

WORKBOOK TO

STRESS LESS LIVE MORE

BROUGHT TO YOU BY
HEY U HÜMAN

WELCOME

Welcome to the Stress Less, Live More 5-day video series!
We are going to learn the truth about your stress and why
you ACTUALLY have it...

It's NOT why you think.



Living with stress isn't normal.

It's not a 'regular part of life.' It's been sold this way... But why??

This world makes everything so much harder than it needs to be. You and everyone else have been intentionally kept from the truth about how life works, how to find your power, and the magic that lives in you.

This has created a life full of stress and anxiety, has kept you feeling stuck, and has made life more complicated than it needs to be.

Over these 5 videos, we are going to share the 4 myths preventing us from living stress-free. These are the four things no one has told you that you MUST know if you are going to kick the stress, find your magic and finally start LIVING.

MEET YOUR HOST

Hi, I am Sara Longoria!
Nice to meet you :)

Once upon a time...

THERE WAS A WOMAN WITH A DREAM.

A dream that her life and this world could be very different.

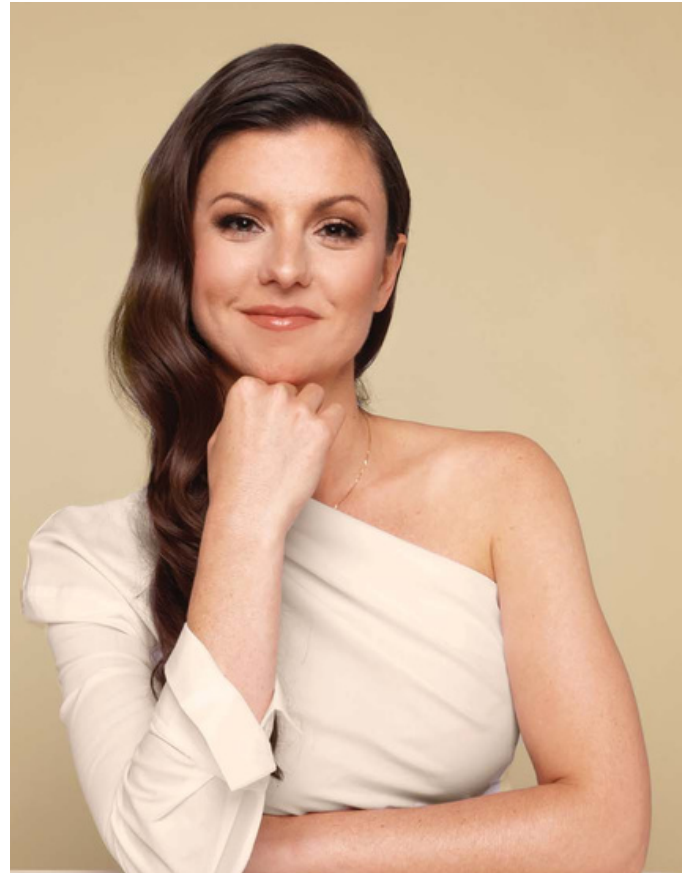
A dream that the hard parts of being human... could be eliminated.

A dream that things like poverty, suicide, bullying, anxiety, and disease didn't have to be part of this experience.

A dream she began to make her reality, and then saw it work with others.

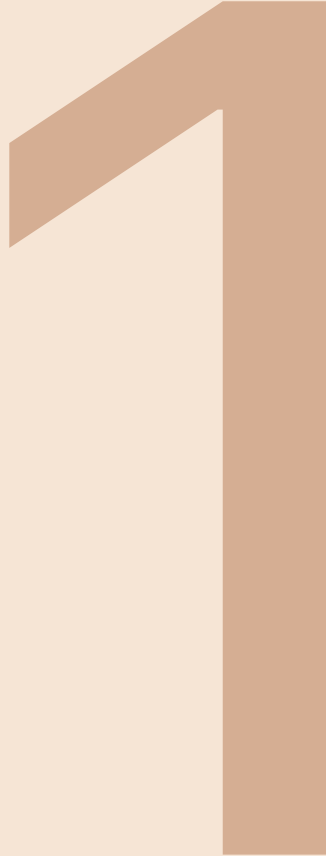
A dream she now believes can eventually be a reality for humanity.

