



First Aid for stress
Health, Freedom & Truth

First Aid for Stress Essentials Guide

Your introduction to the First Aid for Stress program with Dawn Symons featuring full course information and exercises. Grab a cuppa and dive in!

Hi there! It's Dawn here.

Welcome to The First Aid for Stress Essentials Guide and your 'pre-workshop' preparation exercises. I am SUPER excited to be sharing this new perspective with you, along with support and guidance for your sustainable change. Please know that I am here as both your cheerleader and your inspiration. My role is to enable your healing and to help you experience a lighter, happier, healthier and more peaceful life.



Dawn Symons
Founder - MagaTherapy

In 2006, I began to formulate an across-the-board, cohesive well-being programme, which I called Maga Therapy. The information contained in this booklet is the foundation level of my Mental/Emotional health programme, The First Aid for Stress (FIRST AID FOR STRESS).

FIRST AID FOR STRESS is designed for growth, change and, ultimately, your recovery. For over two decades, I searched for help and solutions to a plethora of health issues, chronic stress and depression. It felt like an endless battle – one that I was losing. But I didn't!

Fortunately, my role as a 'Human Mechanic', offering recovery-focused solutions for thousands of clients around the globe, whether physical, mental/emotional or spiritual, maintained my attentive mindset. Often seen as the 'last resort', I've provided safe solutions and positive change for many, many people experiencing short- or long-term stress, anxiety and relationship difficulties. Using myself and my clients as the 'blueprint' for a logical programme, that is easy to understand and apply, FIRST AID FOR STRESS was created.

What follows next is foundation information about the program, the first step on your healing journey.

First Aid for Stress is perfect if you are dealing with short term or long-term, stress or simply how to feel happier and healthier. This programme explains how your body works; you will learn:

- How your stressful thoughts are created
- Who creates your stressful thoughts?
- How to stop your physical reaction to extreme negative/ stressful thoughts, worries – including panic attacks.
- How to feel peaceful, calmer, happier and healthier
- How to brush off negative feelings or emotions particularly those created by other people.
- How to create optimal internal alignment for a healthier physical body.
- How to read your 'body-barometer'
- Positive psychology & well-being advice – including nutritional tips, relaxation exercises and fast acting/ effortless techniques.
- Introduction to your NDS and the NDS. Once you discover the power of NDS, your life may never be the same!



Unit 1 – An Introduction to Stress

To begin, we'll introduce ourselves to stress, a completely natural human function that can cause an outstanding number of problems. In the unit, we cover:

- What stress actually is.
- What causes stress.
- The signs of stress.
- The different types of stress.
- Where stress becomes unhealthy.
- How stress develops.
- How to deal with stress and panic attacks.

Understanding how stress manifests itself (and what we can do to control it) is vital to our recovery. The subsequent units will then deal with common conditions caused by stress.

Unit 2 – Adrenal Fatigue And Burnout

In Unit 2, we tackle two big subjects. The first is Adrenal Fatigue, a condition I believe serves as a link between long-term stress and a range of severe conditions including Burnout and ME. Whether you've hit Adrenal Fatigue or not, this unit will guide you in understanding it more. Then we move onto Burnout, a syndrome that presents itself as utter physical, emotional and spiritual exhaustion. The unit covers:

- An introduction to Adrenal Fatigue.
- The causes of Adrenal Fatigue.
- Symptoms of Adrenal Fatigue.
- Dealing with Adrenal Fatigue.
- An introduction to Burnout.
- The types of people susceptible to Burnout.
- How Burnout happens (and how your job might be contributing to it).
- Burnout symptoms.
- How to deal with career burnout.

- Hot tips for Burnout recovery.
- Identifying differences between Burnout, stress, insomnia and fatigue.

