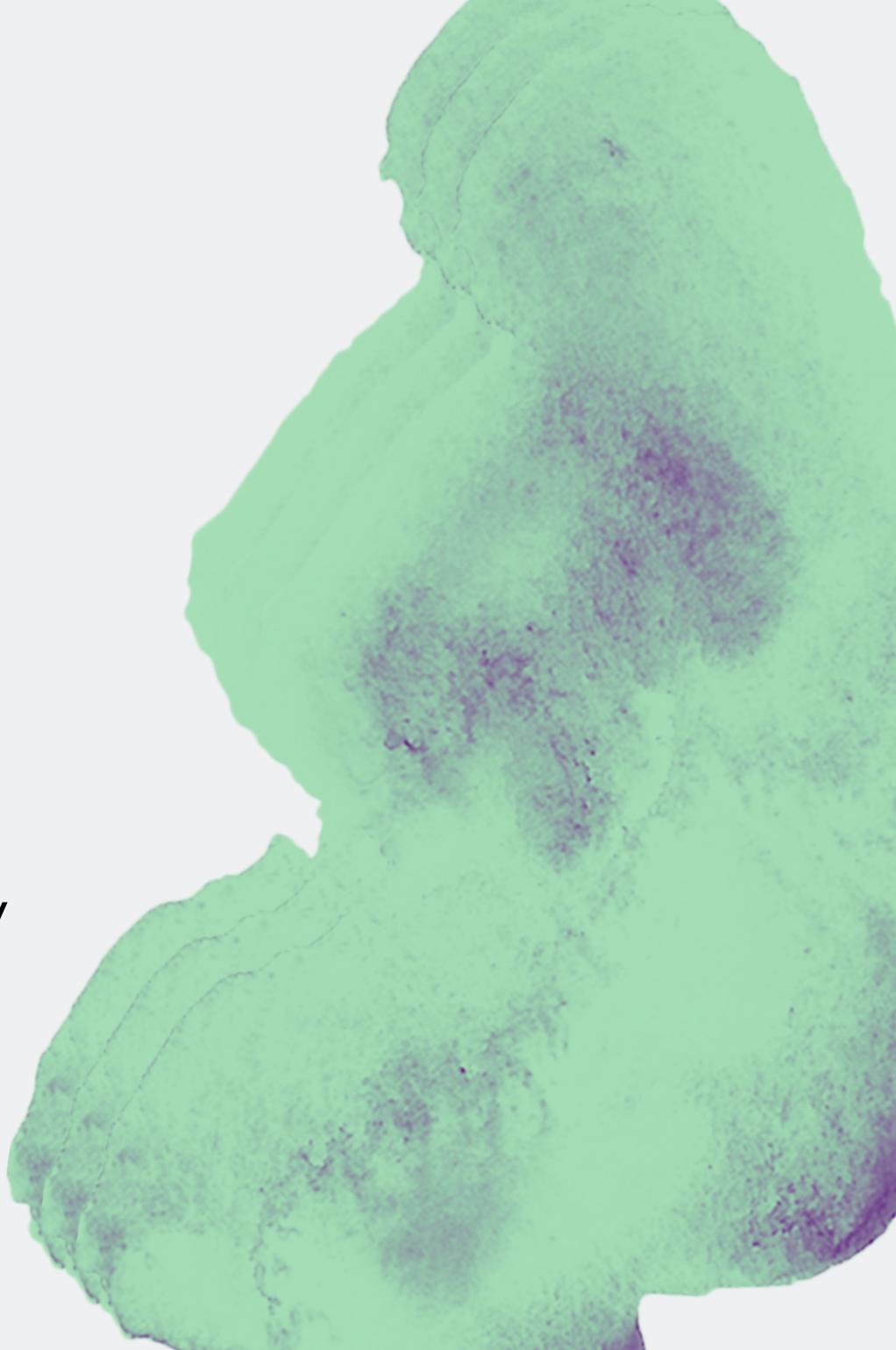
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Here are  
five\*  
suggestions  
that can  
help ...

\*obviously, the last one is my  
favourite

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# Let's look at ...

- Breathing
- Grounding
- Laughter
- Exercise
- Shaking



# Take a deep breath



It might sound like advice from your granny, but taking a few, conscious and deep breaths in – and even longer breaths out can calm your nervous system.

Take this even further by inhaling a couple of minutes through your left nostril (simply press against your right nostril to block it) – this decreases the sympathetic (fight or flight) and increases the parasympathetic activity of your nervous system and is calming.

