Top Vibe ONLINE Magazine

ISSUE 118- 2019



Erika will JUMP!!
for the children page 4

Mrs South Africa Globe 2019
Erika Berytenbach

show me
IFM 102.2
VAAL 24
I'M ON YOUR PHONE!!

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Redakteurs Nota



Redakteurs foto: Charmaine Britz
Fotograaf: Charmaine Janse van Rensburg

Wat die maand van liefde moes wees was 'n maand van rou.

Die Vaal Driehoek het twee groot tragedies gehad, waaroor daar nog lank gepraat gaan word.
Vrydag oggend 1 Februarie die nuus het soos 'n veldbrand versprei dat daar 'n tragiese ongeluk by Hoërskool Driehoek was. Vier jong mense het in hier tragedie gesterf en 22 kinders ernsitg beseer, waarvan een verlam is.

Die gemeenskap treur oor die tragedie van 1 Februarie 2019. Hierdie tragedie het vir dae aaneen die nuus en sosiale media oordonder. Dit is so bitter hardseer ons kan net bid vir die beseerde kinders, ouers, onderwysers en almal wat betrokke is.

Die eerste tragedie was op 30 Januarie 2019 toe Purrpaws 'n diereskuiling afgebrand het.
Dit was hartseer om te sien hoe mense rond skarrel om die diere na veiligheid te bring.
Lindie van Rooyen, eienaar van PurrPaws for Life diere-skuiling op 'n kleinhoewe by Vaalpower waar sy sowat 900 honde en 'n hele aantal katte skuilplek bied.
Woensdag aand 30 Januarie was 'n geweldige skok toe die hoofhuis op die hoewe afgebrand.
het. Volgens Lindie was daar sowat 100 honde in die huis waarvan omtrent 30 gesterf het.

Lindie vertel indien die Vaal se inwoners reageer soos wat hulle die chaotiese nag van 30 Januarie vir Lindie en haar diere ehelp het, kan die Vaal Driehoek enige ramp hanteer.

Min het enige iemand geweet dat nog 'n groter tragedie die Vaal sou tref.

Ek was ook 'n Hoërskool Driehoek - ouer. Ek kan aan niks ander dink nie. Ek huil oor kinders wat ek nie ken die, wat bitter seer gekry het. Ek huil oor ouers wat kinders aan die dood moes afstaan, ouers wat langs hospitaal beddens sit en bid.

Ek dra op aan U Hemelse Vader, die onderwysers wat in chaos kinders na veiligheid bring. Die skool hoof wat elke kind soos sy eie ken, wat voor sy oë moes veg vir hulle lewens.

Ek dra ook elke beseerde kind in pyn en elke ouer wat langs 'n hospitaal bed staan aan U op o Heer.

Vader dan dra ek elke ouer wat hulle kosbaarste besittings aan die dood moes afstaan, my God by U is niks onmoontlik nie. Mag hulle met tyd vertroosing en vrede vind.

Die Vaal Driehoek gaan vir nog lank in rou wees.
Here ons vra dat U, U hand van beskerming sal hou oor elke persoon in die Vaal Driehoek.

Met blomme, branddende kerse pers en geel lint bring ons hulde en betoon ons ook eer vir hierdie treurspel wat soos 'n donkerwolk oor ons hang.

Hierdie was seker een van die moeilikste redakteurs notas wat ek geskryf het. Ek bid vir julle en ek stort 'n traan in stilte, ek het 'n benoude beklemming om my hart.
Maar ek glo die son sal weer eendag skyn en miswolke sal verdwyn.

Op 'n ligter noot daar is so paar projekte waarmee ons besig is en ons wil graag vra dat julle betrokke moet raak.
Mej South Africa Globe 2019 - Erika Brytenbach gaan valskerm spring uit 'n fliegtuig om fondse in te samel vir minderbevooregde kinders.