Unit 3 – Sleep, Insomnia and Fatigue

Unit 3 tackles a problem many of us face whether we're suffering from long-term stress or not... a lack of sleep. Getting a good night's rest is a vital part of maintaining good mental and physical health, but many of us simply aren't getting enough. To help you improve your sleep, we cover:

- An introduction to sleep.
- The causes of sleep problems.
- Easy ways to enjoy better sleep.
- Symptoms of insomnia.
- An introduction to napping.
- How to maximise your naps.
- How your internal body clock works.
- Your diet – an essential part of a good night's rest.
- Healthy eating guidance.
- Your new bedtime routine.

Unit 4 – Making Sense of ME

In this unit, we study a condition beyond stress, exhaustion and insomnia. This condition is known as Chronic Fatigue Syndrome or ME. There is a lot of confusion around ME, but in this unit, I will look to answer your many questions and guide you on your road to recovery. To do that, we will cover:

- An introduction to ME.
- The (many) symptoms of ME.
- My experience living with ME.
- A deeper look into ME.
- The causes of ME.
- Early years stress as a contributing factor to ME.

- ME triggers.
- Coping and recovering from ME symptoms.
- Recovering from Fatigue

Unit 5 – Understanding Your Body

In Unit 5, we get to grips with the physical impact of your thoughts. I believe that understanding how your body is impacted by thought is absolutely fundamental to reducing stress. In this vital unit, we will cover:

- An introduction to how your brain works.
- An introduction to thoughts.
- The effect of thoughts.
- The origin of thought.
- About triggers.
- Tips on how to deal with stressful beliefs and thoughts.
- An introduction to your body and emotions.
- Your Optimal Default Setting.

Unit 6 – Relationships

Everyone can benefit from improved relationships, but many simply don't have the tools to do so. In this unit, we take a look at how to deal with bad or toxic relationships. Most importantly, I will teach you how to spot someone trying to take advantage of you plus give you some tips on keeping them out of your life. The unit covers:

- An introduction to relationships, good and bad.
- Defining toxic relationships.
- Installing boundaries.
- The science behind predators.
- Dealing with being duped.
- Upgrading your relationships.
- Maintaining boundaries.

Unit 7 – Physical Implications of Stress

In Unit 7, we take a look at the physical impact of stress on your body. Many of us suffer from weakness and general misalignment of the muscles, and it's this that Unit 7 aims to improve. We cover some widespread problems including:

- Working a desk job.
- Wrist tendonitis.
- Eye strain.
- Bad backs.

For each, I will also provide you with the exercises and tools needed to prevent or improve physical pains.

Unit 8 – Dealing With Addictions

In the final unit, we take a look at addictions. The aim is to help you ditch the addictions that are harming you. Whether it's alcohol, drugs, cigarettes or legal stimulants such as caffeine and sugar, we should all know how to spot and deal with the addictions. In this final unit we cover:

- An introduction to addictions.
- How addictions are forged.
- The science behind addictions.
- Quitting your addictions.



Remember, First Aid For Stress is a comprehensive blueprint for step-by-step healing.

Before we go any further, let's look at the First Aid for Stress Recovery Model.

Do you recognise yourself? If so, which phase are you in?

First Aid for Stress Recovery Model



Digging Deeper

Phase 1: The Root Cause – the unknown

This is the area with which most of us need help and education. There are factors we were not taught or made aware of as children that have innocently placed us in a vulnerable position – because of this, your resilience to stressful/ difficult/ traumatic events and experiences is impaired. When this occurs, whether you realise it or not, your body starts to experience the ripple effect of physical, mental and emotional symptoms of stress and tension.

Phase 2: The Known – early warning signs and symptoms

You can be in this phase for months or years. Your body is on high alert. You feel anxious and/or tense most of the time. You are short-tempered, full of nervous 'jittery' energy, constantly worrying and expecting the worst. Overwhelmed, you experience 'brain-fog', and your memory starts to fail you. You may uptake or increase your use of tobacco, alcohol, prescribed or non-prescribed drugs, unhealthy foods and risky behaviour. You often get viruses, colds and the flu.

