

# THE FEEL-GOOD ROOMS BENEFITS

## EMOTIONAL BENEFITS

- Understand the trauma stress states of fight, flight, freeze and fawn
- Learn how to get out of these trauma stress states
- Learn to recognise your personal triggers
- Build self-compassion, inner resilience and inner resources
- Receive a 'grab bag' packed with go-to techniques, tools and tips
- Harness the beautiful life state of the window of tolerance
- Improved intimacy in romantic relationships
- Better relationships in your home and work life
- Learn how to read your own red flags

## The Feel Good Rooms

'The magic  
that happens  
in the window  
of tolerance'

## PHYSICAL BENEFITS

- Feel more energised
- Improve the quality of your sleep
- Reduced stress and anxiety is proven to have a beneficial impact on general physical health – fewer headaches, improved skin health, better musculoskeletal function
- Increased capacity for exercise

## MENTAL BENEFITS

- Increased levels of confidence and clarity
- More peace, stability and response ability
- Reduced likelihood of suffering with depression
- Reduced likelihood of suffering with anxiety
- Reduced negative inner critic / persecutory super-ego
- Empowerment to make life choices that meet your needs
- Improved ability to think clearly and achieve better and more proactive decision-making
- Increased motivation and purpose

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ZOË CLEWS  
& ASSOCIATES

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