Daar gaan 'n damestee, gehou word op Nationale vroue dag 9 Augustus 2019.
Maak solank 'n nota in jou dagboek, ek sien jou daar.

Mooi wense vir julle tot volgende maand.

Liefde Charms

Charms Xox



Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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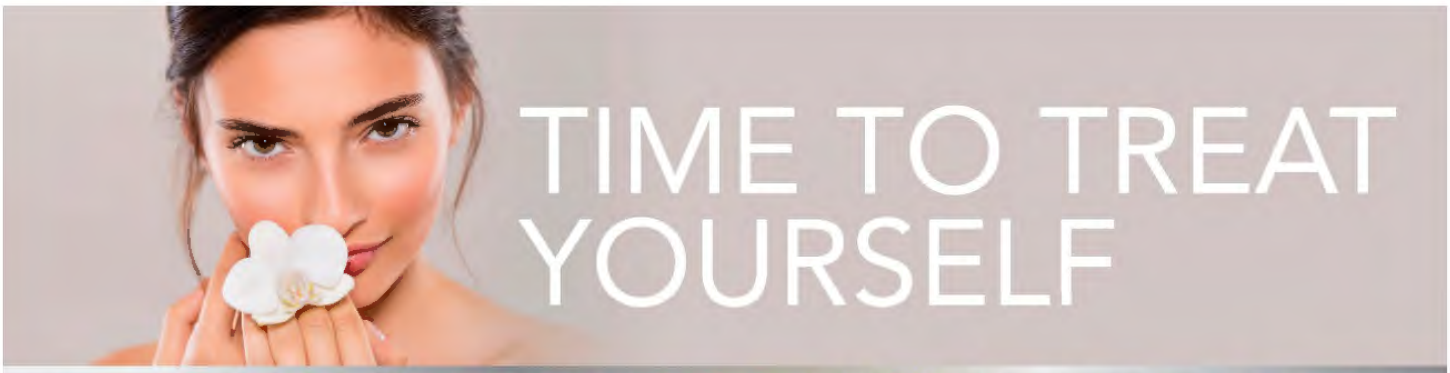
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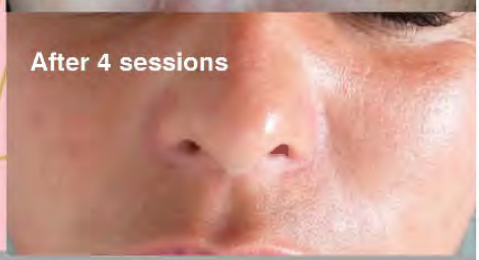
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We would like to approach Companies, we need your help in donations to keep this safe house open.
If there is any companies that would like to make any donations please contact one of our founders.
Make a difference in a child's life!
If you are one of those who donate, we salute you and thank you! If not please donate!

Angel Wings give back to the community

We were very fortunate to give back to the community. We had a mother of a newborn baby, She was able to receive baby clothes, nappies, food ect.

With the Driehoek tragedy we helped parents in their time of need.

Angel Wings spread their wings and help where there is help needed. With the help of the community we can give back.

Thank you
Blessings.

Angel Wings



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Contact details:
Angel Wings Founders

Annemi Schoeman 083 314 6436
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Erika Breytenbach
Mrs South Africa Globe 2019



The lovely Erika Breytenbach Mrs South Africa Globe 2019 will Jump for the Children charity event.

Brave Erika, want to raise funds for the children in the Vaal. This fundraising will be in aid of Angel Wings and Sasolburg Child and Youth centre.

"I never did Jump out of a plane I'm nervous and afraid but Im doing this to raise money for children in need" Erika said.

We would like to hear for companies that would be interested to get involved by making donations.

This event will be covered in the Top Vibe Magazine and on social media, all companies involved will get exposure.

We will keep you informed with all the relevant details as soon as it is finalised.
Don't miss out to be part of an amazing event where YOU can make a difference.

For more information:

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Mrs. South Africa Globe 2019
Erika Breytenbach.