If unaddressed, this phase can preclude Burnout, Depression, Addictive Behaviour or other long-term health issues, such as Myalgic Encephalomyelitis (M.E.), also known as chronic fatigue syndrome (CFS) or fibromyalgia (FM)

Phase 3: The Breakdown – the final straw, the crash

Either your 'normal' life has changed significantly or it's been so bad for so long that you simply can't take any more. Simple acts such as personal hygiene, self-care, food preparation and even communicating with others are difficult or completely draining. You are beyond tired and wired. Emotional outbursts and melt-downs are common. You KNOW something needs to change, but you just don't know how or what.

During this time, it is common to experience the escalation of severe low moods and/or depression, as well as unhealthy actions and behaviours.

Phase 4: Call the Mechanic!

In this phase, you seek advice, guidance and support from others. Please be aware that this can be a drawn-out process! Desperate for answers, we try various techniques and service providers. We scan the internet or ask friends. This often leads to frustration, confusion, more overwhelm or anxiety.

Thankfully, this phase can be quick for you.

Phase 5: The Work – doing what it takes.

Phase 5 is all about information and learning. Nurturing, nourishing and feeding your

body and mind is paramount to your long-term recovery and resilience.

Once skilled in this knowledge, you are in the position to make intelligent change – to further improve your core values, actions and behaviour.

As your self-care improves and toxic elements are dropped, you notice that you feel better. You increasingly look after your physical body and mental/emotional well-being. In time, this becomes 'the norm'

Phase 6: Relearning and Relapsing

Freeing yourself from the past can be a slow process. Sometimes we slip into old habits or simply stop doing things that were working well (just because...).

When using the FIRST AID FOR STRESS programme, there are target areas for improvement. Always go for the simplest areas first. That way, you build your confidence and skill set faster, making your personal healing easier and more straightforward.

Once you feel that you're in a far better place, it's time to review and tackle another target area.

Be kind to yourself.

Please recognise that learning what causes you to drop back into old patterns and behaviours (relapse) is the most crucial of your journey.

Phase 7: Recovery

In the recovery phase, you recognise stressful triggers, toxic situations and people and drama makers. More importantly, you know how to avoid them!

You guard your energy, quality of life, space and peace above all else. You honour your well-being by eating healthily, exercising, spending time in nature, getting adequate, restful sleep and doing a variety of things with your life that make you happy.

You recognise how your former lifestyle had inadvertently abused your body, mind and spirit. You will never go back there.

Did you figure out which phase you are in?

Phase 1 and Phase 3 are times when I can best offer the solutions that you need to make significant improvements to how you feel today, providing you implement some of what you learn. With FIRST AID FOR STRESS, this is both fast and effective.

Phase 1 and Phase 4 are the optimum times to 'do the work'. During this time, relapse is common; please don't worry! Relapse is simply part of the learning curve, and, as you continue to apply your understanding(s), relearning occurs. This requires some or a large amount of effort, depending on the individual.

Let's talk about relapse, renewed symptoms and recovery, many people struggle with the relapse and recovery stages. Often, we do not complete the transmute stage of the 'three Ts', I'll explain them in a minute, but for now please know it is the number reason that we fail. There can be various reasons why. A common one is that we are guilty of seeking 'easy', quick-fix solutions to our issues. Another is that we do not realise exactly what is involved in the creation of long-term stress and fatigue, how they affect our health nor to what extent.

Remember, this programme isn't just about your physical health and well-being, it's about increasing your energy, happiness and peace levels. You will learn how to improve the quality of your life, make slicker choices, spend meaningful time with the people you love or prepare for a new relationship or job! Within your life, there will be across-the-board 'undesirable' aspects that create stress, pressure and buckling. These may include personal relationships, your job, company and co-workers, your fitness levels, health and well-being and your finances. If you were to consider them individually, with a view to keeping the good stuff and either dropping, replacing or upgrading the other stuff, you would, no doubt, feel significantly better.

