



The
Chrysalis
Effect

Practitioner Training Programme
Pioneering M.E, CFS, Fibromyalgia Recovery



The Chrysalis Effect News

Dear Chrysalis Effect Community

Did you hear me having a hissy fit?

This week we had some very frustrating things happen with the system that runs the emails, webinar bookings and payment pages in the business. I won't bore you with it all but I had a moment, you know one of those moments, of sheer frustration and got quite angry.

'Why does this system not do what I want it to do at the speed I need it to do it and why does it always cost money to sort out the problems!

[I ranted quite a bit actually, but I will spare you]

Then I had a call from a recoverer who has just started the programme and could really feel how sad she was at where her life is right now. She was frustrated that her body would no longer do what she wanted it to do and how long everything takes and worrying about what recovery will cost.

As I spoke with her about how normal it was to feel that way, I explained that recovery is a process and that what I had learned was that investing in getting the right help to make changes and improvements would enable her to enjoy a new and better future.

The irony! I blessed the software developers and paid for the modifications with love!!

Anyway, check out the newsletter, we have so much exciting news to share with you.



Just to leave you with a seasonal thought. I was a July baby I definitely come alive when the sun shines! It is, though, definitely a tough time for those struggling with fatigue conditions. To be stuck in bed or sofa bound when, it seems, the world and his wife are having BBQ's, planning holidays and the TV filled with images of Living life to the full outdoors is soul destroying.

So do send a cheerful little card or text or visit someone you know is having a hard time watching the world go round while they are healing.

Have a wonderful Summer!

With love and Gratitude

Elaine





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Congratulations to the following Practitioners,
who have successfully completed their FHT
Accreditations in recent months:

Daniella Saunders
Alison Levinson
Kimberley Gridley
Elaine Elliott
Sue Bennett



ACCREDITED QUALIFICATION

Well done to all of you we are so excited to see
your business grow and more lives transformed!

Congratulations also to the following ladies who
have all successfully completed their Accredited
Wellbeing Coaching Training and received their
Endorsed Award from the ILM

Su Winsbury
Caroline Webb
Patricia Worby
Jackie Webster



These ladies are our very first graduates of the
Wellbeing Coaching Programme! Congratulations
for becoming wellbeing coaching pioneers. We
just know without a doubt that you will be leading
the way, and changing so many lives.



Can you Help?

Dear Therapists,

Cherry Trees (A Respite for disabled kids) in East
Clandon (10 minutes from Guildford) needs any type
of voluntary massage therapist (e.g. full body, Indian
Head, face, hand and foot massage and Reiki).

Please come and give your time to help relax these
well deserving parents and carers.

You can volunteer for 1 hour plus!! Qualifications and
insurance are required.

For further information please contact:

Emma: [07834245727](tel:07834245727)

Thank you!!!!

**So if you would like to give an hour of your time to
help some very deserving families, please just
contact Emma on the number above.**



Some Very Very Happy Chrysalis Family News!

Congratulations to our very own Liz Dyde who has got engaged to Bill and are now
busy planning their special day! We are so delighted for you both and wish you every
happiness.

And Congratulations to Kirstie Gran and her husband who has given birth to a
beautiful baby boy, mummy and baby doing well. We cannot wait to meet him!





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★ ★ ★ Special Feature ★ ★ ★

Clare Berrill has been working closely with The Chrysalis Effect on her recovery and out of the blue we had an email to say that her lovely husband Mark had completed a Bike tour to raise money for The M.E, CFS and Fibromyalgia Recovery Association. Mark did an incredible job touring the hills of Limburg in Holland and raised £250. Thank you so much for all your amazing work Mark and we are so happy to see Clare making great improvements in her health!

Hi my name is Mark I last month completed the Amstel gold bike tour.

I split my donations between The M.E. CFS and Fibromyalgia Recovery Association and research. The Recovery Association want to raise funds to set up an advice and support phone-line and raise awareness that people can and do recover from M.E. In my eyes this is invaluable.

My wife Clare has had ME/CFS for 13 years on and off. She has had really well times and relapses. I have seen first-hand the dramatic and debilitating effect this illness can have on someone. I felt it was high time I did something to contribute to the charities that run to offer research and also provide support to sufferers and carers alike and promote a positive message and hope that people can and do recover.

The M.E Recovery Association gives a real message of hope and aims to shift the mind-set around these conditions from management and doom and gloom to one focused on full recovery. Clare has found their philosophy and the chrysalis effect invaluable to keep the hope and belief in recovery on her own journey to wellness.

I chose the Amstel gold bike tour as an opportunity to do something I enjoy, put myself to a challenge (as it is in the tough hills of South Holland) and get people to sponsor me to do it. So on 19th April 2104 I rode 150km through beautiful and challenging countryside, and with each difficult climb used the thought of why I was doing this ride to get me up those hills! The point being, the effort it took me to climb each hill was nothing compared to the effort people trying to recover from ME have to go through each day.

