

**Welcome!**

Thanks for requesting Lucky Joy Wells' 2021 Freebie.

**Enjoy!**

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## **Your Stress Epidemic Breakthrough Release**

Including **The De- Stress- Stress Eating- Joy Recovery Formula**

**by Lucky Joy Wells**



### **Are YOU a Stress Fugitive?**

Stress. It shows up in our eating, in anger and relationships, on the road or with the family. It can show up in abuse, addiction, over- medicating and surely in our health.

So many of us are stressed but don't even know it. Nevertheless, prolonged stress holds great dangers to our the health of our bodies whether we're aware of it or not.

**Stress is epidemic.** Linked to over 80% of our health problems, it can be deadly.

In some way its behind every type of excess and addiction. Stress may come out in irritation. Or insomnia, skimping on sleep or other needs, overeating, over- medicating, too much alcohol, etc. Stress may have you treating others (or yourself) poorly. Your relationships may suffer.

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What if you kept your focus on ->

**The #1 de-stress remedy-- creating Joy--**

and that could free you from the pain and vices you may run to when you get stress overload?

**You could be having fun instead – the fun of happiness.**

## **Yes, it's true!**

Relief is in sight-- Don't tear your hair out yet!

### **Tips, Tricks & Advice for De- Stress include...**

Take a time out.

Pay some kind words or compliments to yourself or someone else. Think good thoughts.

Write down 10 things you're grateful for and share them.

Call a friend for support.

Relax-- Take a warm bath or shower.

Listen to music or a relaxation CD.

Get Outdoors!

Move. Take a walk.

OR— Have Fun!



### **The Problem with “Tips” –**

#### **vs. True Transformation**

Tips and tricks and such cannot create an ongoing, lasting joy state the way the new brain re-wire methods can. Sure, they're great for the short term but they can't change you from the inside so you get less stress.

Don't get me wrong-- stop- gap measures are way better than doing nothing. They can even help you make changes and build new habits that are permanent and work long- term. Still, effects of most of them don't last for long. They don't go deep and aren't used enough to do the job. The steps of neuroscience, in contrast, can and often do facilitate a deep mind/ behavior shift-- a rewiring. The tools and shifts can effectively transform the way we meet with stress long term, reducing chronic stress and anxiety.

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**If you think you've tried everything to end your stress--**

### **There's a new method that targets your Joy--**

#### **a Real Happy- De- Stress Discovery**

After years of studying dysfunction, some scientists got hip. They began to study happiness. Evolving studies merged with other studies done on stress. Stress relief methods, they found, were similar to those used to create happiness. By pursuing happiness, subjects were relieving stress and by de- stressing, happiness appeared,

But there was more good news ahead. The same subjects using happiness- de- stressing methods not only got healthier, but began to lose their vices. Guess what? Truly happy people (inside and out) don't need vices. They don't want them. Bypassing them, pretty much, is as easy as the next breath.

### **Spread the News!**

**Happiness lowers stress and stress- related issues in minutes a day!**



## **F. A. Q.-- Frequent Answers--**

From Reboot to Joy Neuroscience & Coaching

### **Re- Training the Emotional Brain for Breakthrough Change**

Brain re- training helps change drives that trigger stress, stress eating and other vices. The Reboot to Joy process educates and support practices that address stress- activating hot- buttons. From there we can target, speak to and undo those problematic brain pathways.

The Reboot to Joy Formula educates and supports neuroscience and psychological practices that address the brain's hot- buttons that activate stress. From there we can target, speak to and undo the problematic neural pathways. Instead of trying to force changes from external motivators, such as diets or self-will, the re-wired circuits take over resulting in Improved mood, less stress and more functional thinking and behavior. Transformed and tapped into our joy, new ease and relaxation naturally pull us to our highest good. External solutions and unhealthy choices are no longer needed or wanted.

The process uses simple tools that help clients get comfortable with their own natural emotional states and deal with them in healthier ways. As indicated in the moment, it may ask specific questions that help clarify and move through each phase as it is experienced at the time. Queries will follow the natural progression of emotions within the brain. Thus, they relieve stress and bring the brain into balance. In this healthier state, effectiveness, functionality and productivity is enhanced on every level.

