

What does OPERATION HAPPY achieve?

"This is an awesome product! How soon can I get more?!! I really like it! It definitely helped me relax with my day-to-day stress. Great work, NSP! I am always excited about new nervous system products as this is a primary complaint of many of my clients!"

—Rachel R.

"I gave the product to my husband, as he was very stressed, and it seemed to help him shut off his head and go to sleep."

—Kathy H.



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It's more than just stress!

There is a big difference between feeling stressed and feeling anxious. Both of them, over time, can make you feel discouraged and all of this can make you sleepless.

We're going to discuss empowering techniques and nutritive solutions for each S.A.D.S. area. We're also going to do a self assessment that will empower you to know what S.A.D.S. area you should personally focus on to add more happiness and "Sunshine" to your life!



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Do You Ever Experience Stress?



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Stress is Essential to Survival

- The stress response is a built-in survival mechanism.
- When there is a danger to our physical survival, a mechanism is triggered in our brain to optimize the body's ability to respond to that danger.
- This is a life-saving response that allows us to react to the danger with maximum efficiency.



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The Dual Nature of Stress

Physical

- The stress response triggers the release of hormones and neurotransmitters that prime the body for maximum physical performance.
- This creates a high state of alertness and tension.
- This energy is discharged as we fight for our survival or flee the danger, when action is not taken, the energy remains until it is discharged.

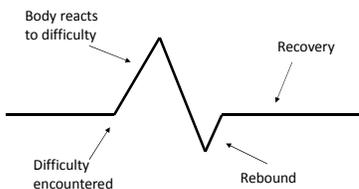
Psychological

- The stress response is rooted in fear.
- Fear is natural when it is rooted in a real danger.
- Many of our fears, however, are triggered by situations where the threat is not real, but perceived.
- A perceived threat isn't physically "real," it's rooted in our beliefs and psychology, but the body reacts to it the same way it reacts to physical danger.

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Normal Stress Reaction

The normal stress response causes a state of alert, when we perceive a danger, which is followed by a state of discharge in which we act or react to do something about the danger, followed by a period of rest and recovery.



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Stress Reaction Rut

The normal stress reaction is often not happening. Instead of having a response followed by rest and recovery, we often find ourselves stuck in the stress response mode- unable to rest and recover.



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Stressors Are "Buttons" for Stress

- A stressor is a situation or other external situation that triggers a stress response.
- A stressor does not CAUSE stress – it triggers it because it pushes one of your "stress buttons".
- Not everyone has the same "stress buttons".



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Fears Create Our Stress "Buttons"

- When faced with a new experience or situation, the brain scans its "databanks" looking for similar past experiences.
- When it finds information that suggests this situation could be dangerous, that is, something to fear, it triggers a stress response.
- When we face a fear and discover that it's not "real" we can defuse these reactions.



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Defusing Your Stress Buttons

1. When you find something triggering stressful feelings in you, take a few deep breaths and relax your muscles; tell yourself that everything will be OK.
2. Practice meditation to become aware of your internal "stress" triggers.
3. Take time to do something pleasurable and fun.
4. Exercise and physical activity also helps reduce stress.



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How do you currently diffuse stress?



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Nutri-Calm

- Nutritional support for nervous system and adrenal health.
- Soothes Frayed Nerves.
- Aids in relaxation and encourages restful sleep.
- Boosts the immune system.
- Is a source of antioxidants. (vitamin C and lemon bioflavonoids).



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Other Support Products

Stress J

- General nerve formula for helping to relax tension and calm the nerves during occasional stressful situations.



Nervous Fatigue Formula

- Chinese adaptogenic formula enhances energy while calming stress reactions.

Distress Remedy

- General remedy for restoring presence and awareness during stressful situations



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Do You Ever Feel Anxious?



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Anxiously Awaiting More Stress?

- The stress response is designed to move us to action.
- When we feel unable to take action, we can get "stuck" in feeling stressed.
- This makes us feel nervous or anxious.



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Shaking Off Those Shaky Feelings

- The inner sense of “trembling” associated with stress (anxious, nervous sensations) is the pent-up energy of the fight-or-flight response.
- It is discharged by doing something physical, such as:
 1. Confronting and tackling problems that are bothering us.
 2. Exercising, dancing or even just walking.
 3. Screaming, crying, shaking or otherwise expressing our feelings.



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How do you currently overcome anxious feelings?



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AnxiousLess

- NSP’s new formula for reducing situational anxiety
- Helps quickly ease anxiousness without drowsiness.
- Promotes a feeling of confidence and security.
- Improves your mood while helping to reduce fatigue.



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Other Support Products

Stress Relief

- Traditional Chinese formula for calming down excessive "fire" or excitability

Kava Kava

- Helps muscles relax while keeping the brain alert

Be Courageous

- Helps people develop courage by learning to take action in the face of their fears



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Do You Ever Feel Discouraged?



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Does Occasional Stress Put You Down in the Dumps?

- Sometimes life's stressors can seem overwhelming
- This can evoke feeling discouraged and defeated, which causes us to feel tired and "down in the dumps"
- Sometimes we need help picking ourselves back up again



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Throwing Off Our "Sagging Chi"

1. The term "Chi" is used throughout traditional Chinese medicine and represents the vital life force in the body.
2. When you're feeling down, you tend to slump over and make yourself small; instead, try standing up and adopting a "winners" pose; this reduces cortisol and increases testosterone, which helps you feel like you can handle it
3. It can also help to allow yourself to "get angry" about what's bothering you; this gives you the energy to "fight back"



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How do you currently overcome discouragement?



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Mood Elevator

- Traditional Chinese Formula for "sagging chi." Helps lift mood and energy while reducing nervous feelings
- Encourages an overall sense of well-being.
- Strengthens liver function, which may affect mood.
- Supports the nervous, circulatory and lymphatic systems.



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Other Support Products

5-HTP Power

- 5-HTP is a precursor to serotonin, a neurotransmitter that affects mood and sleep

St. John's Wort

- Modern research suggest it can be helpful for mild to moderate depressed feelings coupled with anxious feelings

Finding Strength

- Modern research suggest it can be helpful for mild to moderate depressed feelings coupled with anxious feelings



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Are You Ever Sleepless?



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Are You Sleepless in Stressville?

- We need rest in order to deal effectively with the challenges of life.
- Unfortunately, when cortisol and epinephrine levels are high we find it difficult to relax and get the sleep we need.



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Tips for Getting More ZZZ's

1. Don't watch TV or do other stimulating activities in the evening; read or do something quiet and peaceful
2. Make your room as dark as possible; this stimulates melatonin production
3. Avoid caffeine
4. Eat a small protein snack at bedtime; avoid sugars and spicy foods in the evening



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How do you currently overcome sleeplessness?



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Herbal Sleep

- Traditional formula for helping to relax tension and promote sleep
- Supports proper nervous system function.
- Provides soothing and calming properties.
- Promotes restful sleep.



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Other Support Products

5-HTP Power

- 5-HTP is a precursor to serotonin, a neurotransmitter that affects mood and sleep

Melatonin Extra

- Melatonin is a hormone produced by the pituitary from serotonin that helps induce sleep



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The Y in the road



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What does your assessment say?



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