



The Life & Lemons 4-Step Plan

or your

Sh!t Happens Survival Strategy



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BE FULFILLED ♥ NOT JUST FULL

Welcome to this Workbook designed to help you deal with those moments when life just seems to have singled you out to throw lemons at!

I will be showing you a simple 4-Step Strategy to help you:

- ✓ **Stay calm**
- ✓ **Stay healthy**
- ✓ **Release negativity**
- ✓ **Move forward and upward!**

About Me

My name is Andrea and I am a holistic health coach at:

[Life After Bread Holistic Health Coaching](#)

I help stressed out women to regain their health, life & work mojo.

We do this together by looking at every aspect of your life and making step by step improvements.

I work **with** you to decide what these steps will be and how to implement them.

I will support you every step of the way, with practical tools and a safe space to explore your deepest desires.

I will be your cheerleader, your accountability buddy, your 'go to' for health advice.

Because you don't have to do it on your own!

You can read about my own journey back to vibrant health on my website, which has information about my [Coaching Services](#), a steady stream of new [Recipes](#) and more [About Me](#).

I regularly post food + health info on [Facebook](#), [Twitter](#) & [Pinterest](#), so please join me there too!

Introduction

When Life Hands You Lemons: 4-Step Strategy

You've been working really hard on being healthy and then you get the sickest you've been in years...

You work crazy hours and then lose that prestigious account...

You've tried every technique in your self-help library, but your relationship has still flatlined...

When we get that knock-back, it's so easy to go into panic and tailspin mode.

We start to question everything about ourselves and our lives, not just the problem at hand.

We judge every single component of ourselves, examining each element under our critical lense.

This is the time when a clear set of instructions is actually really helpful. You know, the ones you've read in advance and don't have to figure out when the crisis hits.

So keep this workbook on hand for those ugly moments!

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STEP ONE:

Call Time Out

When you've invested so much time and energy into something that doesn't work out the way you want, it's so tempting to just keep battling away.

Trying to push on through when you're physically or emotionally exhausted is just plain counter-productive. You won't make good decisions when you're emotional and panicky.

It's also a danger time for your physical health: our appetite is all out of kilter because we're stressed, our sleep is restless or even elusive, our energy is drained and it's tempting to rely on caffeine and junk to get us through, comfort or even punish ourselves.

If you can take 24 hours out of your situation, as your (official or unofficial) health coach, I am writing you a permission slip...

Andrea Saunder, Health Coach, gives you permission to...

Take Time Out of your CRAP to love your self

for at least 24 hours

Andrea Saunder

It's vital to nourish your body at this time. Giving yourself fresh, living foods will support your nervous system, reduce the effects of stress and restore your energy.

Take on this mantra: "When life hands you lemons, make smoothies!"

Try This Stress-Busting Smoothie

1 Banana
½ Cucumber
1 Lemon, peeled
Handful Spinach
1 Tbsp Chia Seeds
1 Tbsp Honey
Almond Milk

Smooosh all the ingredients in a blender, relax and enjoy!



Choose these foods to support your body:

Avocados, Bananas, Broccoli, Citrus Fruits, Nuts & Seeds especially Cashew Nuts, Leafy Greens, Sweet Potatoes, Chia Seeds, Oily Fish, Shellfish, Green/White/Herbal Tea,

Try these recipes to support your body:

[Quick Oriental Prawn Voodles with Cashews](#)

[Salmon, Kale & Buckwheat 'Risotto'](#)

[Immune-Boosting Oriental Soup with kale](#)

[More fresh juices & smoothie recipes](#)

Self-Care Suggestions

- ✓ Walks in nature, visit the zoo/nature park/butterfly house/otter sanctuary/marine centre, etc for max 'aww' factor (googling images of French bulldogs also does this for me ;-)
- ✓ Beautify a space – your work desk, dressing table, make-up drawer, etc
- ✓ Warm baths – use mineral salts, soothing essential oils such as lavender
- ✓ Read a book you have wanted to read for ages (preferably not a self-help book!)
- ✓ Use visualisation/meditation audios – new to meditation? Try this [free audio](#)
- ✓ Watch uplifting movies – a few of my faves are Yes Man, Legally Blond & Untouchable
- ✓ Only spend time with supportive people

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STEP TWO: Time To Feel

Once you've given yourself some essential self-care replenishment, if you feel that you need to vent about what went wrong, do it now.

You can give yourself permission to feel your emotions.

But there are a few conditions...

1. Set yourself a time limit – so you don't stay stuck in your emotions
2. Be non-judgemental – let's face it, you already feel crappy enough, don't get all judgemental on your bad self!

*For a limited time only!
Starting right now...*

Name:

*Will be performing a full spectrum of emotions
for 10 minutes*

Thank you!

Set a timer for 10 minutes... now, GO!

Really feel all those negative thoughts. Wallow. Get angry. Cry. Drop F-Bombs.

Whatever comes up be sure to really feel it.

But feel it without judgement. It simply is what it is.

Write it all down if it helps.

Say it all out loud to yourself or to a friend if you prefer.

But don't try to fix it. It isn't time for that just yet.

Have awareness of where you feel these thoughts in your body: is it your chest?
or your stomach? your head?

10 minutes up?

Ok good, that's that over with!

