

# 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 Soul Success Strategist™*

*Mindful Stress Management Coaching & Consulting*

*Licensed Facilitator Am I Hungry?*

Theresa's adult experiences resulted in her understanding the important role taking 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®* Wholistic and Inspirational 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. Through her personal experiences and observations, she noticed that people in our society were stressed and in denial about what is causing their distress. It also became clear to her that people didn't realize there were specific steps for success to achieve the total health and wellness desired that addressed 1) how to reduce stress levels; 2) intentional actions for a healthy lifestyle, and 3) implementing better communication skills. Now, there is a greater understanding about the unhealthy effect stress plays in our lives and has on our bodies. Many want to embrace that knowledge, but don't get pass the acknowledgement stage to start.

Given the 30-plus years she has been using and teaching others how to implement self-care for stress management strategies, Theresa knows the benefits are priceless for the relief of the stressful 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 holistic strategies she has been living and teaching when her husband went through a serious health challenge. Her passion was confirmed 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!*

You may say, "I have God to see me through" yes, but God provides us teachers as His examples to be a living testimony of His grace and faithfulness. Then there are those who take back what you have supposedly turned over to God through a lack of faith and trust. These strategies, which have

been ordained by God, will help you to leave those stressful situations and circumstances in His hands elevating your faith and trust in Him.

Theresa is the Assistant General Overseer and an Elder with Heavenly Vision Ministries, Inc. and she is being of service at EILM—Columbus Christian Center Church. She is an Expert Self-Care Soul Success Strategist™, Licensed Am I Hungry? Facilitator, Certified Ayurvedic Aromatherapist, an Author, and passionate 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 in depth instruction to her audiences so they can successfully implement the strategies.

She presents via workshops, training, breakout sessions, webinars, special events, and lunch-n-learns. Theresa has 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 seven books, has produced instructional CDs to assist with the learning experience and created therapeutic Aromatherapy Blends to help with de-stressing.

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 D. Nelson is President and CEO of Self-Care Restorative Solutions, LLC, based in Gahanna (ga-hän-na'), Ohio.

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 taught 1,000's of students and has spoken to hundreds of audiences. Her audiences are uplifted with the life changing material she shares, putting her suggestions into immediate action.