

EBOOK BY

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WARRIOR WOMAN RESET

Tips to Calm and Balance
the Inner Warrior



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WHAT IS A WARRIOR, YOU MIGHT ASK?

Warrior [noun] - *a person with strength, courage and perseverance in the face of challenge who doesn't give up easily*

If you are a warrior mom, you would do *anything* for your kids. Sometimes you are ready to do battle even when there may not need to be one. The warrior mom is prepared for battle if need be, she knows how to be calm, balanced and prepared for whatever comes her way. She knows how to *respond versus react* to find peaceful solutions and to communicate needs.

I am a warrior mom of four warrior boys. My kids are warriors because they have all been faced with special challenges including brain injury, cancer and mental health issues.

Through our family facing illness, challenges and "disabilities," my kids became my greatest teachers.

I spent years fighting with doctors, with neuropsychologists and school systems to advocate for my son after his stroke. I was stuck in worry cycle, overwhelmed by stress that I *forgot to fight for myself.*

I was so stuck in fight or flight, looking for the next battle, that my own health began to suffer. *I was an exhausted and depleted warrior mom.*

I had migraines. I wasn't sleeping well. My metabolism was so out of whack that I couldn't lose weight despite diet and exercise. My husband was diagnosed with melanoma and my immune system was so depressed that I came down with the shingles.

I remember sitting in my living room, baby asleep in the infant swing, reading to my 3-year-old and 5-year-old while my 7-year-old was in school.

I was seeing pixels on the page, dropping my speech as my right arm felt numb. I called my husband at work as I wasn't sure what was wrong. "Call 9-1-1, I think you may be having a stroke!" he said.

"I can't call 9-1-1! Who is going to take care of the kids? I'll be alright."

After my husband, stuck 200 miles away at a Shriner's hospital, begged me to go to the hospital, I agreed and called a friend to come watch the kids while I drove myself to the hospital. I know...*what was I thinking?* I wasn't...*I was in warrior mode!* It turned out to be an atypical migraine.

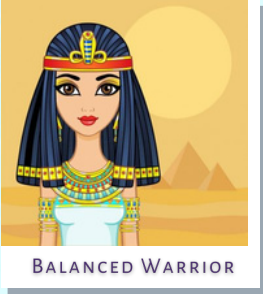
This experience woke me up to the need to put myself on the "take care of" list. I finally realized that I had to put my oxygen mask on first before I could be there for my family. I needed to deal with the emotions and stress of my busy life before I burned out completely.

Does this sound familiar? Can you think of times you put yourself, your needs last on the “to do” list?

What were the consequences or costs?

Were there any benefits or gains?

I created a **WARRIOR QUIZ** to see where you are on the warrior scale: balanced, overwhelmed or burned out.



Take Quiz Here

<https://go.jenniferwrentolo.com/free-quiz>

Many of us feel overwhelmed, overloaded with outside information and opinion. What we truly need is to *pause, stop and tune into our inner self- our intuition*. We need to learn to reset the nervous system and get out of the fight or flight loop. A healthy warrior relies on her strength and ability to overcome adversity, but also knows when it's time to rest and reset.

What you REALLY need is to reconnect with yourself and what you know. What you really need is to *trust the power and wisdom already inside yourself*.

This is how to access the magic inside you. This is how you alchemize your pain and powerlessness into magic, purpose and personal power.



Top 10 Tips
to tame the chaos of a
warrior's life so they can
awaken to the magic
inside and take back
control of their health
and happiness

WARRIOR RESET TIP #1

PAUSE WITH THE PURPOSE OF
RESETTING YOUR NERVOUS SYSTEM

When we can stop, and be in the present moment we can connect to our body, mind and spirit needs. Then, we can tap into our greatest wisdom and power.

When we take a moment, and tune into the mind and body, starting with slow deep breaths, we can calm the nervous system, clear the 'fight or flight' and tune into to the messages of our body, mind and spirit. We can find the magic in the message of our challenge and let it ignite our purpose. Science has shown that as little as two minutes of deep breathing can reset the nervous system by activating the “relaxation response.”