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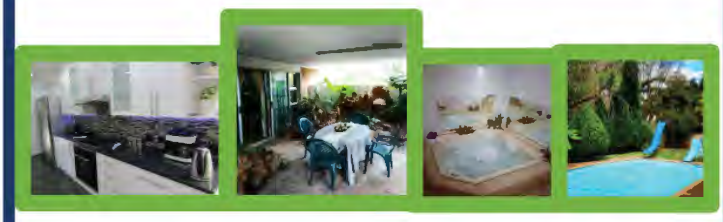


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Healthy ways to deal with grief

At one point or another we all face loss and the grief that comes with it. Whether it's from a break-up, a friendship dissolving or the death of someone near and dear. Loss and grief are very real parts of what we go through as humans. As much as we would like to, we can't avoid this, but what we can control is how we deal with it and allow the grieving process to help us heal and inevitably make us stronger. There are many unhealthy ways of dealing with grief, things like over- or under- eating, staying in denial over what has happened, lashing out emotionally at those close to you, bottling your feelings up, taking part in dangerous or risky activities, and even becoming depressed or anxious. None of this will actually help you in the grieving process, in fact, it may end up taking longer to heal and possibly damage you further in the process. Instead, here are some healthy ways to cope with your grief:

Embrace your emotions, don't bottle them up

Keeping your feelings bottled up keeps you from working through them and finding the closure you need. Don't feel embarrassed by them. Fully express yourself and know that it's ok to feel the way you do, and to cry. Yes, not everyone cries when they're experiencing grief, but if you need to cry, do it.

Talk to someone you trust, or a counsellor

Just like letting your feelings out, talking about them creates a place for you to heal and work through all the stuff going on in your head. Find someone you can talk to, whether it's a close friend, family member, or even a counsellor such as LifeLine and SADAC.

Join a support group
Sometimes you need to feel part of a group to find the closure you need, there are all sorts of support groups out there to help people who are going through the same experiences to connect and learn from each other. Not only are you getting a safe confidential space to talk about how you're feeling with people who really understand it, you'll also benefit from the insights they have to offer. And, bonus, you might be able to help someone else in the process.

Take part in rituals
When losing a loved one, it's important to maintain the rituals in the grieving process, in the case of the death of a loved one, this helps us feel that we gave them a good send off and creates a space for the family to grieve together and strengthen their bonds.

Preserve the memories
Focus on the good times, keep them strong in your heart, but be aware that you're not fixating on the bad times.

Don't hide behind unhealthy behavior (alcohol and drugs)
I know when you're hurting inside, it's tempting to dull the pain with alcohol and drugs, but the truth is, they'll still be there when it wears off. Chemicals don't solve your problems or heal your pain; and in fact it just makes it a whole lot worse.



Creative expression

Creativity heals.. Spend time exploring your creativity through art, dance, music, writing in a journal, or anything really – it'll do wonders for your mental state.

Travel and new experiences

New experiences broaden the mind, literally - they create new neural pathways. When you grieve, you can easily find yourself in a rut. Get up and out and expose yourself to the world outside. Even if it's about exploring a new local town, or trying out a new experience, a new sport or activity; something that you've never tried before.

Exercise

Get moving. Exercise such as walking, running and jogging pumps all sorts of feel-good hormones into your body, guaranteed to make you feel better. It also helps you to clear your head and work through your emotions.

Sleep

It can be hard to get any rest when you're grieving Choma but your body needs the rest to avoid sickness and to able to restore itself. It's true. If you're struggling to sleep, try relaxation methods like meditation and listening to soothing music. Try to distract yourself from the stresses of the day by reading or winding down with a hot bath. Remember Choma: healthy body, healthy mind.

Finally, and most importantly: Give yourself time
Ignore people who tell you to "just get over it". Your feelings are valid and important to you and you need to take the time you need to heal from your loss. Big or small, your loss and your feelings are yours and no one has the right to tell you how long your healing process should take. Good luck Choma and stay strong.



