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### **INSIDE**

**Dr. Teresa's Letter**

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Dear ones,

Spring has apparently sprung--and I find myself caught by surprise! The cold and extended dark hours of winter sometimes seem like they're going to last forever. Our linear minds tell us to expect the transition to spring to last a while too. But like our own healing, transformation is simply not a long, slow road; we do not find our best Self at the end of it.

The world of progress and growth is fast and requires a courageous interconnectedness and multidimensional attention that frankly asks a lot of us. The truth is the pace and intensity of healing can be overwhelming, and is almost always stressful. The key to living well then is not avoiding stress, but getting better and better at it. How good are YOU at stress?

The "[new science of stress.](#)" as Dr. Kelly McGonigal puts it, asks just that question. How well do you handle the unknown and unexpected? What impact do you believe pressure and judgment have on you and your physiology? It turns out, if you want to live longer, it's important to find a new set of beliefs about stress: It's good for you!

I appreciate and recognize you all for your commitment to healing through Network Care, and I invite you to also consider just [how much fun it is](#) :)

Excited to continue learning with you,

Dr. Teresa



### Research Corner:

Research demonstrates that how we think about stress can save your life! Your body believes you when you think that the stress response actually makes your body better able to perform, and even life expectancy increases.

#### TED Talk Video by Health Psychologist Dr. Kelly McGonigal:

<http://www.upworthy.com/a-whole-new-way-to-think-about-stress-that-changes-everything-weve-been-taught-2>

#### List of Tips to Use Stress to Your Benefit:

<http://www.forbes.com/sites/travisbradberry/2014/02/06/how-successful-people-stay-calm/>

### Upcoming Events

#### March

#### Living Energy Rich Seminar

Thursday 3/20 6:30-8pm

A NEW seminar offering about what energy REALLY is, and how to recognize and amplify the way you are using yours. Discover what resources are most available to you, transform the way you handle pressure and stress, and awaken the power to truly contribute to those around you.

*\$50 investment. All welcome!*

#### Dr. T traveling

Dr. T is celebrating springtime with a family trip to Iceland, Ireland, and Scotland! We have wonderful practitioners coming to take care of you while she's away. The amazing and fabulous **Dr. Aidan** will be joining us in the mornings on **Thursday 3/27** and again on **Saturday 3/29**, and **Dr. Gloria** will be bringing us her magic touch on the evening of **Wednesday 3/26**. The office will be closed **Tuesday 3/25**, **Friday 3/28**, and **Tuesday 4/1**.

#### April

#### Level I Class

Thursday 4/3 @7pm

Dr. Teresa will introduce the Season of Discover--the pleasures and pains of becoming aware of what is, and how it is helpful in the healing process.

She will also introduce Stages 1 and 2 of SRI, which are exercises you can do at home to support your progress in care.

*FREE! Guests Welcome*

## **Triad of Change Workshop**

**Monday 4/21 7:30-9pm**

How many times have you tried to make changes only to find yourself back where you started or wanting greater results from your efforts? Mastery of YOUR Triad of Change is the missing link for many of us in creating sustainable transformation in our personal and professional life. You will discover your formula for effortless living and mastering progress. *\$50 investment. All welcome!*

## **Friends & Family Week!**

**Monday 4/20 through Saturday 4/26**

*More details to come...*

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