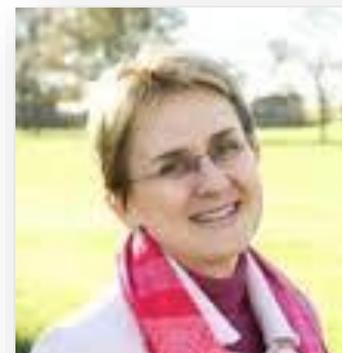




Sleeping better By Florence Parot

Sleeping is switching off

First, it is important to understand how sleep works in order to make sense of those “gaps” during the night when sleep is eluding us. We all sleep in sleeping cycles of about 1h30 – going first into deep sleep and then into light sleep and dreaming before starting another cycle again. We may wake up in between 2 cycles. If we wake up fully and have difficulties sleeping, we may find it hard to fall back to sleep before the next cycle, therefore spending the next hour and a half or so awake.



Sleep is generally deeper during the first half of night and gets lighter as the hours go by, which is why we may sleep quite soundly at the beginning of the night and then wake up in the very early morning.

For children, sleeping is a time of general growth; for adults, it is a time when our neurons work, our brain grows and our immune system is strengthened.

We do not all need the same amount of sleep. Light sleepers may feel perfectly refreshed with only 5 hours of sleep, heavy sleepers may need 10! It is usually considered that 5 hours per 24 hours is a minimum for all.

When suffering from chronic fatigue, ME, burnout or similar circumstances

It is important to know that you do need long stretches of sleep to recover, even if you are usually a “small” sleeper. So as long a night as you can manage and also a nap during the day of at least 1h30, i.e. one sleep cycle, ideally in the early afternoon.

Your sleeping environment

You may want to check your sleeping environment first, even the smallest details could make a difference:



- ✓ Avoid light and noise in the bedroom, even the smallest standby light or alarm clock fluorescent numbers is too much,
- ✓ All electrical devices (radio-alarm clock, mobile phone...) are to be avoided but if you cannot, put them at least one meter away from your head,
- ✓ Choose a good mattress and a nice sleeping environment, have a night ritual,
- ✓ The room needs to be not too hot and well aired,
- ✓ NO screen (TV, PC) in the bedroom (if you cannot avoid one, cover it during the night and switch it off completely),
- ✓ Avoid watching TV or using a computer or any kind of screen for at least one hour before going to bed,



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- ✓ Go to bed at regular times as much as possible,
- ✓ Be ready to go to bed when sleep comes: when you feel your eyes itching, closing, feeling heavy..., go!
- ✓ Eat not too late, not too much (avoid meat, alcohol and cigarettes in the evening),
- ✓ Take a warm shower or bath, but not too hot (it would raise the body temperature too much, sleep only happens when your body temperature decreases slightly), add lavender essential oil to it to calm you down if need be.

A little practical advice:



If you wake up during the night and feel restless: instead of tossing and turning, drink water or herbal tea, walk calmly, breathe, read or write. Do NOT watch TV or turn on the computer. Be aware of the signs of sleep coming back and go straight to bed. If you feel better staying in bed, take the opportunity to try some relaxation, meditation or Sophrology exercises.

If need be, make a list of everything you have to do the following day before going to bed so that you are certain you will not forget anything and feel calmer.

If too many ideas go round in your mind, imagine you are putting them in a box where they won't bother you and you can find them again the following day if you need them.

Sophrology exercises to do during the day to prepare for a better night's sleep:

Take several one-minute breaks each day: close your eyes, breathe out loudly, let your shoulders down, unclench your jaw, feel your feet on the floor.

If you have too much on your mind or something is bothering you: stand up, take a cushion, close your eyes, imagine you are putting all the annoying ideas in the cushion, and breathe out loudly while throwing it on the floor. Repeat 3 times and listen to how you are feeling.



Concentrate on your 5 senses: on your food when you eat, on what you can see, smell or hear during the day, especially if it makes you feel good!



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Sophrology exercises for the night if you wake up and cannot go back to sleep:

All these exercises are to be done lying in bed, as soon as you realise you are waking up and feel too awake. Try them all, choose those you like and work with one or a combination.

Count up to 3 as you breathe in, count up to 4 as you breathe out, count up to 3 while you gently hold your breath, your lungs empty. Repeat as much as you can and make it as regular as possible. Do not force your breathing; find a rhythm that works comfortably for you.

Breathe in and gently contract all your muscles from head to toe very gently then breathe out loudly and let go and relax. Do it 3 times and listen to how you are feeling.

As you breathe in, imagine you are breathing in a calming word like “peace”, “calm” or “quiet”.

Good night, sleep tight!



Florence Parot

Florence is an international expert in stress and sleep management. Her clients are busy and talented people under pressure and she helps them manage extreme stress and prevent burnout. They have discovered in the process how some very simple exercises allow them to manage their lives and work at full speed while remaining serene, calm and balanced.