Helene Fischer

Helene Fisher is een van die mees suksesvolle popsterre in Europa en dit is daarom nie vreemd dat sy reeds met 'n dubbel- album kan spog wat twee-en-dertig van haar beste en gewinldste liedjies bevat nie.
Inteendeel, sy het pas 'n splinternuwe en herverwerkte weergawe van die einste album, *BEST OF HELENE FISHER* uitgeruik juis omdat die aanvraag na haar musiek net aanhou groeie. Die goeie nuus is dat haar werk nou ook op Suid- Afrikaanse musiekrakke beskikbaar gaan wees!

Die geleentheid om haar album nou ook aan die Suid-Afrikaanse publiek bekend te stel, sê Fisher:"Ek is ge-seënd met 'n suksesvolle Europese loopbaan en sien uit om my musiek met verskeie nuwe gehore te deel, waar-van Suid-Afrika een is".

Die album, wat reeds 'n hele paar jaar gelede vrygestel is, sluit meer as twee ure van die sangeres se treffers in, omdat sy glo dat net die beste goed genoeg is vir haar aanhangers. Snitte soos Van hier bis unendlich (From here to infinity), Hundert Prozent (Hundred Percent) en Atemlos durch die Nacht (Breathless Trough The Night) maak almal deel van die speellys uit.
Die nuwe CD spog ook met elegante nuwe boek omslag, met goue drukwerk en al die lirieke van die musiek wat op die spesiale versamelstuk verskyn.

Helene wat van Duitse herkoms is, word beskou as een van Europa se mees seksesvolle vermaaklikheidsterre - met 112 platinum en meers as 50 goue toekennings agter haar naam. Die ster het bekendheid verwerf as die schlager-koningin en het begin naam maak nadat haar eerste ateljee-album in 2006 die lig gesien het.
Sedertdien, het sy verskeie treffers in Duitsland, Austrië en Switserland opgelewer, tot dat Farbenspiel in 2013 een van die mees suksesvolle albums geword het in Duitse geskiedenis en gelei het tot nog hoogtepunte in haar loopbaan.

THE BEST OF HELEN FISHER is 'n moet-hê-album vir elke Helene Fisher -aanhanger of enige iemand met 'n waardeering vir wêreldgehalte musiek. Dit is 'n kombinasie van gevoelvolle harts-en opgewekte dansmusiek, waar-sonder geen speellys volledig sal wees nie,

Die blywende gewildheidvan die treffers-album is 'n duidelike bewys dat die sangsensasie haar gehoor se belange op die hart dra. Dit is beskikbaarin uitgesoekte musiekwinkels en op alle digitale platforms



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Winners of the Valentine's romantic dinner for two

Ocean Basket

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Mark & Damyne Jonker.

Winning letter:

Good Day,

My husband and I will be married 6 years on the 2nd March 2019. He had just opened a restaurant and I had been in dire need for work and he decided to take a chance on me as a waiter.
The interview was very tense as at that point he seemed like a cocky guy with a huge ego as he sat there not much as his partner asked all the questions..

I was hired and as the month past the love grew over the grill of the kitchen. We shared our first kiss in the freezer of the restaurant while doing stock take..shhhhh (lol) and he asked met to marry him a few months later on the mountain in Marekele Nature Reserve.

Ocean Basket has been our chosen restaurant for date nights and anniversary dinners.

LOVE AT FIRST BITE....Holding thumbs... Damyne

Charmaine - Top Vibe Magazine find out from Mark and Damyne how the evening went.

The evening was amazing, the food delicious and the atmosphere perfect, we made new memories.

Thank you Ocean Basket and Top Vibe Magazine.

ELKE MA SE SEER..