Sara combined her background in science with her knowledge of energy and her own life experience to create Hey U Human, the first Human Development Company, in order to help people like you stop settling, start living, and come back to the human experience you were meant to have.



"I created Hey U Human because it drove me nuts when I looked around at the world and saw hardship where there didn't need to be and struggle where there could be joy. I saw a world lacking in safety, trust and love. I knew this was not the way."

— Sara Longoria, Founder - Hey U Human



What is stress?

Stress doesn't exist.
You create it every single day!



What Is Stress?

Stress doesn't exist.
You create it every single day!

Here's what we have been told about stress:

- Stress is any change that causes physical, emotional or psychological strain. It's your body's response to an event that requires attention or action.
- Everyone experiences stress.
- Stress is unavoidable and good for us to some degree.
- You can't eliminate stress. It's part of life. You can only shift how you respond to it .
- Stress is caused by the external environment and is something that you need to learn how to cope with.

The Hey U Human definition of stress is different:

- The **unprocessed emotions and trauma** caused by lived **experiences and life memories**.
- Your stress has nothing to do with what's **happening in your life**. It has everything to do with **what's happening inside of you**.



Let's Start Digging

Your thoughts are not running the show. Your emotions and trauma are. Let's start becoming aware of these emotions.

- How were you taught as a child to handle your emotions? If you don't remember, consider how you respond to your child's emotions.
- How do you handle your emotions now?
- What emotions do you have living in your body that need to go?
- What are you desiring in your life that isn't showing up yet?
- What part do you think stuck emotions may be playing in this?





What is your biggest
cause of stress and what
might be some of the
emotions behind this?



Going deeper

Unprocessed emotions are keeping
YOU from being YOU.



Going Deeper

Unprocessed emotions are keeping YOU
from being YOU.

Stuck emotions have a vast impact on how we respond in our daily lives. They can create:

- Stress, anxiety and overwhelm in day-to-day life
- Body Issues: pain, disease, imbalances (why pharmaceuticals have so many side effects)
- Unwanted reactions and/or responses
- Continual patterns and behaviors that aren't working anymore
- Expectations: societal, familial, personal, etc.

REMEMBER

- One of the **biggest things your unprocessed emotions** are doing is keeping YOU from **being YOU**.



Let's Start Digging

When you drop the judgment, what do you see?

- Where am I not owning who I am based on fear of judgment or old emotions and memories?
- What judgments do I have about expressing emotions like anger, rage, whining or sadness (especially when the emotions don't seem "justified")?
- What beliefs and emotions am I holding on to that no longer serve me and are causing me stress?

Example: You are always worried people are going to leave you. This comes from unprocessed emotions around your grandmother passing away when you were little and you never given the chance to understand it or feel it fully. Now you see the world through it and believe people will always abandon you for no reason, even though that's not the truth.





What emotions are you
afraid to express?

What emotions are you
feeling or thinking about
but not expressing?



Get the emotions out

You can carry them with you for life,
OR release them from your body.
YOU CHOOSE!



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What emotional congestion has to do with stress:

- Stress has little to do with the external and everything to do with the internal.
- Most of us aren't moving our emotions and trauma out of our bodies, we are thinking about them or feeling them, but not moving them out.
- To change our life, we must fully process the emotions that have been stored in our bodies.

Drop the judgment around emotions.

- Most of us have lots of judgment surrounding emotions.
- The sooner we realize that we **don't know how to FEEL**, the sooner we can learn how to truly **release stuck emotions**.



Let's Start Digging

It's one thing to acknowledge.
It's another thing to release!