The brain is re- wired, also serving to weaken the cause of the stress (the brain circuits). Thus that ingrained brain path is used less frequently, becomes less active and less easily or strongly triggered. Gradually the more resilient wiring begins to take over.

Transformed, tapped into joy, the new experience of relaxation and ease naturally calls out one's highest good. External solutions like unhealthy food choices to soothe us are no longer needed or wanted. Blockages of mind, body and emotion that trigger the stress are cleared. Unlike other methods, the effects of the particular sciences applied are both short term as well as long- lasting. Using the tools brings greater resilience. The resultant improvements and better mood re-orient the innate, healthy good, drawing one to the choices that keep them at their best, happy, joyous and free.



## **Reboot to Joy & Lifestyle Change Methods**

### **Reboot to Joy & Other Methods**

Most methods for lifestyle and lifelong change produce changes that may at first appear breakthrough but may fade over time. The neural responses rooted in mis-wired thinking must be changed on a deep level. Without altering the brain pathways driving problematic behavior, the issues still persist. And with each repetition of that troublesome circuit it becomes entrenched more deeply.



Popular Lifestyle Change Methods include:

Personal Counsel and Coaching, Behavioral and Cognitive Therapy, Hypnotherapy, Psychotherapy, Brain Gym, Sound Healing, Medications, Breathwork, Meditation, Prayer, Contemplative Practices, Spiritual and 12- Step Addiction Recovery.

As needed, some of these are used in Reboot to Joy coaching. They too can help to heal chronic stress and less- persistent issues. However, trauma, addictions or compulsive behaviors call for a powerful re- orientation to life-- a change in the workings of the brain-- that may not be provided with these methods alone. Rebootto Joy re- education and support includes a specialized neuroscience and brain re- training tools. These are most effective in initiating and cementing the needed changes. It is in the re-patterning of vital brain circuits that we find the super- power, the glue that secures and ensures our transformation. A number of tools can help reduce stress in the moment but targeted neuroscience brain retraining deepens and reinforces that change as well as raising the happiness set point, creating a new, happier, empowered life.



### **Reclaiming our Lives**

Other methods don't have highly targeted, effective, easy tools that can transforming the stress circuits robbing us of positive action. Neuroscience is the better way, addressing the causes of mental distraction and dysfunction directly. We bypass the need to analyze, trick or circumvent our normal brain pathways, a method with limited results. When we switch off the root cause (the stress circuits) with our tools, we can reboot our day and lives, reclaiming the wise, kindly, natural and in- built human tendencies that help us to live in serenity and happiness.

### **Health, Overeating & Stress Eating Programs**

Many programs around eating focus on weight- loss. More often than not that loss doesn't last long. It's merely a band- aid, because the real crux of the problem is in the over- blown habitual response to stress. Thus, addressing and relieving that inflated response must take precedence over external solutions. Without changing that destructive pattern on a deep level, there can be no ongoing relief. The key to that vital healing must come from application of a specific, individually targeted neuroscience that works in a specific, individualized way. The tools of that science are thus able to re- wire the brain circuits that trigger chronic vices, dysfunctional eating and the like.

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### **Next – A Taste of Reboot to Joy's**

#### **Neuroscience Tools and Support**

as used in our Brain Re-wiring Reset  
that helps to relieve stress and stress eating as well as boost joy.

### **For General Practice and Easy De- Stress--**

**Emotional Awareness** is extremely helpful in reducing stress.  
You'll understand more as you begin allowing for this.

#### **--- Begin by Relaxing and Allowing**

... Just being in this very moment, as it is in the here and now...

**Take a deep breath and allow** yourself to feel your body and relax into it.

## **De-Brief, De-Stress & Your Healthy Good Practice..**

It is helpful to practice this often, especially when experiencing unpleasant emotions.  
You will see that, in general, our emotions tend to fade quickly when you give them room to breathe...