We often get caught up in the spin, the reaction to emotional triggers, stress, and the barrage of thoughts flooding our mind in any given moment. This can bring us out of the present moment, trigger anxiety and disconnect us from our rational thought and power we possess when we are calm and in the present moment

WARRIOR RESET TIP #2

PUT YOURSELF ON THE "TO DO" LIST

Self-care is the foundation of health care. Many people give the excuse that "I don't have time" for self-care, but, time is a created thing. When you make something a priority, you create time for it.

There is a reason why airlines tell us to put our oxygen mask on first before helping our children. If we pass out or burnout... we will not be there to help our kids. We must fill up our own energy well as we constantly have people drinking from it.

What we do not always realize is, when we take time for ourselves, we are modeling for our kids what it looks like to value and care for self.

HERE ARE SOME SIMPLE SELF-CARE TOOLS:

Have 5-10 minutes?

Brew a cup of hot tea and leaf through a magazine or read a good book or watch funny video clips while you sip. Move your body with yoga stretches and connect breath to movement. Write in a journal. Take a hot soak in a bath, maybe even with candles (and tea or wine). Do a meditation. I have some on my YouTube channel.

Click here

https://www.youtube.com/channel/UC2r7_TqebiODJXLLjQjFGOQ/

Have 15-20-30 minutes?

Exercise- walk, do a Tabata, run, call a friend. Get creative and draw, color, paint or listen to music. Write in a journal. Do a longer meditation.

Have 45-60+ minutes?

Go on a nature hike or walk. Take a yoga, tai chi or mind body class. Go for a bike ride or long walk with a friend.

WARRIOR RESET TIP #3

OWN YOUR OWN STUFF AND LET THE REST GO

Our belief systems and emotional triggers often get set off by other people and our interactions with others. Sometimes, we are seeing problems where there are not any because of our own baggage, our own expectations and our personalization of other people's stuff.

When I feel myself reacting to something, I often look at the situation/experience from all sides and ask: "Is this mine?" It is mine if I have set expectations, if I am trying to please others, if I am emotionally triggered by my own stuff, or if I am having a moment of truth or a shadow side of myself being reflected back to me.

It is NOT mine when a person is being nasty or mean; when a person has unrealistic expectations of me or my child; when a person projects their stuff onto me. That is the stuff I work hard at letting go. I tell myself, "That is not mine, that is yours" and let that stuff go.

WARRIOR RESET TIP #4

EMBRACE YOUR IMPERFECTION (and your kids' imperfection) AND LET GO OF EXPECTATION

As human beings, we are going to mess up, fail at something and drop one of the numerous balls we have going in the air. It is inevitable. The key is to be accountable and learn from our mistakes and move on from them.

What often happens is we get stuck in this anger, frustration and disappointment when things do not go as planned or when our imperfection shows up. This is NOT how we learn and grow, but how we get caught up in the “not enough” belief system and feedback loop. We often, unknowingly, project this onto our kids too.

Accept yourself and your kids, warts, shadows, imperfections and all.

WARRIOR RESET TIP #5

PLAN WHAT YOU CAN, BUT BE PREPARED FOR CHANGE UPS AND THE UNEXPECTED

As busy, multitasking warrior moms, one way to tame the chaos is to plan some things ahead and create a semblance of order to our day. This might look like weekly meal planning around schedules, carpools arranged in advance and regularly scheduled activities on set days.

The reality is, things do not always go as planned. I love the analogy Dr. Daniel Siegel, author of *The Whole Brain Child*, gives when he talks about wellbeing as a river. When you are healthy and well, you float in the middle of the river, adjusting to any obstacle or curves along the way. On the banks of the river are rigidity and chaos. When you are inflexible, or rigid and things do not go as planned, it sends you to the bank of chaos. Then, to control the chaos, one becomes rigid in need of control, and they bounce from bank to bank instead of floating along in the middle.

