



We help you break through  
your limiting beliefs so you  
can live the life you want

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## Breaking through ... feeling overwhelmed and stressed

Welcome to Breaking the Iceberg's newsletter about stress and subconscious distress.

When people come to see me about changing a limiting belief, I frequently find they benefit from first releasing any distress held in the subconscious (SC) mind. This helps with situations as diverse as relationships, self-confidence and illnesses.

People are usually unaware of the existence of subconscious distress as it's held below the surface of the "iceberg". They are therefore unaware of its contribution to their feelings of being overwhelmed, stressed and anxious.

There are two main ways our SC mind impacts our feelings of being overwhelmed and stressed. First, our SC mind can store distress from stressful and traumatic events or situations that have occurred in life. Second, we can have limiting beliefs in our SC mind that contribute to our stressful feelings and how we respond to them.

### Subconscious distress

Let's look at the first of these dimensions. The subconscious mind is a database of our life experiences. If we've suffered stressful or traumatic events (e.g. physical abuse, marital separation, death of a close family member, personal injury or illness, dismissal from work) they are stored in our subconscious mind, which can trigger the fight-or-flight response and contribute to feelings of being overwhelmed and stressed.



Making matters worse, when we store our memories we arrange them in a gestalt, which means our memories around a certain subject are often connected like a string of pearls. This means that if a stressful situation happens now and it's connected to a previous stressful event around the same subject it is likely to elicit a much stronger response.

For example, a negative experience in childhood can program the amygdala (where the stress response begins in the brain) to raise the alarm when something similar triggers it in the future. For instance, if you spoke in front of the class as a 10 year-old and someone laughed at you because you mispronounced a word, your embarrassment may have caused the mind and body to connect "danger" with speaking in front of people. After that, similar experiences or even the expectation of similar experiences can set off the amygdala. The person may have a few more experiences growing up, and then as an adult they are asked to give a presentation at work. The amygdala is stimulated causing the stress chemicals to produce the fight-or-flight response – and the person might be surprised by the intensity of their negative reaction, not even knowing "where that came from".

By releasing or transforming this stress (that may have been held for a long time), a person will usually be able to respond to the current stressful situations in their life more effectively.

Examples of life situations and traumas that can cause SC distress include:

- As a child or adolescent seeing or hearing your parents arguing and yelling at each other
- Being criticised, especially in front of others
- Being bullied at school, at work or in a relationship
- Marital separation and divorce
- Various phobias; for example fear of flying
- Being injured, e.g. in a car accident or sporting incident
- Having an illness.

Taking the last one on this list relating to health, someone may have been diagnosed with a serious illness. There can be distress, often subconscious, associated with the diagnosis. By transforming the distress first, the treatment has a better chance of working. The same applies to future distress, such as upcoming surgery. The future distress can be transformed which gives the planned surgery and the person's recovery the best chance of success.



# Role of our thoughts and beliefs about stress

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The second dimension of how our subconscious mind impacts our feelings of stress relates to our thoughts and beliefs. If our thoughts and beliefs are negative or limiting they produce negative chemistry in our body – stress chemicals are produced and cause harmful symptoms in our bodies.

Because in our first 7 years of life we download everything we hear, observe and experience into our SC minds, if our parents handled stress badly then we're very likely to have downloaded these observations into our subconscious. This can shape our reactions to the stressors in our own life.

Imagine if you have the following negative or limiting beliefs in your SC mind:

- I'm not good enough.
- I don't believe I can get over this problem.
- I don't have enough hours in the day to do all this work.
- I can't get all this done.
- There's no solution to this problem.
- I always seem to attract the wrong partner.
- I hate going to work.
- I'm no good at giving presentations.

These limiting beliefs will make it more difficult to manage current stress in your daily life.



## How PSYCH-K helps

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PSYCH-K can help you achieve a stress-free life. PSYCH-K is a process that helps you break through limiting beliefs that could be keeping you feeling overwhelmed and stressed.

Importantly, the PSYCH-K process helps transform SC distress so that painful thoughts and feelings associated with a stressful event or situation are transformed to a state of peace and non-attachment regarding the situation.

Transforming SC distress is important as it releases the emotional charge associated with stressful events or situations – the memory is still in the SC database but the distress associated with it has been transformed.

## Tips for decreasing stress

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- 1. Focus on your breathing:** if you can take a moment to yourself, close your eyes and take some deep breaths. It may be helpful to silently count on your in and out breaths – for example on the in-breath count one and two, then on the out-breath count three and four. Do this until you're feeling calmer.
- 2. Sit in the whole brain posture (WBP):** this involves crossing your hands and interlacing your fingers and then resting your hands in your lap plus crossing your ankles. This position integrates both hemispheres of the brain allowing you to deal with life's challenges in a balanced and effective manner. While in the WBP close your eyes and breathe deeply. You can also count on the in and out breath as described above.
- 3. Meditate:** if you have a tight schedule, taking only 10 minutes to sit quietly and clear your mind can help decrease your feelings of being overwhelmed and stressed.
- 4. Listen to relaxing music:** playing calm music has a positive effect on the brain and body, it can lower blood pressure and reduce cortisol (the key stress hormone).
- 5. Exercise:** go for a walk or walk up and down some stairs. Even standing up and stretching during a break at work can provide immediate relief in a stressful situation. Exercise has a positive effect on your mood, with stress reduction and feeling calm two of the key benefits. These are what keep many exercise devotees coming back for more!
- 6. Avoid using the words 'stressed' and 'overwhelmed':** these words won't help heal your brain circuits because they keep the nervousness reverberating within your brain and body.
- 7. Replace the word 'should' with 'could':** Louise Hay says that "should is a word that makes us prisoners" and this can make you more fearful. 'Should' tells you what you did wrong in the past. Could is something you can look forward to changing. It's more empowering.



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Regards

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## About Breaking the Iceberg

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Breaking the Iceberg helps you change your limiting beliefs, empowering you to create the life you want.

Jude is a qualified PSYCH-K facilitator. PSYCH-K is a straightforward process that helps people to first, identify unknown subconscious beliefs that are holding them back and then second, to change those beliefs – allowing people to live the life they want.

Once identified, a limiting belief can be changed within minutes to a new life-enhancing one – even if you've had the limiting belief for a long time. The process is simple, direct and verifiable through muscle testing.

Breaking the Iceberg can help you create positive beliefs in all areas of your life, including:

- Confidence and self-esteem
- Relationships
- Work and career
- Health and wellbeing
- Wealth and finance.

Breaking the Iceberg can also help you transform or release:

- Stress from trauma – past, present or future
- Fears and phobias – for example fear of flying
- Anxiety associated with giving presentations, exams and tests
- Grief and pain from loss.

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