

# Stresshacking – Day 8

**louiselloyd.life**

hacking stress limits  
and mindset

## What's Next?

Well that's it! 7 days worth of tips and tools to help you to manage your stress.

I hope you have found it useful. There is no one size fits all and often it's a case of whether or not you are applying things to your own life that will determine how successful they are.

Don't worry if you haven't tried everything from the 7 days, remember all steps are worth it, however small. You can work through the content in your own time and can re-visit it anytime that you need to.

I hope that what you have taken away from this course is that you are absolutely worth looking after and that you have more choice than you might have realised.

## So, what's next?

Well, firstly keep going with applying the tips from this 7 day course. My favourite tip is the Single Breath Practice which can be life changing.

If you have enjoyed working with me on this course and want more, you can work with me in person on a 1:1 basis, so check out the Coaching Page on my website for more information on that.

Or, if you like what we've done in the **7 day Stresshacking Course** but need a bit more help with it all then you can join my **30 Day Stresshacking Live Course** where as well as daily content, there is a live weekly group video call, and a private FaceBook group where I support you through the whole process of managing ongoing stress and getting your life back.

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If you related to being your own-worst-enemy and would like to become your own-best-friend-self then join my 30 Day Become Your Own-Best-Friend-Self Live Course, where as well as daily content, there is a live weekly group video call, and a private FaceBook group where I support you through the whole process of becoming your own-best-friends-self rather than your own-worst-enemy. The relationship you have with yourself underpins EVERYTHING that you do and everything that you are, and becoming your own-best-friend-self is probably THE most life changing thing you can do for yourself so I'd love to help you with that.

Anyway, that's it from me for now. So, I'd just like to say thank you for doing this course, and I truly do hope that it has helped to reduce your stress in some way. Keep your eyes open for my book **Stresshacking - 50 Simple Strategies To Get Your Life, Your Mind, And Your Mojo Back!** coming out soon!

And in the mean time, lots of love and big supportive best friend hug from me to you.

You've got this!