

# Is Stress Stopping You?

*Dr. Andrew Gardella*

Everyone experiences stress. It can be creative and generative, but most of the time stress is associated with negative connotations. Pressure or tension applied in the correct direction may be just what is required to create or reach your target. But often times, stress is used as the reason why we are not creating and reaching our targets. It is destructive and impedes forward motion. Below are some tools to cut through the stress and get moving again.

## **Fear or Excitement?**

Fear and excitement feel very similar in the body. Both involve adrenaline rushes. People often misinterpret excitement as fear and rob themselves of growth promoting and invigorating experiences. To stop interpreting fear as excitement just ask when you are "afraid," *Is this fear or excitement?* Be honest with yourself. If this is something you have been working for and asking for, then are you really afraid? Or is it excitement? Also, the fear response is a biological response for when your life is in danger. If you are thinking about expanding your business or giving a presentation, is your life in any danger? No, so it is probably excitement. Keep asking this question when "afraid or fearful?" to recondition yourself to understand how exciting it will be to go on that date, speak publicly or whatever it is you're wanting to achieve.

## **All of life comes to me with ease, joy, and glory ®**

This is the mantra of Access Consciousness®. Stress, tension, and pressure can be creative and generative. It takes tons of pounds of pressure to create a diamond. What if you could have

ease, joy, and glory with whatever it took to actualize your targets? No matter what you are faced with in life you can have it and deal with it with ease, joy, and glory. More often though, life comes to you with pain, suffering, and gory. Say all of life comes to me with ease, joy and glory® 10 times every morning when you wake and 10 times every evening before bed to start having more ease, joy, and glory in your life. Also, you can use it to shift your energy when you find yourself in a stressful situation. It doesn't have to be aloud. You can just say it to yourself.

**Everything is the opposite it appears to be. Nothing is the opposite it appears to be.**

This is called the crazy phrase of Access Consciousness and rightfully so, as it makes no sense. I personally like to use it when my mind is racing, and I can't sleep. Usually, by the tenth time of saying it to myself, I am sleeping or at least have more of a sense of peace and relaxation. Use it anytime you are feeling stressed or crazy. Again, it doesn't have to be aloud. Also, you could say it aloud to the people that are driving you crazy and it just might make them sane.

**Interesting point of view**

Your point of view creates your reality. If you keep thinking about how stressful something is, what are you creating? More stress. So, to break the loop of thinking about how stressful something is and getting more stressed out about it, try this tool. You can say Interesting point of view before whatever you think about something. If you are thinking over and over that work is stressing you out, interesting point of view I think work is stressful. Interesting point of view I have that this has to be difficult. Try saying it to yourself a few times in your head and see if it gives you more of a sense of space and peace.

## What additional information do I require here?

Frustrated? Confused? Ask what additional information do I require here? Often times, when you are frustrated or confused, it is due to a lack of information. Asking this question gets you to take a step back from whatever you are creating, open up to different possibilities, and look at what you are creating with a different perspective. So, when you hit a wall ask, “what additional information do I require here?” See what shows up; what you intuitively get a hit on. And sometimes someone brings up what they are missing or present you with the very information you require. I have found with many projects people aren’t on the same page. What they say and what they mean with what they say are two different things. Asking this question can also assist in gaining clarity about where there has been an information or communication breakdown.

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**About the Author:**  
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