To start the process and fully recover, you need to bridge the gaps in your understanding of what happens in your body when you experience any form of physical, emotional or spiritual stress.

You will need to make meaningful changes in obvious areas, such as nutrition, sleep and relationships, alongside gaining a deeper understanding of your body's requirements. Remember, There Are Three Recovery Stages in total.

The first two stages of your healing journey are achieved **Phase 1 – 5**.

The first, *transform* is when you make initial changes. The second recovery stage, *transcend*, is the time you move away from the toxic elements of 'the problem'

Once you have achieved stage two your recovery is on track. Continuing with the program moves you from Phase 6, working to Phase 7.

This is the final recovery step - *Transmute* – here you anchor the changes, permanently, to create a 'better version of you'

In my experience, both personally and professionally, the biggest source of 'relapse' is the transmute stage. Quite simply, you have to do the work! I offer you the reminder that 'knowing' is not doing!

As the risk of stating the obvious, 'anchoring the change' – that is, continuing to do the things that work for you – is far easier (physically and emotionally) than not doing so. 'Not' creates confusion, frustration and anger.



Now, let's look at the first – Clarity Exercises which is designed to help you recognise then reduce:

- 1) The impact of other people's negative behaviour towards you
- 2) The root cause of severe and prolonged negativity, fatigue and stress.



Trigger Alert You do not have to complete the following exercises!

You DON'T have to answer any of the questions. You may not feel the need to do any of these. However, you may find that you are drawn to one, two or, indeed, all of them!

If you choose to do them, I suggest that you find a quiet time when you will not be disturbed to read through each exercise individually.

Your answers are not for analysis. Please use short answers to list the information, this avoids getting into stories that may 'trigger' or upset you.



Reminder: You do not have to do these exercises. It will not hinder your progress. They simply spotlight things you learned in the past, which probably no longer align with your values and beliefs going forward. This proves extremely helpful and can help to forge an unshakable new you.



Exercise 1: Detailed Baseline Information

This exercise should take no longer than 25 minutes.

Please find somewhere quiet to sit and consider your answers to the following questions. Write a short paragraph to answer each.

What is currently happening in your life?

Do you like your work?

How are your finances?

How is your love life?

How did your last romantic relationship end?

And the one before that?

Briefly write about your childhood...



Exercise 2: What My Parents Said...

This exercise should not take longer than ten minutes.

What negative comments did you hear when you were growing up?

Make a list of the things that your parents/caregivers said were wrong with you (whether you believe them to be true or otherwise).

For example: I was lazy. I would waste my life. I was not as good as my sibling.

What were the positive messages you heard when you were growing up?

Make a list of the things your parents/caregivers said were good about you (whether you believe them to be true or otherwise).

For example: I was kind. I was clever.



Exercise 3: What Others Said...

This exercise should not take longer than 15 minutes.

What other negative comments about yourself (whether true or untrue) did you hear as a child from: Relatives? Teachers? Friends? People you hardly knew?

**What were the positive messages you heard as a child from:
Relatives? Teachers? Friends? People you hardly knew?**



Exercise 4: What Did You Learn About...

This exercise should not take longer than 15 minutes.

Environmental issues

Love

Money

People with lots of money

Relationships

Sex and sexuality

The government

The police

Trust

Remember: You do not have to do these exercises if you do not wish.



Exercise 5: What Did You Learn About Your Body/Mind?

Consider the following points. Are they true or false?

1. Your body is designed to self-heal. If you cut yourself, it heals, unless you have a condition. TRUE/FALSE
2. Your body experiences the constant movement, fluctuations and flow of energy and chemicals. TRUE/FALSE
3. Energy and chemicals both 'form' and 'operate' your human body and mind, mostly automatically. TRUE/FALSE
4. Your thoughts create feelings. TRUE/FALSE
5. Your specific thoughts (positive or negative) create specific feelings to match your current mindset. TRUE/FALSE
6. You are made of the same life-giving components as everything/everyone/ everywhere else in the universe. TRUE/FALSE

If you agree that is truth, great! Let's dig a little deeper...