Toe ek hierdie lees, het die trane gevloei... Ek deel dit graag met julle:
Ek sit vandag en my gedagtes dwaal terug na 7 maande gelede. Die telefoon lui: "More my skat, ek wou net hoor of dit goed gaan met jou?" "Ja dankie, maar mammie moet my verskoon ek is baie besig" "Jammer ek wil .. Reg so my kind, ek verstaan, ons praat Dan weer later, wil net gou-gou byvoeg, ek is lief vir jou en verlang na jou" "Ja dankie, ek ook", hoor ek myself sê net om so gou moontlik van haar ontslae te raak. Die assistente in kantoor lig 'n wenkbrou en kyk na my: "Is alles reg met jou moeder?" "Ja wat, sy is maar net verveeld, soos elke ander keer, dit is waarom sy skakel." En met 'n haastige " Ek gaan gou uit om vir my iets te ete te koop!" was sy vergete. Moeder het nooit weer geskakel nie! Met pyn en verlange in my hart, hunker ek om net een keer weer haar stem hoor wat my tot 7 maande gelede so geirriteer het, of om net een keer weer 'n drukkie wat ek so afstootlik gevind het, van haar te kry. Trane rol oor my wange as ek kyk na die Checkers strokie waarvan die ink al plek, plek verdwyn het, met R17.00 daarop geplaas. Ek onthou, ek moes vir haar brood en melk bring van die dorp en was uiters verontwaardig dat ek my kosbare tyd moes inspan vir haar. Kon sy dit Dan nie self doen nie, besef sy dan nie ek het my eie lewe nie? Nee wat haar vermetelheid staan my nie aan nie, het ek onvergenoegd gedink. Ek het haar geskakel met die bedrag en nors versoek dat sy buite in die straat moes wag. Ek het slegs die pakkie deur die motorvenster voor die deur in haar hand gestop en die R17.00 wat sy na my uitgehou het, by die venster laat uitval in my haas om weg te kom voor sy my dalk iets wou aanbied om te eet of te drink. In die tru-spieëltjie het dit my opgeval hoe pateties sy gelyk het toe, sy die geld in die pad opgetel het en my agterna gestaar het met sommer opnuut weer vir haar vererg. Nee wat regtig ma is baie selfsugtig om te verwag dat ek moet my vrye tyd vir haar opoffer. Sy moet besef ek werk ses dae van die week en ek is moeg. Terwyl ek nou terugdink... Ek moet erken, sy het nogal daardie dag baie bleek belyk. Toe haar buurvrou my skakel en vra ek moet dadelik na Mammie se huis kom, want sy voel nie lekker nie moes sy eers simptome aan my verduidelik ek ek sou besluit of dit ernsitig genoeg klink. Nee regtig, was ek nie, net 8 maande of is dit nou 9 maande gelede daar nie! Dink sy ek het niks beter om te doen met my tyd nie? Hulle kan wag tot die naweek en as ek lus voel sal ek daar om ry. Maar helaas, die naweek was te laat. Die 10 minute se ry na Mammie se huis het vir my soos 'n leeftyd gevoel. Op haar kombuis kas langs die Checkers strokie met die R17.00, was 'n bruin koevert aan my gerig. Ek het dit oopgemaak en die volgende gelees: "My liefste kind, Hiermee 'n faktuur vir jou:
1.Vir tye wat ek dit kon regkry om jou om te koop met petrol geld, sodat ek jou kan sien vir miskien 15 minute - NO CHARGE
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3. Vir nagte wat ek wakker gelê met jou op my bors, omrede dit al was waar jy wou slaap as jy siek was - NO CHARGE
4. Vir tye wat ek deur die nag aan jou skoolprojek gewerk het dat jy goeie punte kon behaal - NO CHARGE
5. Vir 18 jaar plus wat ek jou moes rondry na skool aktiwiteite of net om jou giere te bevredig, terwyl ek soms siek was - NO CHARGE **6.** Vir al die kere wat ek my kos geldjie vir die werk gebruik het om jou gelukkig te maak met 'n geskenkie - NO CHARGE **7.** Vir tye wat ek in my kamer gehuil het as ek na jou snikke moes luister na jou pakslae en ek mag jou nie getroos het nie - NO CHARGE **8.** Vir tye wat jy my beskuldig het dat ek die oorsaak van rusie in ons huis was, terwyl ek slegs tussenbeide getree het om jou te beskerm as jy stout was - NO CHARGE
9. Die kere wat ek saam met jou gehuil het as jou hartjie gebreek was - NO CHARGE **10.** Al die jare wat ek jou hare uitgeborsel het en jou net die beste gegee het en net die mooiste aangetrek het - NO CHARGE **11.** Al die nagte wat ek op jou klein bedjie by jou geslaap het, koud gekry het en vir jou deur die nag gesing het as jy bang was - NO CHARGE **12**. Al die jare wat ek jou buie moes verduur het as iemand in die huis jou ongelukkig gemaak het - NO CHARGE **13.** En wanneer jy terugdink aan nog ander insidente wanneer jy jou eie kindjie het - NO CHARGE
Jammer ek het nie genoeg papier om verder te skrywe, ...dus....die finale bedrag: Die voorreg om jou in my lewe te kon hê, dit was my betaling! Al my liefde, Mamma.xxxxxxx NB. My en my ontelbare, onmeetbare liefde vir jou wat jy nie meer van my wil hê nie - NO CHARGE!