WARRIOR RESET TIP #6

UNDERSTAND WHAT YOU CAN CONTROL (you) AND WHAT IS NOT IN YOUR CONTROL (everyone else).

One of the most powerful tools to help tame the chaos of life is knowing and understanding what you have control of and what you do not have control of. There are some things you can influence as the ripple effect of what you can control. But, the only thing you can control is yourself, your choices, your thoughts and your actions in the present moment.

You cannot control the future, but you can influence it by your choices in the present moment. You cannot control or change the past, but you can allow it to influence your choices in the present moment.

HERE IS A LITTLE EXERCISE FOR YOU!

What can you control?

What can you NOT control?

What can you influence?

RIPPLE EFFECT OF CHOICE

A drop creates a ripple. The ripples becomes waves. The waves grow bigger until they crash or find calm...stillness.



WARRIOR RESET TIP #7

CARVE OUT SOME YOU TIME AND REMEMBER WHO YOU ARE, WHAT BRINGS YOU JOY AND HOW TO LAUGH

Make sure to do what brings you joy. Laughter and play are things that feed your soul and spirit. They help your body reset and heal.

When my son was going through cancer treatments, my dear friends made sure we had girl's night outs where I could forget the mom, the heaviness of my life and remember the woman, the soul in dire need of fun and frivolity. When people ask me how to help friends who have been diagnosed with illness or whose kids have been diagnosed, I always tell them to help their friend remember how to laugh. Help them reconnect to the joy in life. This is what helps us with our perspective and with our resiliency.

WARRIOR RESET TIP #8

ALLOW YOUR WARRIOR HEAD TO CONNECT TO YOUR WARRIOR HEART. STOP OVERTHINKING OR BEING OVERLY EMOTIONAL. LET THE GUT, YOUR INNER WISDOM, INTEGRATE THE TWO

You need to integrate the Warrior Head, the Warrior Heart and the Warrior Gut for optimal capacity and function to be able to make the best decisions for you and your family.

The Warrior Head - The head reacts to threat with the survival response of fight or flight. It collects, stores and recalls information.

When in healthy balance, it is aware and responsive to the environment, executing the plans and strategies that ensure survival.

When out of balance, the Warrior Head may disconnect from the emotions and ignore the needs of the body. It can get stuck in the “fight or flight” loop of constant battle and no rest, leading to fatigue, burn out and sickness.

The Warrior Heart - The heart allows for nurturing and compassion. It sees beyond labels and limitations to the good of the whole person, family and community.

When in healthy balance, the heart allows you to pause and connect to the bigger picture, seeing your challenges as a gift rather than a burden. The heart sees possibilities beyond the judgements of the head. It is where your intention is found.

Out of balance, the warrior heart can be full of judgment and victimization. Emotions can rule over knowing what is true when the heart fails to integrate with the warrior head and gut.

The Warrior Gut - The gut is your inner knowing. It holds the power of aligned warrior action.

The Warrior Gut understands what you can control and what you cannot. It allows you to take back your power by following your internal guidance.

When you drop into your Gut and connect with your intuition, open your Heart to the big picture awareness of what's possible, and initiate inspired action with the Head, you find balance, calm and optimal function.

Only when integrated can the Warrior Head, Heart and Gut work together for balance and wholeness. Only then can you truly step into your power and knowing as a peaceful warrior.

WARRIOR RESET TIP #9

BE KIND TO YOURSELF AND
SHOW YOURSELF COMPASSION

We often say things inside our own head that we would never say to others. *Words are powerful and can either lift us up, giving us wings, or weigh us down like a rock.*

Remind yourself that you are not perfect and are not expected to be. Allow yourself to feel exhausted, overwhelmed and even sad as life can be hard. The key is to give yourself time and space to reset and get back up again. Sometimes, the self-compassion is allowing yourself to stay down, rest and reset, just a little longer and acknowledge that, this is hard right now.