7. Everything that you experience is created by thought. **ALWAYS**. TRUE/FALSE
8. The content of your thoughts is created by your conditioning, your judgements, beliefs, events, outcome and your current perception (fearless or fearful, stressed or peaceful). TRUE/FALSE

9. There is 'something' which both creates and operates everything (which I call the Ultimate Self, but others may call God, Energy, the Universal Life Force etc).

TRUE/FALSE

I believe all those points to be true. However, if you're uncertain of the truth of any statement, please be reassured that it won't hinder your progress!



Exercise 6:

What Do You Know About 'The Duality of Experience?'

There is always a duality in each and every situation. What that means is that there are always two choices: the positive (glass half-full) or the negative (glass half-empty).

Scenario: Someone makes a cheeky comment.

This is how duality looks in real life from either the positive (Higher Self) or the negative (Egoic Self) perspective:

How The Higher Self (Positive Self) Observes...

If you're in a good mood, a cheeky comment is not taken personally, it is seen as humorous and fun. The Higher Self is the calm, peaceful, stress-less response. This is in alignment with the body's Optimal Default Settings (ODS), meaning where your body operates without strain. It is the **ideal place to work from**.

Your body/mind, cells, chemicals, electricity etc are working within their default range, which provides optimum potential and balance throughout your whole life.

In Brief: Working from the Higher Self creates resilience and fortitude. It's easy to recognise when you are working from the ODS because you experience respect, easily maintain healthy boundaries, openness, grace and ease through all your relationships and experiences, even during the toughest of times.

How The Egoic Self (Negative Self) Observes...

In a 'bad' mood, the same cheeky comment is taken as a direct insult, which triggers a reactive 'personal body/mind' experience – leaving you feeling wound-up, embarrassed, ashamed, vulnerable or angry (stressed).

Egoic Self is the stress response. Once activated, your peaceful, neutral, aligned components switch settings to dis-ease. You are reactive and in anticipation of a 'fight-flight-or-freeze' situation.

In brief: Working from the Ego makes you vulnerable.

The Egoic Self takes you out of your natural calm response into the Fear Response (fight/flight/freeze). This is NOT in alignment with the way a human being is designed to be.

Until you switch back to the Higher Self, you will continue to 'do battle' in both your mind and body. This will ultimately create even more distress, pain and strain. At this stage, your body/mind buckles and weakens with pain or turmoil. You are unwittingly heading towards (or have already reached) 'breaking point'.

Your days will lurch from one problem to the next, you will experience Groundhog Day situations, and your boundaries will be difficult to enforce, weak or non-existent.



Key Point: When you function outside the ODS, you experience cyclonic *same shit different day* stress in every aspect of your life.



Exercise 7: Essential Learning: The Ultimate Self

Aware of itself and all that it is made of, the Ultimate Self has no natural enemies, no beginning nor end, is everywhere and everything. Therefore it pays no attention (there is no threat) and remains peaceful and still.

Unseen to the eye, the Ultimate Self is sensed* in the body as a lack of tension, internal peace and a quiet mind – the best version of yourself.

- It is pure consciousness, making it aware of everything.
- It is totally still, peaceful, formless.
- It is a pure life-giving energy force.
- It has no beginning and no end. It is everything, it is nothing.
- Everything is 'made of It'.
- It has many names, which can be confusing. Examples are Chi, Parana,

Universal Life Force, Energy, God or Goddess by any name. During this text, I will refer to it as the 'Ultimate Self'.

Experiencing the Ultimate Self by using your body as a barometer is relatively simple. If you've not yet experienced it, look out for the meditation – Accessing Your NDS (which can be found in your Members' Portal) – which creates a sense of space, safety, fullness and nothingness... it's both a wonderful and powerful experience!