Again, take a deep breath and allow yourself to feel your body. Relax into it.  
In this moment, send yourself a bit of love and kind thoughts.  
You may want to close your eyes as you this...

Now, bring attention to the emotions that you feel.

### **Ask yourself---**

What do I feel right now?

What are my sensations?

Where do I feel it in my body? Where in my body did it start?

Did the feeling move – If so to where? Does it have a size, a shape? I allow all of it in.

**I am O.K. I feel. I am human. I am O.K.**

This will pass. I simply observe and move on.

How do I recognize when others experience this emotion?

Do I notice any of these signs in myself?

What do I observe in my body language, vocal tone, thoughts, behaviors?

I let it all fade... No judgment. No fear...

I give myself space to feel without judgment.

I witness my feelings in a kindly light.

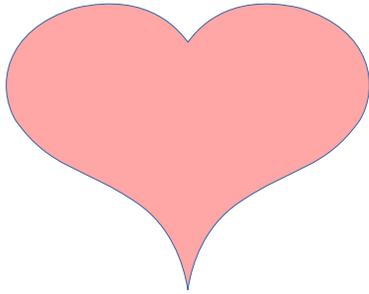
Take your time but also allow yourself to move on.



**Finally,**

**Thank your feelings for showing themselves.**

Send compassion to yourself right where you are.



### **Joy- Reboot- Re-wire “Mini- Demo” --**

**Here’s a 10- Second Technique for Stress Relief\*** for moderate stress.

*Are you a bit stressed?*

*Then this exercise is for you.*

If you’re more stressed than that, this may not offer you what you need.

Take a deep breath and allow yourself to feel your body.

Relax into it.

In this moment, send yourself kindness.

Bring attention to the emotions that you feel.

### **Ask yourself-**

Do I have anger inside me right now? A frustration?

Allow it, feel it and let it fade...

Sadness may arise? What I sad about?

( Let yourself experience, allow the flow and move on...

The feelings most often subside in a few seconds or so.)

What fear is now inside me? Allow it, hear it and sit with it just for the moment until it fades.

If nothing comes, allow that as well, and move on.

What guilt may now be in me ?

### **Let this all fade...**

Now often a different set of emotions will likely begin to arise.

Let your feelings flow with it...

**Gratitude...** What are you grateful for? Allow, and let it fade...

Happiness... What are you happy about? Allow, and let it fade..

Security.. What do you feel secure in? Just briefly, then move on to allow for...

What are you proud of?

Again, allow al these emotions to come and go as they are, without judging or trying to change them.

When working with this or any emotions--

Rather than over- thinking, let the answers bubble up from inside you, from your gut or your heart-- this is your feeling as it is in- the- moment.

To add to your let- go---

Relax and Let yourself feel compassion for you.

Let your feeling expand to a heartfelt compassion for you & those around you--

and for the world... Relax into a feeling of **peace on the inside of you.**

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I do hope you'll try these practices more than a few times-- or maybe just get the full coaching program for your best results. In some venues work like this is called being there for yourself, your own natural self- nurture or simple sitting with your feelings and allowing. Other programs may add writing, meditations, tapping, etc., or suggestions to further relaxation and relief, any of which may be helpful. Making this small practice a part of your daily routine and/or using it when you feel yourself getting stressed gives you a quick way to de- stress, builds your serenity and the peace to enjoy the rest of your day.

\* This method is for moderate stress only. More serious stress triggers may call for different tools.

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### **Sooo... How Do You Feel Right Now?**

Now you've had a taste of a direct neuroscience brain re- training method, you may see just how kind it can be? Rather than "beating" stress down, it's more like a fluidity, a flexible "Akido move" that helps us get out of the way of stress. Its all done through a process that safely and kindly re-connects us to our feelings, bringing us to greater joy in a fun and happy way.



This method is as simple as saying--

**Stop, Look and Listen to what you're feeling.**

That alone helps everything!

When you do this, your emotions have a chance to cool out, and they usually do.

The problem is, most of us don't know how to do that. Or do it well. We need help to learn the "how-to" of it. Often we need support to face feelings that can feel scary or hard. The great news is that neuroscience has all these paths marked out for us. And surprise! They're simple, easy and pretty much fun.

