

# From Jagged to Smooth:

## How to Make a Happy Life



Metamorphix

*In this training, we learn how stress works in our bodies and minds, and strategies and practices to minimize unhealthy stress, develop our minds to create joy and steadiness.*

### Who is this for?

*This training will provide multiple ways of recognizing and transforming stress into useful energy. Anyone who is feeling over-stretched, overwhelmed, frustrated by being on an endless grind, or unable to manage life's demands will benefit from this training. Anyone who isn't sleeping well or enough, having digestion issues, or is irritable and snippy will learn skills and practices to ease the path towards a more smooth and happy life. This training is designed for people open to making changes in their daily routines to experience the benefits of the work.*

### How it works

Using small group work and individual work with writing, reading, discussion groups, and experiencing new strategies and time-tested practices, participants will:

- Learn to explore and manage their inner landscape
- Learn specific and effective strategies for soothing their inner critics
- Learn to actively set boundaries and choose their life instead of falling into situations
- Recommit to their bodies: to listening, to nurturing, and to learning from this incredible resource.
- Practice the fundamentals of meditation and mindfulness
- Explore our connections to community and bolster this area if needed
- Define gratitude and its incredible force for good in our lives

### Results and Expectations

Every experience is unique, but participants who take up this work consistently find they have:

- More ease, less anxiety, stress and panic
- Better bodily routines and outcomes — rhythms that work
- Clearer boundaries and less resentment
- More ability to be productive without overdoing
- More happiness