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*Sophrology*academy



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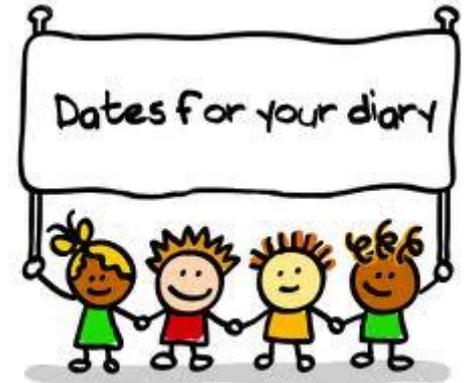


Dates for your diary

Recovery Webinar: Thursday 21st August 2014 - 10.30am
- 12pm - link to follow

WBC Coaching Q & A Webinar: July's Webinar is to be repeated (due to techy issues) on Thursday 7th August 2014 - 10.30am link to follow

Practitioner Webinar: Thursday 31st July 2014 - 7pm -
8.30pm link to follow



Our Training continues to evolve and develop. All our training is now available on DVD, including the Yoga and meditation aspects of the course. We also have both the "How To of Wellbeing Coaching" and "Protocols for Recovery" webinar Series available for only £37 for more information or to order the recordings of these webinars just call: 01293 220906 or email info@getyourlifebackfromme.com or visit the following:

Protocols for Recovery Webinar Series:
<http://www.thechrysaliseffectpractitioners.com/webinarseries>

What's Next For 2014?

NHS UPDATE -

For the Chrysalis Effect, 2014 has been and will continue to be focused on the Recovery Programme, reaching more sufferers and working steadily to get the programme into the NHS. After our Meeting with Dr Martin McShane earlier this year, we have been working tirelessly on improving the programme ready for the first stage of clinical evaluations. Elaine has another meeting next month with a lady responsible for getting these programmes into hospitals and making GP'S aware of what we do. We will of course keep you posted every step of the way. But rest assured that our mission stays the same - our dream is to make this programme available to everyone suffering and as early as possible so that people do not need to become bed bound and waste years and years of their lives with these debilitating conditions!
We do, will and can make the difference!





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What's New in The Training Zone?

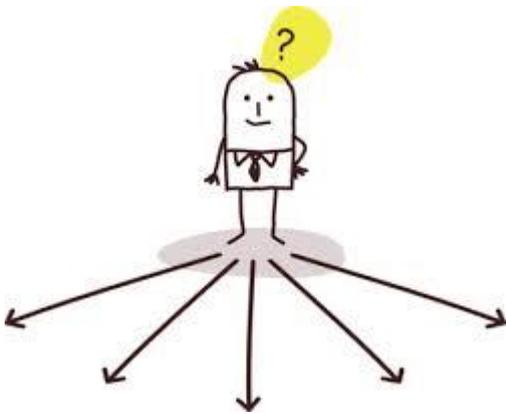
'The Wellbeing Coach'

- ? Are YOU Super Keen to integrate Wellbeing Coaching into your practice?
- ? Do you want to feel Super Confident at coaching?
- ? Do you wish you had got your ILM accreditation done and Dusted?
- ? Do you thrive on accountability?



Yes?

Then you sound perfect for the Wellbeing Coach 1 to 1 Personalised Mentoring



It is such a fantastic programme, coaches are exceeding all expectations

Coaches at whatever level stay on track, meet their own pre-set deadline and learn so fast

It's fun, It's Personalised to your needs and it works!

Call Elaine directly on The Wellbeing Coach Direct line [01883 776605](tel:01883776605) to find out more.

Chrysalis Effect Practitioner Training-

Thinking about becoming a Specialist Practitioner?

Are you ready to shift to a whole new level in your business and want to make 2015 your turning point?

- ✓ As a Specialist You are the Go To Person
- ✓ As a Specialist you attract referrals
- ✓ As a Specialist You retain clients through to recovery
- ✓ Double savings on your training in August September
- ✓ [Includes CPD Webinars!]

Call Chrysalis Effect [01293 220906](tel:01293220906) and start [easy pay payment plan available]



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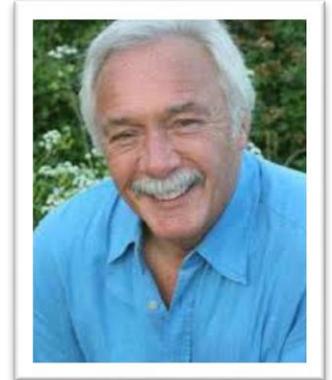


Skills Update - CPD for Existing Chrysalis Effect Practitioners

Update your Skills and Knowledge

Look out for the fantastic CPD webinar series with Guest Experts:

1. Brian Halverson International Speaker and Author and Holistic Dentist and Metal Toxicity Consultant has aligned his work with the Chrysalis Effect and will deliver this brand new webinar in September



2. Emma Chapman Sharp - Revealing the cutting edge work on Thyroid
3. The gut test that is creating breakthroughs for fatigue clients.

Keep a check on your emails ready to register for these phenomenal webinars.
Don't miss them! Feel free to share them with friends and colleagues.

If you have any questions or would like any further information please just email us at info@getyourlifebackfromme.com or call 01293 220906

All that remains for us to say is we hope you have a wonderful summer and get some well R and R in this beautiful sunshine that we are having!

Enjoy The Sunshine

Love and Belief

Kelly B and The Chrysalis Effect Team

xxxxxx