Key Point: The Ultimate Self is separate from your thoughts, negative or positive. It is your preconditioned self that never changes.



Exercise 8: Essential Learning: The Ultimate Problem. The Root Cause of Disease and Stress.

Operating outside the ODS is the root cause of disease and stress. It's that simple.

Quick Facts

Ultimate Self ► Higher Self ► Ego Self

- Your Higher Self knows the truth about the Ultimate Self.
- Higher Self operates inside the Neutral Default System (NDS). The NDS is your complete being – body, energy, spirit – in its optimum setting. It is, by design, normal and most advantageous to health and well-being.
- Egoic Self operates outside the NDS, which corrupts the system, damaging health and well-being.

What that means in simple terms:

When you operate via Higher Self and NDS, you experience life with grace, peace and kindness. You build resilience to the effects of the spectrum of stress.

When you function outside the NDS, you experience cyclonic *same shit different day* stress in your relationships with other people and towards yourself.

Your body and mind weaken, you're in pain or turmoil. You are on the cusp of – or have already hit – breaking point.

Egoic Self (Amy)

Amy is my nickname for the part of the brain that causes you to be reactive and stressed. It is easily triggered!

When you operate via Higher Self and not the ego-mind (Amy), you will take pressure off your system, mentally/emotionally, and begin your journey towards a more effortless experience.

As you begin to see the truth in these words, you journey from Stage 1 to Stage 3 of 'The Three Ts'. In the end, you experience what many call 'the enlightened state' – peaceful, still, timeless, endless... you are home.