- What fears are coming up for you when you think about processing your emotions fully?
- What fears are coming up for you when you think about processing your emotions fully?
- Are these fears real? Or are the stories filled with emotions?
- Find something in your life right now that is bothering you and let's try to express it! Use RRT and see if you can take it deeper.

Example: Something as simple as your kid whining or that guy at work who keeps driving you crazy, or maybe that story about that conversation you had with your sister that keeps playing over and over again in your head. Use these things!





Did you try the Rapid
Relief Technique™?

Share what came up (if
anything).

4

The application

Could it be as easy as a tap of your
finger?



The Application

Could it be as easy as a tap of your finger?

Just a reminder, this is completely new and might feel a bit weird... and that's OK.
Remember:

- It's ok if this feels weird
- Remember the first time you tried something new
- It gets easier (and even faster with help)
- Stay curious and focus on the little things (those lead to the big results)
- Stop, drop and ~~roll~~ TAP

The Rapid Relief Technique™ vs. everything else:

- Most of the techniques we are using to reduce stress in our life aren't reducing anything. **They are techniques used to either suppress stress** (emotions) or to momentarily **calm ourselves through distraction or dissociation**.
- The Rapid Relief Technique™ is true healing and evolving. It is taking you through the emotions so they can **fully be expressed and released**.
- This is how life changes for you. This is how you **stop constantly fighting yourself** and life so much. This is how things start to feel better and easier. This is how you come back to you.
- **The process is simple, but it's not always easy to apply and keep doing it.**



Let's Start Digging

It's time to get real, get honest, get deep, and see results!

- Write down all the things that are not working, causing stress or bothering you in your life.
- How do you want life to look? Paint that picture and know it's possible!
- Go down the list and see if there are some emotions around these things. If there aren't any right now, that's ok. Wait for something real to come up in your life that evokes emotion and use that!
- As you remove these things, spend some time focusing after on how you want to feel!





What have been your ah-
ha moments and/or
biggest shifts?



Stress around money

What if healing your emotions made
money feel better?



Stress Around Money

What if healing your emotions made money feel better?

Here's the real truth about money:

- How you do one thing is how you do most things. This means how you relate and respond to life is a direct correlation with your relationship with money.
- When you feel stressed, anxious, closed off, numb, controlled (or needing to control), this impacts exactly how you feel about money (and everything else).
- It's often about something other than money. It's about something deeper that money is bringing up for us. It's about the relationship between money, the life you desire, and your sense of self-worth.

To **change your relationship with money**, you must **change your relationship** with your past through..... (YOU GUESSED IT) **your emotions!**



Let's Start Digging

How you relate to your emotions has a direct relationship with how you relate to money.

- What are your biggest judgments around money?
- What emotions come up when you think of money?
- What did you learn from your parents and society about money? Is it true?
- What money trauma do you still hold on to from the past?





Write a letter to money
and see what comes up.

FINAL THOUGHTS

HEAL YOUR SH*T. FIND YOUR HAPPY.

Is this the end?... or just the beginning?

Thank you so much for participating in the Stress Less, Live More event! We know that your time is valuable and that it can be challenging to get to the end... but YOU DID IT!

And we want to invite you to continue along with us inside the [Happy Human Membership](#)! This is your premier place to clear your emotions and start living STRESS-FREE (among other wonderful perks).

If now isn't your time to join us, please continue to hang out in our free community, continue to attend our free events, and join our FREE Weekly Wake Up (Wednesdays at 11:00 CST), where we emote, release and heal TOGETHER.

It was our privilege to host you this week! We hope to continue to get to know you inside the free community OR the [Happy Human Membership](#).

xo,
the **HEY U HÜMAN** Team



"Hey U Human has given me a personal, private, empowering way to feel things, to release them, speak them out so they leave my body and help to clear space. As a result, healthy choices for myself come easily and more naturally."

— Rebekah



**HAVE A NICE
DAY EVERY DAY**