

THE *Soul Success* SYSTEM™

WITH THERESA CLOUD EAGLE

SELF-CARE FOR STRESS MANAGEMENT

Mindful Stress Management Solutions to Take Charge of Stress



<https://TheresaCloudEagle.com>



Theresa D Nelson (aka Theresa Cloud Eagle)
Expert Self-Care Success Strategist™
Mindful Stress Management Coach & Consultant
Licensed Am I Hungry? Facilitator

Theresa Cloud Eagle's adult experiences lead her to understand the important role take care of self-plays in nourishing a life of purpose, health, success, and happiness. She better understood what her parents had taught her during childhood. As she became more knowledgeable through her dedicated pursuit of holistic principles, publishing and internationally distributing Pattern Pieces® Inspirational and Wholistic Magazine for five years, becoming certified in many modalities achieving the teacher's level in a few and closing her practice she made a significant change. Theresa established Self-Care Restorative Solutions, LLC in 2008 to help continue her desire to spread the word and educate her audiences on the importance of strategic, mindful stress management to successfully balance professional and personal life. Through her personal experiences and observations, she noticed that people in our society were stressed and in denial about what was causing their distress. We didn't realize there were tools to help us achieve the health and wellness we desired that reduced stress levels, nurtured a healthy lifestyle, and promoted conscious communication. Now, there is a better understanding about the unhealthy effect stress plays in our lives and has on our bodies. Many want to embrace that knowledge, but don't know where to start.

How many kind-of know what to do and don't have someone to point them in the right direction? How often does your desire to change gets side tracked? Who instead says, "I'll start tomorrow" and still it doesn't happen?

Given the 30-plus years she has been using and teaching others how to implement self-care for stress management mindful living strategies, Theresa knows the benefits are priceless for the relief of the stressful and anxious moments we all experience. The benefits attained by embracing and putting into action these strategies have a life changing effect. Theresa had the opportunity to experience, more profoundly, the benefits of the mindful living strategies she has been living and teaching when her husband went through a serious health challenge. Her passion was reconfirmed and truly justified to motivate even more individuals into transforming from a life of constant stress to a position of work-life balance. Knowing how to handle yourself in high-stress situations is critical for survival.

These benefits enable us to maintain a higher level of energy, mental clarity, override stress and anxiety, deal with "control dramas", and set healthy boundaries enabling us to live a more balanced life. *Our power lies within if we would only take responsibility for the actions we express in our day-to-day living. I am here to help you steadily and tenaciously access that power for the best possible YOU!*

Theresa Cloud Eagle is a passionate Thought Leader and Transformational Speaker who brings real life stories, humor, compassion, and antidotes as she shares strategies to keep stress at bay. Additionally, she developed the platform, *The Soul Success System™* Self-Care for Stress Management to bring the mindful living strategies with in-depth instruction to her audiences so they can successfully implement the practical applications. She is a Licensed Elder; a Licensed Am I Hungry? Mindful Eating Facilitator; a Certified Ayurvedic Aromatherapist; a professional member of the National Speaker's Association a WBENC — Certified Woman Business Enterprise (WBE), and a Certified Woman Owned Small Business (WOSB).

Theresa presents via webinars, workshops, breakout sessions, special events, and lunch-n-learns. Theresa as appeared for private groups, cruise ship workshops, health conferences, health and wellness expos, business women's groups, corporations, and faith-based organizations. She also hosts a podcast "*Nurturing Soul Success for Conscious Living*" that features a variety of professionals who can help dispel stress.

Theresa has authored several books:

- *The Chakras — The Twelve Mind Powers of Man and Revelations for the Healer & Counselor*;
- *Nurture Your Soul with Action Steps*;
- *Nurture Your Soul Journal and Companion Workbook*;
- *Nurture Your Soul Journal - A Journaling Guide to Achieve Your Self-Care Goals*;
- *Nurture Your Soul Workbook for Caregivers*;
- *Tools for Effective Living: Guide for a Purpose Filled Life with Action Steps*; and
- *eBook Think on These Things – Affirmations to Keep You Motivated and Balanced*.

and produced instructional CDs to assist with the learning experience.

Theresa has appeared on television, radio and featured on various platforms such as – ABC, Fox28 "Good Day Columbus," and "Tapestry"; "Spotlight of Success Radio Show," "OWN: Woman's Radio Show," "The Wellness Journey Radio Show," "Columbus Biz TV," and "Odyssey Business Network". She has been nominated for several awards.

Theresa produced and published an internationally distributed holistic magazine, Pattern Pieces® Inspirational and Wholistic Magazine, and operated a holistic private practice for 12 years before expanding to focus on those who are involved with high stressed lifestyles. She has studied under the likes of Wayne Dyer, Ph.D., Louise Hay, James Twyman, Patricia "Mechi" Garza and many others.

Additionally, Theresa Cloud Eagle, as an Ayurvedic Certified Aromatherapist, is Founder and CEO of Divine Essentials® Aromatherapy. Divine Essentials® are hand-crafted natural aromatherapy body products use essential oils in a therapeutic way and is sold primarily through her online store. The products help to pamper and nurture the body and mind helping to de-stress, renew and refresh it while increasing energy and balance.