How to control your emotions



Emotions are a vital part of our everyday lives. Whether you're having a good laugh over a text message or feeling frustrated in rush hour traffic, you know that the highs and lows you experience can significantly affect your well-being.

Your ability to regulate those emotions, in turn, affects how you're perceived by the people around you. If you're laughing at that text during a serious meeting, you're likely to get resentful looks from others in the room. On the other hand, if you react with rage at a driver who cuts you off in traffic, you can engender unwanted attention, and perhaps even risk your life.

The study of emotions is not an exact science. Psychologists still debate the body-mind connection in emotional reactivity; don't have a complete taxonomy of emotions; and are even uncertain about whether emotions are the cause or result of the way we construe the world. However, there are advances being made in understanding the concept of emotion regulation, the process of influencing the way emotions are felt and expressed.

Stanford University psychologist James Gross (2001) proposed a 4-stage model to capture the sequence of events that occurs when our emotions are stimulated. In what he calls the "modal model," a situation grabs our attention, which in turns leads us to appraise or think about the meaning of the situation. Our emotional responses result from the way we appraise our experiences.

Some emotional responses require no particular regulation. If the emotion is appropriate to the situation and helps you feel better, there's no need to worry about changing the way you handle things. Laughing when others are laughing is one example of an appropriate reaction that helps you feel better. Expressing road rage may also make you feel better, but it's not appropriate or particularly adaptive. You could express your frustration in other ways that allow you to release those angry feelings, or instead try to find a way to calm yourself down.

Calming yourself down when you're frustrated, of course, may be more easily said than done. If you tend to fly off the handle when aggravated, and express your outrage to everyone within earshot (or on the other end of an email), your emotions could be costing you important relationships, your job, and even your health.

An inability to regulate emotions is, according to Gross and his collaborator Hooria Jazaieri (2014), at the root of psychological disorders such as depression and borderline personality disorder. Although more research is needed to understand the specific role of emotional regulation in psychopathology, this seems like a promising area of investigation. For example, people with social anxiety disorder can benefit from interventions that help them change the way they appraise social situations, as shown by research on cognitive behavioral therapy. Many others functioning at a less than optimal level of psychological health, Gross and Jazaieri maintain, could similarly benefit from education about how better to manage their emotions in daily life.

