

# A WOMAN'S GUIDE TO STRESS AWARENESS AND INNER CALM



*by Susana Gonzalez*

# Disclaimer

The information provided in this e-book is intended for general informational and educational purposes only and it is not a substitute for professional medical advice, diagnosis, or treatment.

While the tips and strategies shared here are designed to promote an effective time management, stress-free lifestyle and enhance overall well-being, they are not meant to replace the recommendations of your healthcare provider. Always consult your physician or other licensed health professionals before starting any health and wellness practices.

The author and publisher of this e-book disclaim any liability for any injury, loss, or damage incurred as a consequence of the use and application of any information presented here.





KEEP  
CALM

## Introduction

Hello Beautiful Woman,

This e-book was created for you—the woman who is always so busy that she rarely takes time to herself. As I've shared in my previous e-books and podcast episodes, prioritizing your well-being and addressing the everyday stressors in your life is essential to living with greater peace, balance, and fulfillment.

I hope that as you read these lines, you recognize how important you are and you take a moment to listen to your body. It carries deep wisdom—it communicates with you not only in moments of ease, but also when it urgently needs your care and attention. Sometimes, those signals require you to slow down because ongoing stress has taken a toll on your well-being.

Remember that your body was designed to function in harmony—physically, mentally, and emotionally. Yet when daily stress goes unaddressed, it can gradually accumulate and begin to impact your health in each of these areas.

I hope you enjoy reading these pages as much as I enjoyed creating them for you.

With love,  
Susana Gonzalez, HC  
Founder, *New Life Health Coaching, LLC*.

# Did you know?



In many cultures, women are conditioned from a young age to place the needs of others above their own. They are expected to care for family, partners, and countless responsibilities before tending to themselves. As they move into adulthood, this pattern often continues—putting themselves last, overlooking their body's signals of stress, and neglecting intentional self-care.

## Physical Signs of Stress.



One way that stress manifests is through its impact to the body. Some common signs include:

- Muscle tension in the neck, shoulders, back, and jaw.
- Headaches or migraines.
- Digestive issues such as bloating, irritable bowel syndrome. (IBS), nausea, or heartburn.
- Fatigue or insomnia.
- A rapid heartbeat or shallow breathing due to anxiety.

There are many other signs that may appear and should not be ignored.

## Emotional and Mental Signs of Stress.



Prolonged stress responses can take a significant toll on both mental and emotional well-being.

Some signs the person may feel are:

- Irritability and impatience.
- Difficulty concentrating, which can affect school and work performance.
- Feeling overwhelmed, even by small tasks as these may be added to so many other pending responsibilities.
- Emotionally detached from others, including family.

# What to Do?

## Listen To Your Body.

Try to develop awareness when stress symptoms arise. This awareness is key to moving toward a more peaceful, balanced life.

One practice you can begin is creating a quiet space where you can focus on your natural breathing and engage in mindfulness by gently scanning your body with your eyes closed. As you do this, ask yourself: *Where do I feel tension right now? What helps me feel at ease?*

Consider recording what you noticed in a journal of your choice. Doing this may help you deepen your-self awareness and have a better understanding of your body's signals of stress.

## Support System.

There are moments when seeking additional support for stress management is both wise and necessary. Reaching out to a health and wellness coach can be a meaningful step in your journey toward improved well-being. As mentioned, journaling is also a powerful way to process and express the signals your body reveals during stressful times. Consider committing to a seven-day practice—perhaps calling it “*My Stress Reset*.” During this time, be honest and compassionate with yourself as you write about your feelings, physical sensations, and emotional responses. This intentional reflection can help you gain a clearer understanding of how stress affects you physically, mentally, and emotionally.

## Lifestyle changes.

Sometimes all the person needs are just a few lifestyle adjustments. Learning to listen to your body's alerting signs is essential for your health and well-being. Self-care is not a luxury—it is a must. You cannot help others if you do not take care of yourself.