And that's kinda the point – whatever has you in this pickle is either an event that has already happened or is in a future you are imagining and can't be sure of.

The only thing that is real is RIGHT NOW.

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STEP THREE: Shake It Out!

You might be feeling a bit icky after feeling all those crappy feelings, but it's ok because next comes my favourite step and I promise you are going to feel a whole lot better after this step 😊

Think of your body like a memory foam mattress: you stay in the same position and your body will hold those negative feelings in that same place.

When you move your body, the shape releases, the memories shift, and you will find the negativity releases quicker.

Although walks in nature and other soulful activities have their place, if you've just spent 10 minutes really feeling your negged out emotions, now is the time for something a bit less subtle!

Short bursts of high activity are a great way to release those tensions from your body.

I'm a big fan of dance breaks for this –

just crank up a tune and get moving!

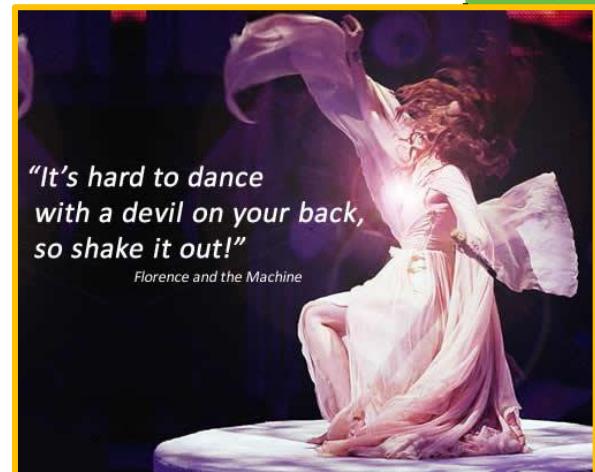
Feeeeeeel that negativity getting shaken out of your muscles!

You can get literal here and use the neg-busting choon that inspired the title of this step:

[Shake It Out by Florence & The Machine](#)



click on the image



I confess I'm an ageing raver so I love a dance mix and this is a great little vid

Feel free to sing, wail, shout,
pull shapes you wouldn't want your kids to see,
throw everything at it!

If you can't quite muster inspiration, some other faves are (my music taste, don't judge ;-)...

[Fat Boy Slim – Praise You](#) (extra gold stars for mimicking the dance moves)

[Pink – So What](#) (the ultimate female f**k you anthem, if it's that kinda situation ;-)

[Katy Perry – Firework](#) (I mean, who doesn't wanna be a firework, right?)

[Limp Bizkit – Break Stuff](#) (Warning: this is the clean lyric version but if you're easily offended you might still want to give this vid a miss)

Ok, feeling cleansed yet? And maybe a bit out of breath?

Good! Now and only now is it time for...

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STEP FOUR:

Get Real

You've taken care of your physical and emotional needs.

You've speed-ranted. You've danced the negativity away.

Now is the right time to sit down and figure out what happens next.

If it helps to make a list, try drilling the issue(s) down by answering these questions:

What isn't working?

Why isn't it working?

What needs to change?

How do I make changes?

When do these changes need to take effect?

What can I do today towards these changes?

I recommend at the same time to complete these questions too:

What IS working?

Why is it working?

How can I replicate in other areas?

It's really important to pay attention to the stuff that's going well in your life.

It's from these little nuggets of what works that we can really learn and apply that behaviour to the stuff that isn't going so well.

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THE NEXT STEP

I hope you have enjoyed this workbook and found it useful.

The next step is to let me know your thoughts and experiences, I would love to know!

We are all in this life experience together, and sharing our experiences helps us all to make positive changes, so please do share 😊

- Have you found yourself being hit with a barrage of lemons?
- How did you deal with that situation? What did you learn from the experience?
- Were you able to make lemonade (or smoothies!) from those lemons?
- If this workbook arrived at just the right time for you, how have you found it helpful?

You can connect with me in any of these places and tell me your experience...

Email me at: andrea@lifeafterbread.co.uk

click on the images



If you want to focus on your health goals, [contact me for a Health Breakthrough Session](#) [IT'S FREE!] and we can spend 45 minutes together to clarify your goals and how you get there.

Love and kale,

Andrea Saunder

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FEELING STUCK IN YOUR QUEST FOR BETTER HEALTH?

*Did you promise yourself that this year would be different?
Could your 'To Do List' look like this:*

- ✓ Reclaim your power and regain your energy mojo
- ✓ Define your wellness goals with a trained, objective partner
- ✓ Figure out what's stopping you from being your best self
- ✓ Devise sensible strategies to achieve your goals without feeling pushed or deprived
- ✓ Feel positive and assertive about making achievable changes to your REAL life



You can expect to tick all of these with a complimentary Health Barrier Breakthrough Session (it's FREE!)

"The Breakthrough Session really makes you think about you and what you want to achieve. Andrea understands what life can throw at you, helps you dodge the hurdles and come up with solutions that suit your lifestyle. At the end of our conversation I walked away knowing that even if the steps I took were little, they were going to help make a BIG difference!" Pamela, Oxfordshire



Andrea Saunder, Health Coach

*Can you take 45 minutes just for yourself?
What do you have to lose?
And more importantly, what could you gain?*

SIGN UP BELOW
to book your session

[**CLICK HERE**](#)

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