Fortunately, you can handle most of the work involved in regulating your emotions well before the provoking situation even occurs. By preparing yourself ahead of time, you'll find that the problematic emotion goes away before it interferes with your life:

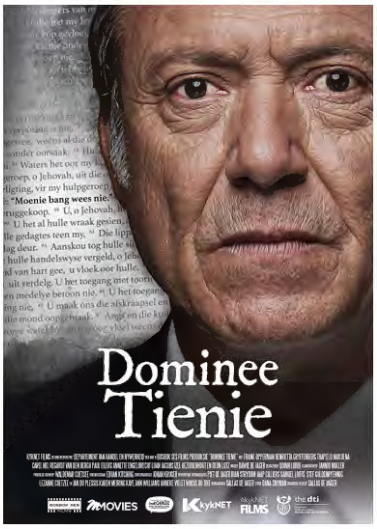
1.Select the situation. Avoid circumstances that trigger unwanted emotions. If you know that you're most likely to get angry when you're in a hurry (and you become angry when others force you to wait), then don't leave things for the last minute. Get out of the house or office 10 minutes before you need to, and you won't be bothered so much by pedestrians, cars, or slow elevators. Similarly, if there's an acquaintance you find completely annoying, then figure out a way to keep from bumping into that person.

2. Modify the situation. Perhaps the emotion you're trying to reduce is disappointment. You're always hoping, for example, to serve the "perfect" meal for friends and family, but invariably something goes wrong because you've aimed too high. Modify the situation by finding recipes that are within your range of ability so that you can pull off the meal. You may not be able to construct the ideal soufflé, but you manage a pretty good frittata.

3.Shift your attentional focus. Let's say that you constantly feel inferior to the people around you who always look great. You're at the gym, and can't help but notice the regulars on the weight machines who manage to lift three times as much as you can. Drawn to them like a magnet, you can't help but watch with wonder and envy at what they're able to accomplish. Shifting your focus away from them and onto your fellow gym rats who pack less punch will help you feel more confident about your own abilities. Even better, focus on what you're doing, and in the process, you'll eventually gain some of the strength you desire.

4.Change your thoughts. At the core of our deepest emotions are the beliefs that drive them. You feel sad when you believe to have lost something, anger when you decide that an important goal is thwarted, and happy anticipation when you believe something good is coming your way. By changing your thoughts you may not be able to change the situation but you can at least change the way you believe the situation is affecting you. In cognitive reappraisal, you replace the thoughts that lead to unhappiness with thoughts that lead instead to joy or at least contentment. People with social anxiety disorder may believe that they'll make fools of themselves in front of others for their social gaffes. They can be helped to relax by interventions that help them recognize that people don't judge them as harshly as they believe.

5.Change your response. If all else fails, and you can't avoid, modify, shift your focus, or change your thoughts, and that emotion comes pouring out, the final step in emotion regulation is to get control of your response. Your heart may be beating out a steady drum roll of unpleasant sensations when you're made to be anxious or angry. Take deep breaths and perhaps close your eyes



Dominee Tienie

★★★★

Based on (play) by Dana Snyman.

Genre: Drama
Cast: Frank Opperman, Henrietta Gryffenberg, Thapelo Makoena, Carel Nel, Regardt Van Den Bergh, Paul Eilers, Annette Engelbrecht, Luan Jacobs, Izel Bezuidenhout, Deon Lotz
Directed by: Sallas de Jager
Screenplay: Sallas de Jager
Music: Dawie de Jager
Produced by: Sallas de Jager
Language: Afrikaans
Our Rating: ★★★★

The film tells the story of a priest who needs to win back his confidence, if he is to again become the light he once was for everyone around him. After 16 years of serving as the priest of the mother church, Tienie Benade is faced with a steep decline in the number of congregants and a modern society that is rapidly changing. Is he brave enough to provide guidance to his congregation in this new era?

Director and co-writer Sallas de Jager says that the idea of an Afrikaans priest coming to the realisation that he has lost his way and doesn't know where he fits within this modern society, immediately fascinated him, further adding how it has been a privilege to tread on proverbial holy ground, in that this is how he feels about adapting one of the most successful plays, written by one of the most beloved Afrikaans writers, Dana Snyman, for the big screen.