# Helpful Steps to a Stress-Free Life.

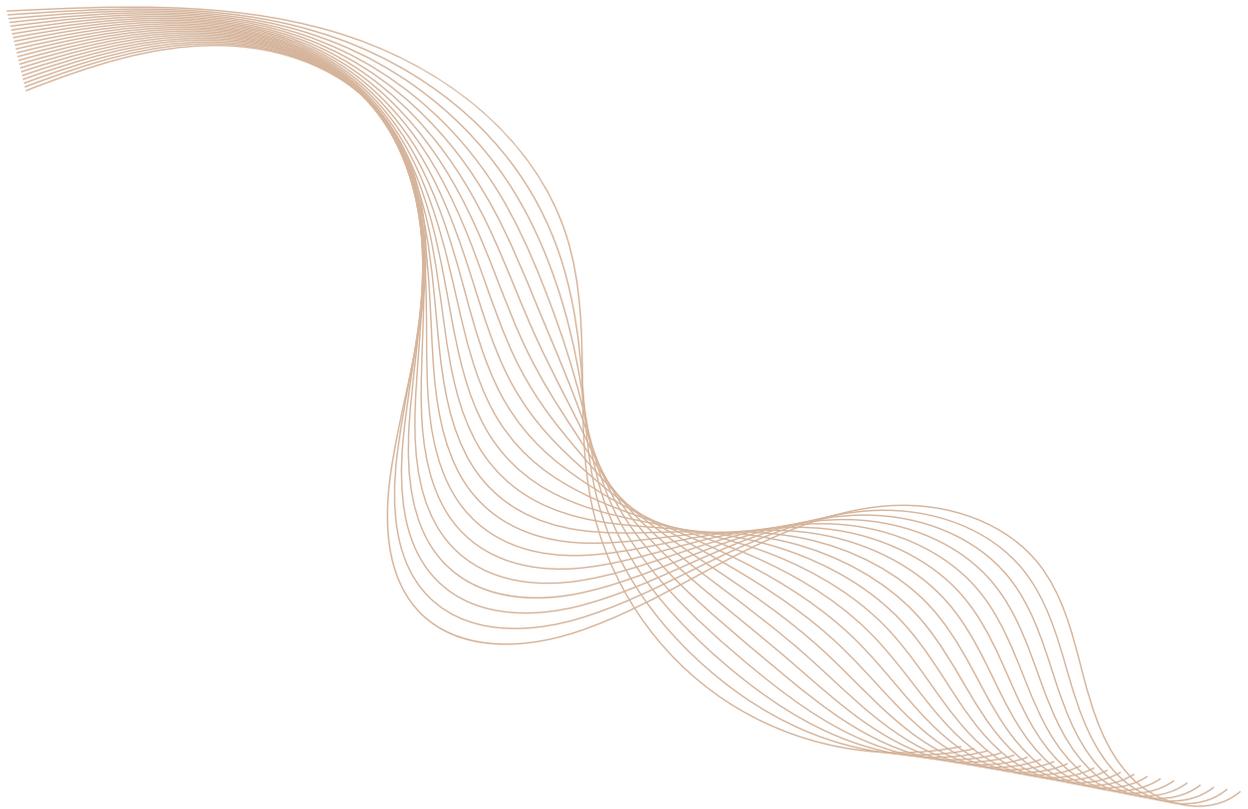


# Conclusion

Your body has an innate wisdom and is always communicating with you—it is essential to pay attention to its messages, because your health depends on it. Be mindful: listen, observe, and gently notice what your body is trying to express.

Take small yet intentional steps toward reclaiming your peace, restoring your energy, and nurturing your overall well-being. In doing so, you create space to live the life you deserve—healthy, balanced, and filled with joy.

So... pause, breathe, listen, and feel... what is your body saying to you right now?





*“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So, glorify God in your body.”-*

1-Corinthians 6:19-20



## *About the Author*

Susana Gonzalez, MBA, HC

Susana is a graduate with a Bachelor's degree in Psychology from St. Leo University and holds a Master's degree in Business Administration (MBA) from the University of Phoenix. She is also a graduate from the Institute of Integrative Nutrition where she completed the IIN Certified Professional Health Coach program, and the Coaching Intensive Practicum program approved by the National Board of Health & Wellness Coaches (NBHWC).

Susana has also completed a specialized training in Anxiety and Stress Disorder through Harvard Health Publishing, Harvard Medical School, further deepening her expertise in stress management and emotional wellness.

She is passionate about educating women on stress, emotional wellness, and holistic health. As a holistic health and wellness coach, Susana empowers busy women to make intentional, sustainable lifestyle changes that support lasting balance, renewed energy, and a healthier, more fulfilling life.