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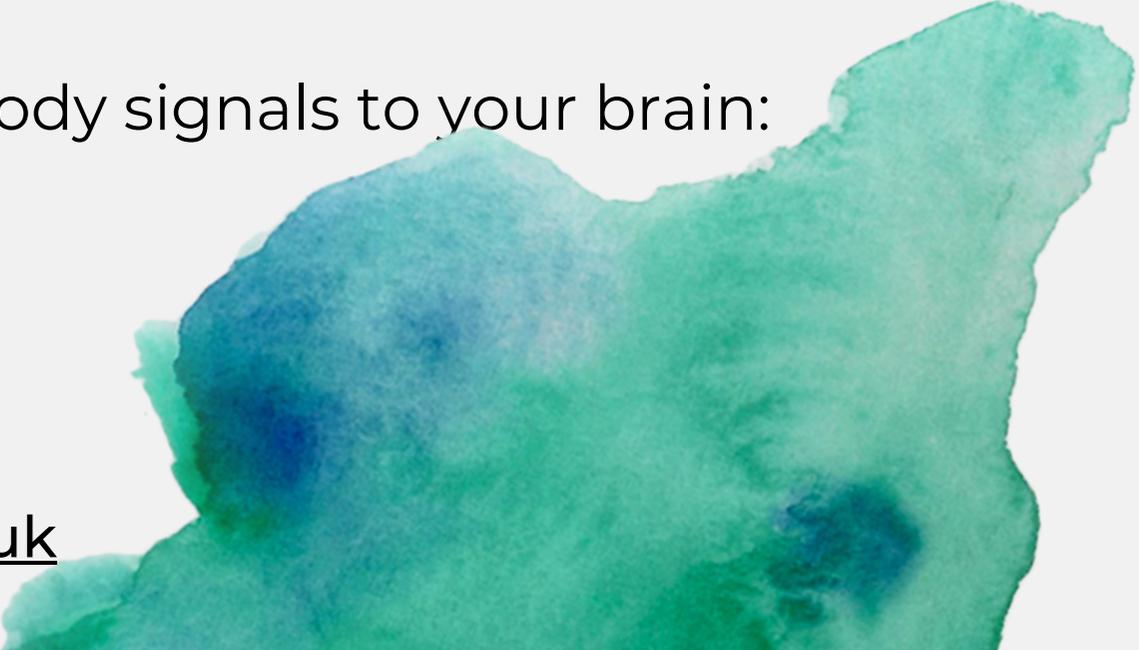
# Grounding

Take a few moments and concentrate on the present moment. That really is all you have right now and - strictly speaking - need to care about just now.

It's easier said than done, but give it a try.

Being grounded, your body signals to your brain: we are safe right now!

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The 3-3-3 exercise is an effective way to help you to feel more in control of the situation and being really present.

Simply identify objects in your immediate environment, e.g.

- name three items that you can see,
- three sounds that you can hear  
and
- move or touch three body parts –  
while taking deep breaths slowly  
in and out.



# Laughter



They say laughter is the best medicine – at least it's a start.

When we laugh, we engage the parasympathetic nervous system, which means we can't be stressed or anxious as stress activates the sympathetic part.

So, it's either one or the other.

Concentrate on the laughter, even if it's fake, your mind can't tell the difference.



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# Exercise

You might wonder how you could possibly find time to exercise, but remember, movement can be a helpful de-stressor - ideally in the fresh air, rather than stuck in a gym.

Go for a run, or even just walk a wee bit faster, get off the tube/bus one stop earlier, take the stairs rather than the lift, do some gardening, housework, play and run around with kids ... you get the idea.

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# Tried that all before ?

If you've tried that all before and are still waiting to see the results ...

I encourage you to go one step further and tap into our body wisdom.

Are you ready to explore that?

Read on ...

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# Shaking it off!

If you want to pro-actively and effectively help yourself, check out TRE® (Tension Releasing Exercises).

TRE is a somatic modality to release stress and tension, by - literally - shaking it off.

Many clients I've worked with have become calmer, much more relaxed, have eliminated aches and pains caused by stress, are less anxious, more resilient, the list goes on ...

[www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)

As up to 90% of illnesses are caused by stress, a somatic modality can be so helpful to nip many aches and pains in the bud.

Once learned, it's your tool to use and you can pro-actively support your health and well-being – without relying on anybody else “to fix” you - which will save you time and money, too.

And as we are working with the body, there's no need to discuss or analyse any (past) situations.

Simply trust the wisdom of your body.

[www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)





Our bodies are amazing,  
let them do the work.

Ready to discover  
TRE®'s benefits for  
yourself?

[www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)





I am Sylvia Tillmann, a Certified TRE® Provider at Tremendous TRE ([www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)) and I don't treat you, but teach you how to help and heal yourself - and that is much more empowering.

By learning and practising TRE® you can pro-actively heal any tension-related aches, pains and anxiety while gaining more resilience.

Intrigued? Get in touch for a free fact-finding chat via my [website](#), send me an e-mail at [SylviaTillmann@mail.uk](mailto:SylviaTillmann@mail.uk) or give me a buzz on 07904 427122.

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You deserve to feel  
so much better!

What do you want to  
get rid of?

Get on the mat and you can  
shake off tension, stress,  
aches, pains, while gaining  
deep relaxation and  
resilience ...

Natural. Innate. TREmendous.



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