**Still stressed? You're likely in a higher stress level....**

## **How can being at a greater stress level be good?**

**If you're using the cutting -edge neuroscience** it can be great!

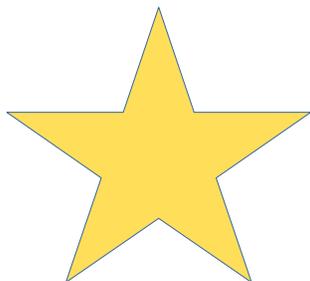
That's because we often use that stress to dig a bit deeper and change the brain program on a much deeper, more lasting level. Here's where some of the heavier lifting is done-- and guess what? Its way, way easier and far less distressing than it sounds. If you're at one of those more distressed levels, you may need the next level to get your relief. It's a bit more complicated but does so much more than just relieving you for the moment – it holds the real key to the rewire process.

### **Deeper Stress calls for Deeper Processes**

With Neuroscience-- Now You've got a Key to a

**Deeper Process = Deeper Longer Lasting Changes**

In deep stress you can get in more deeply to re- set the brain's old programs, the ones that create your super- stressed and other hyper- reactions. For a bigger taste of that method, I offer mini- sessions free of charge when I can, by phone or online. Get more info at the end of this e- book.



### **Now You've Got a Beginning**

The little emotional run- through Joy Mini above can relieve difficult feelings that need attention. Feelings that keep you from what you *REALLY* need. When your inner needs are heard and supported, you feel happy, comforted, satisfied. With happiness filling you, you don't need the extra food. In fact, you'll likely find that you won't be wanting for anything that doesn't serve your highest good and your joy. Joy sets us right in our minds (at long last!) and we begin striving to maintain that balanced state. Why? Because it feels good, that's why! That is, until you lose yourself again....

Sure, it happens. That's why we need the tools to come back to anytime, or many times in a day. The tools lift us to comfort if not to joy--

### **What if--**

You could live free of your overblown distress reactions, free of the fight, escapism and vice, remorse and shame?

What if you could find your Joy, join with it and live your life there?

And **do it all in happy, fun mini- breaks of just 3-5 easy minutes** throughout your day.

**You can!**

The big **“Happy Cure” question** is...

How to make increased calmness and joy a state that you live in, rather than something passing.

**The tools of neuroscience** are so simple and easy to use-- and as close as your phone-- helping you re- wire the pathways of the mind that cause dysfunction and distress.



### **De-Stress-- Get Happy!**

When you get the pervasive, life- changing effects of happiness and are active in allowing for as well as actively re-training your brain, joy becomes a permanent habit. When you're in the relaxed, happy state, your brain will function at its optimum best. And that feels great! You can know that you're doing the very best thing you can for your health. The truths of health and your neglect of it won't stymie you. You'll be free from the old pangs of regret, remorse and guilt. Instead, you're learning to live more permanently in the brain state pathways of lower stress and more consistent joy.

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**If you want** Inner Peace, Harmony and Self- Mastery

If you want freedom from the Tyranny of Excess--

If you want Superior Health & Life Balance

If you want Joy, Happiness, Success and a Long Life

Enjoy and use the **Reboot to Joy** Mini- De- Stress Secret--

**Try it, Use it --**

It will begin to transform your stress and your life...

You may just find yourself as calm and as cool as any Yogi on a peaceful, far- away retreat!

**In Closing--**

 Please Share This--

**Let's Reboot this world to Happiness, Kindness & Peace!**

We've got to get this work out there for a kinder, happier, healthier world!

**Wishing you Joy, Happiness and all the best that you can be!**



Thank you for learning with me!

Lucky Joy Wells

Learn more at **Reboot to Joy--** <https://Zlucky.com/u>

For Questions, feedback and more information

*Email Lucky--* Email@zlucky.com

&/ OR--

*Schedule your Free **Mini- Joy Reboot Experience Call** with Lucky  
on Zoom or by phone*



*Got Questions?*

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