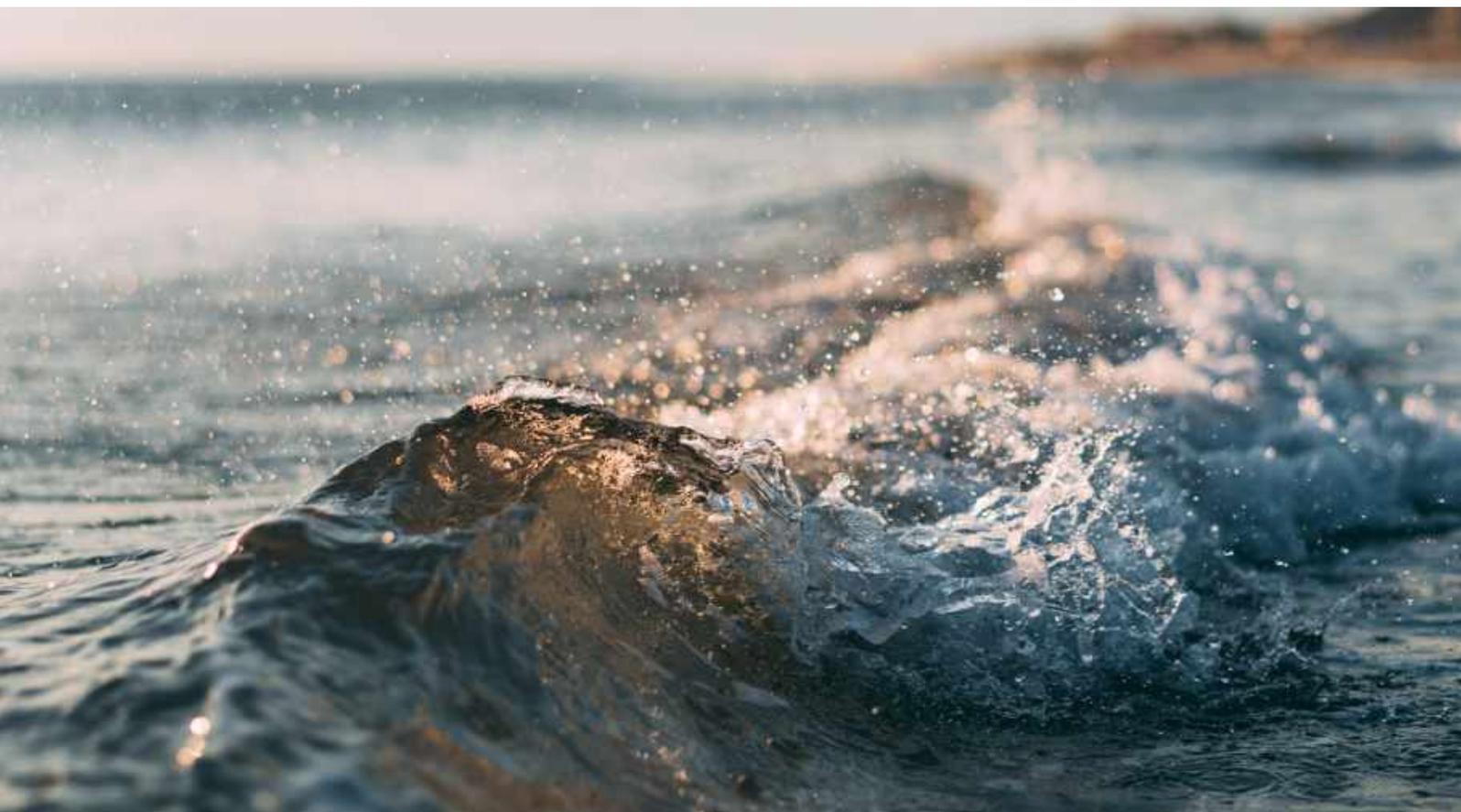


Fast First Aid: Dawn's Top Tips For Success

1. Look after yourself. If you are struggling, ask others for help.
2. Learn or brush-up on relaxation techniques e.g. breathing exercises and meditation; both quickly lower your stress and anxiety levels.
3. Listen to your body. Notice how your body feels; each thought creates a feeling. If your body is tense and painful, ask yourself, what are your current stress levels? Who or what is causing your stress?
4. Remember that muscle tension and worry drains your energy levels without you realising it. In the evening, turn off the TV and social media, etc. Relax in an Epsom salt bath and get a proper night's sleep. Book a decent massage.
5. Move your body! Walk every day for at least 20 minutes. Consider Pilates and/or yoga for strength and stretching. But don't overdo it or push yourself to do something you're not able to do, especially if you're experiencing regular fatigue or recovering from an illness.
6. Ensure your diet is as nutritious and 'clean' as possible. Avoid junk food, microwave meals and takeaways where possible. Try cooking from scratch; use fresh seasonal produce, less salt and much less sugar. Be creative!
7. Do what makes you happy. For example, if you have outgrown your job, get another one. Likewise, if you've outgrown people in your circle, find new friends! Choose to spend more time with people who have healthy values and beliefs and morals aligned with yours.

8. Implement change. If you find something that works, keep doing it!
9. If you smoke, stop. If you drink a little more than the recommended units each week, cut down.
10. If you drink a LOT more, seek medical advice to safeguard your health while you reduce or stop safely.
11. Lastly, and most importantly, please be open to the possibility (or understand) that your body is a self-healing mechanism connected to and made of endless energy. This energy is sensed in the body as a lack of tension, internal peace and a quiet mind. As you begin to see the truth in these words, you journey to stage 3 of 'The Three Ts'.

***Learn more with our Antidote for Stress programme once you have completed your First Aid For Stress journey.**



Well done!

You've completed the entry level of Maga Therapy's First Aid For Stress Programme!

Next Step:

Already a member?

To continue your healing journey, please go to fafs.club and log into your members portal.

Have you joined our private, **First Aid for Stress** members-only forum?

If not, please do (the details are in your welcome email). It's there for Q&As, support, inspiration and motivation.

Also, please don't forget to diarise our weekly group call. If you have any questions or wish to clarify anything from the current or previous modules, please email me in advance. I love connecting with you during the weekly call.

Not a member?

Would you like to join us? To sign up, please go to fafs.club

See you there!