



*Elite
Contributor*



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Nancy Schwartz

Transforming Executives to Create a Healthy Retirement

How To "Expect the Unexpected" To Manage Stress

Financial advisors tell us in retirement to prepare for the worst: unexpected events can disrupt even the best-laid plans, so it's wise to prepare for any potential roadblocks in advance. Examples include: saving your pennies for a rainy day and building an emergency fund to tap into if needed. Other strategies may include adding more insurance coverage for long-term illness or severe injury. That's one side of the equation. What about YOU?

What Psychological Factors Cause Stress?

"Psychological factors such as uncertainty, conflict, lack of control, and lack of information are considered the most stressful stimuli and strongly activate the HPA" (hypothalamic-pituitary-adrenal axis) states Dr. Gabor Maté. These stressors activate when transitioning into a second chapter because we are transforming from a career into a new unknown identity.

We are a planning society. When we execute a goal, we expect what we plan. We are trained over decades to plan and then achieve a result. Our critter brain loves the familiar, and that's why change or a result that is something different from what is planned is often so hard to face. When we are either stressed or chronically stressed, this survival mode hurts and exhausts us in real-time.



My colleagues observe I have the ability to lead with little information in constantly changing winds. That all changed in COVID when the world shut down. To say I and others were stressed was an understatement!

Stress Reduction Mindset:

In my quest for stress reduction tools, I was introduced to Dr. Elissa Epel through Dr. Andrew Huberman's podcast (Huberman Lab Podcast). She is a Professor and Vice Chair in the Department of Psychiatry, at the University of California, San Francisco. She studies processes that accelerate biological aging, with a focus on toxic stress, overeating and its effects on metabolism, and cellular aging (including the telomere/telomerase maintenance system) among many other related stress topics.

"Expect the Unexpected," states Dr. Elissa Epel, from her bestselling book, *The Stress Prescription*. With Dr. Epel's new mindset approach, problem-solving can be achieved without firing up the stress response. Rather than clenching onto an outcome, expecting the unexpected allows the brain to encompass a broader perspective exploring other solutions that may have been missed.

Stress Reduction Tool:

If you find yourself stressed, here's an effective

approach from Dr. Elissa Epel: examine your posture. Is your body leaning forward at your desk or driving? In that case, the mind and body are deep into planning the future, which has a negative effect on resilience and productivity. To break that cycle, Dr. Epel's advice is to lean your body back into your seat, and your mind follows that action.

"Let the experience come to you. Let time unfold moment by moment, let it meet you wherever your body is at. Our bodies can't time travel. Use your body to ground you here now," relates Dr. Appel.

When I was reading this advice, I was traveling to a stressful meeting and rehearsing various scenarios in my head. When I leaned back, I noticed my shoulders and legs were tight, and my mind certainly wasn't present. I breathed into my body and could relax even further. What a great opportunity to experience calm and witness life's experiences. Try this exercise, and see how you feel in your mind and body. Did this action rejuvenate you at the moment?

Dr. Alissa Epel condenses decades of scientific research, infused with story-telling, into a realistic plan of practical techniques to harness stress through reframing challenges with purpose. I encourage you to read [The Stress Prescription](#), and experience and explore this and other resources in her beautifully scripted book.

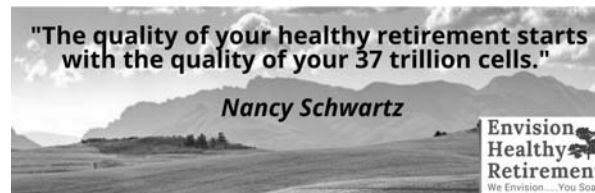
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Nancy guides business experts, like you, in and around retirement toward healthy retirement. First envisioning, and then actualizing a life you design and live on your own terms. She is dedicated to her client's success and growth.

You can learn more and connect with Nancy via web or social media:

[www.envisionhealthyretirement.com](http://www.envisionhealthyretirement.com)

[LinkedIn](#)



Are you feeling anxious and struggling to figure out your healthy retirement?

Are you retired, haven't found meaning in life, and your health is on a decline?

**What if you could envision and then actualize a healthy retirement you so deserve?**

I am Nancy Schwartz. As a former executive who struggled with chronic stress, I fought to take control of my health and life. Since then, I've transformed through a science-based proprietary journey. Today, I guide business experts from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement!



*My clients transform through a 12-week journey utilizing a proprietary science-based system created for their healthy retirement.*

**Schedule a complimentary  
Strategy Call with Nancy (\$500 value)  
<https://p.bttr.to/3ok3lpg>**

***We Envision and You Soar!***