



## Too much stress? Low on energy? YOU can change that!

Health- and mental coach Barbara Luigs is expanding her programme here at the Red Sea. In this issue, she explains how to break the vicious cycle of the increasing stress in our daily life and the loss of energy as a result of this.

Dear readers,

If our great-grandparents could visit us today and share a few days of our daily routine, they would probably believe they have landed on a different planet! With the increase of electronic devices and modern communication technologies, we can – and very often want to – be reached 24 hours a day, 7 days a week.

Another important factor that adds to our daily dose of stress and makes us feel like we are losing control over our lives are the changing values of the majority of companies/employers. In times of budget cuts and financial turmoil, the HUMAN resource is deemed less significant than the tangible assets in the company and as a consequence the same or even higher amount of work has to be accomplished by a reduced workforce and employees face a reduced appreciation of their work.

And finally, the speed of life in general increases. With the economic crisis we are facing these days, many people suffer from illnesses and the fear of losing one's livelihood.

As a result, we hardly have a chance to unwind, give our mind the badly needed "break from it all" and even on vacation our energy levels are not reloaded to their full possible level. Have you ever had the feeling on the first day after returning to the office from a break that you have never been away? Then you have experienced the first step towards something that can eventually result in a severe burn-out syndrome. A burn-out syndrome is an on-going and slowly but steadily growing state of mental and emotional fatigue, caused by negative stress. Among the symptoms are strong headaches, sleep disorders, state of fear, and fatigue up to depression. But with more than 160 disease patterns, it is not always that easy to diagnose a burn-out syndrome and there is a danger to abuse the term. The key is the endurance of the symptoms – occasional headaches or feeling tired for a temporary time is quite normal and not yet something to worry about.

I know many people who show some of these symptoms, though tell me: "But how am I to change that? I cannot neglect the existence of my cell phone or e-mails and when I am not available for my boss on the weekend or during vacations, I fear that I might lose my job."

I can relate to that, as I have been in this situation myself. But believe me: Once you do suffer from a severe burn-out, all you wish is to turn back the clock and change some things in your life. And here I can be of help to you.

With the changes undergoing in our society, the personal responsibility for one's own mental and physical health is increasing significantly. And the good news is that even when you have a stressful job and don't see that changing for the next ten years or so, there are techniques and tools you can bring into your daily life that will help you to gain a better balance between challenging and relaxing moments.



In my coaching and training programme, I will start with a detailed analysis of your physical and mental condition. The result will show increased awareness of the situation you are in and help you to better listen to your body and its needs. What are the signals you are receiving and what is your body asking for? More breaks, more exercise, better nutrition or a combination of it all? We will then analyse together your daily routine and identify the factors that cause stress and help you to understand in which areas you can introduce a change and those that you can't fight off – whether it is physical, mental, or emotional stress. Based on this, we will tailor your personal mental and health fitness programme and focus on the new direction and your mind-set, regaining control over your life. You will be surprised how much change we can achieve together even if you can only spare one hour of your time per week. During your coaching sessions and training programme, you will learn unique little exercises to blow off stress during the day and also some mental exercises to help you stay balanced – sometimes this also involves to re-learn the beauty of the word "no" ... So what are you waiting for? Let's start!

To schedule an appointment with me, please send an e-mail to [Luigs@mein-gesundheitscoach.de](mailto:Luigs@mein-gesundheitscoach.de) or call me at +2 0127 562 36 71.

For more information about my programme, please visit [www.mein-gesundheitscoach.de](http://www.mein-gesundheitscoach.de)

Yours Sincerely,

*Barbara Luigs*

### Why training with me is different

My previous experience from working in an executive position in a corporate environment helps me better understand and deal with mental and physical challenges a stressful job, a hectic life, or simply a lifestyle with lots of different options and choices can create for the body and mind.

My individual training and coaching programme is very efficient and result oriented and by tailoring it around the individual, it addresses the specific issues and needs of each and every customer. The focus of the programme is on the topics of health, personal development, communication, mastering a crisis, definition and reaching of goals and self-fulfilment. The key success factor for the coaching is that my clients and I feel well during the training sessions and have fun what we are doing so we enjoy a life in balance.



Barbara Luigs  
Health- and mental coach