WARRIOR RESET TIP #10

LET OTHER PEOPLE HELP YOU. YOU ARE NOT ALONE
AND ARE STRONGER WITH SUPPORT

Let's face it, we are stronger together. I like to think of it as having kayaks or boats in the water next to me, cheering me on as I swim a challenging long distance swim. I may not need the help or the rest, but it sure is nice knowing I can rest and get help if I need it. Just having someone cheer you on and knowing you are not alone on this life's journey is sometimes all you need to keep going.

I love helping others and I am a better giver than receiver. I need to remind myself that receiving help does not make me weak or incapable. It actually makes me stronger and more able to persevere through whatever life throws my way.

WARRIOR RESET BONUS TIP

PRACTICE SELF-COMPASSION AND
ALLOW YOURSELF SOME "TIME OUTS"

Sometimes, as warrior women, we have to allow ourselves a “time out” to rest and regroup. When life deals us a tough blow that hurts, that stuns, that makes us stumble to the ground, *it is okay* to sit for a bit, to feel it and to cry. That is how we move through it versus hold on to it and store it in our body, mind and spirit. *It is okay* to allow other warriors to have our backs while we take a minute (or more) to check in with ourselves and see what we need in the moment. We need to remember:

1. We are human, and have feelings and emotions.
2. We are not alone.
3. We are stronger knowing others have our backs just like we have theirs.



Being a warrior mom does not mean battling all the time, but it means being connected and prepared to fight for what you know to be true and arming yourself and your kids with:

- connection to self and others
- awareness of self and needs presence
- perspective in life
- trust in inner knowing or wisdom

I had to learn to connect and integrate my warrior head to my mother's heart, my intention, and my "gut" or intuitive knowing/ instinct. This is how I *awakened to the magic inside me*, and to my truth. Even though I had all the answers inside, I continually looked to others for answers. I let them tell me what I needed to do, how I needed to do it and who I needed to be. Often, my gut told me to go a different path, not to listen to all the noise outside of me.

Eventually, I learned to turn down the chatter and not only listen, but trust my inner wisdom, my instinct and knowing. By learning to pause, reset and connect to my mind, body and spirit needs, I *reawakened to the magic that was inside me all along.*

Now, I teach my kids, through my example, how to hold onto their power, know what they need, trust themselves and advocate for what they need. I teach them to know who they are as well as who they are not.

I help mothers and children with invisible disabilities stuck in uncertainty navigate through the anxiety and stress of their daily lives so they can live a life of hope and happiness, trusting their own guidance.

I help overwhelmed moms and children with invisible disabilities learn how to tame the chaos of their lives so they can awaken to their own magic and take back control of their health and happiness.

Be well beautiful warrior!

Jen

PS. Whenever you're ready...here are 4 ways I can help you take back control of your life:

1. Join the Magical Mamas Thriving

Connect with other Moms. It's our exclusive Facebook Community where I help Moms take back control of their life and more.

Click here

<https://www.facebook.com/groups/340322023698874>

2. Take my FREE Power in NOW Masterclass

To understand what the hidden stressors in life may be. Click here

<https://jenwrentolo.liquidfunnels.com>

3. Join our S.O.S. Program


It's the roadmap to finding resiliency and hope in their challenges. Click here

<https://jensos.liquidfunnels.com/me/website/product-checkout/sos-checkout>

4. Schedule a FREE Clarity Call

To get to know each other and get a customized roadmap to where you want to be. Click here

<https://calandly.com/jen-351/clarity-call-with-jen-30-min-yt>



Jennifer Wren Tolo, RN, MA, is a speaker, author, and teacher. She is a Whole Health Educator™ and Patient Advocate, Certified Karuna Reiki Master, Certified Mindfulness Educator and Certified Personal Trainer. Jen is an adjunct professor at Endicott College School of Nursing where she teaches a course “Holistic and Complementary Approaches to Health and Healing”. She is ‘An Integrative Bridge to Health’ helping bridge the gaps between modern healthcare and alternative healing, between self-care and caring for others and between science and intuition.

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