Helen Kuun, MD of Indigenous Film Distribution mentions that the film explores a topic that is close to the hearts of many South Africans; keeping the faithful in a world where people consult other professionals for their problems, highlights the dilemmas of the modern priest.

Dominee Tienie also explores the inner world of a man who is battling to get to grips with changing times while he confronts his own mid-life crisis. For Opperman, the role adds to the list of memorable alter egos for which he has become famous: from the eager-to-please Ouboet in Orkney Snork Nie, and the scheming Chris Karedes in The Big Time, to Koos Andries Koekemoer in Gauteng-a-Leng.

The film is directed by Sallas de Jager of Free State fame, as well as Stuur Groete aan Mannetjies Roux and Musiek vir die Agtergrond, who wrote the screenplay based on Snyman's play. The cast also features Henriëtta Gryffenberg known for her roles in Die Sonkring, Erfsondes and Malunde, Thapelo Mokoena from Fear Factor, Wild at Heart and Long Walk to Freedom, Regardt van den Bergh known for Tornado and the Kalahari Horse Whisperer and Uitvlucht, Deon Lotz of Skoonheid, Sleepers Wake and Faan se Trein, Paul Eilers, known for roles in Verraaiers, Stuur groete aan Mannetjies Roux, Musiek vir die Agtergrond and Annette Engelbrecht from Orkney Snork Nie, Geraamtes in die Kas and Elke Skewe Pot.

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STRESS @ YOUR WORK PLACE..



Are you a prisoner to unmanageable, intolerable stress? Is stress ruining your life?

Left unchecked, Stress takes a silent toll on your life – poor health, fuzzy brain and strained relationships with your partner, friends, family or colleagues.

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In the Stress Less Life Coaching Program, I show you how to achieve this life.
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cope differently in stressful situations
clear the endless cycle of negative self-talk, doubt and inner conflict
ease muscle tension
regain clarity of thought, focus and metal acuity
discover the stillness within
live a life of freedom and endless possibility

Depression and anxiety are crippling illnesses that steal your joy, fill your heart with fear, and oftentimes, stop you from having fulfilling relationships.
That lingering feeling of apprehension, constantly stalking you.
It's vague – you just can't put your finger on the exact cause of what is making you feel like this.

It's paralyzing – you are drowning in self-doubt, too afraid to face your fears, so you rather distract yourself by sitting in front of the TV with another chocolate, your 5th one for today.
The idea of taking any form of action to alleviate your anxiety is way off the radar!

Unrelenting anxiety can eventually lead to fully-fledged depression and a total loss of interest in any hobbies, interests or work that you previously used to enjoy. This may ultimately cause you to alienate friends, romantic partners or break up your marriage, lose your job or sink into a pit of darkness where you seriously contemplate ending your life.

But, it doesn't have to be that way. There IS Hope!

The benefits of working with a Life Coach:

Re-ignite your zest for life, engage in fulfilling friendships, relationships and work relationships
Get rid of your doubts and fears
Erase the deep-seated underlying beliefs that you are not good enough or not capable
See how your mood, energy and self – esteem improve
You are more hopeful and enthusiastic
Find and enjoy inner calm and stillness
You can set and achieve realistic goals for hobbies, sport, relationships and work.

Symptoms of stress include:

Depression
Anxiety
Forgetfulness
Irritability
Insomnia
Headaches/Migraines
High blood pressure
Lowered immunity and cancer

Study finds SA is the world's 2nd most stressed country:
A study released by Bloomberg ranked the most and least stressed countries in the world. Norway and Luxembourg were named the least stressed nations in the world, with South Africa ranked the second most stressed nation on the planet.

Jerusha Sukhdeo-Raath speaks to UCT's health and counselling psychologist, Dr Despina Learmonth who gives insight on these statistics.

Do you have 3 or more of these symptoms?
If the answer is YES, you have stress.

Saek help!! Today it's not going away it's just getting worse.





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