

Stress Management that Works

“Working with Jessie has been a lightbulb turning on. It has helped me to see things in a completely new way. I have never felt more at peace and able to cope with uncertainty. My stress level is almost nonexistent.”

Attend *The School of Unlearning* @ Pause & Presence

coaching | retreats | yoga | keynote talks

with Jessie Mahoney MD

wellness expert & certified coach

Stress relief comes when you are aware of your underlying default thought patterns that are surreptitiously increasing your stress

Do you practice?

Judgment, Urgency, Catastrophizing, Self Sacrifice, Martyrdom
Over-responsibility, Toxic Independence, Decision-making from fear, guilt, self-doubt, lack of trust

Do you believe?

More is better, Hard is better, Easy is not valuable, Rest is complacent, Faster is better

Work with me to discover the root cause of your stress

**You can't change default thought patterns
when you are in fight-or-flight and bathed in
cortisol**

Work with me to

Practice physiologic mindfulness

Up-regulate your parasympathetic nervous system
Down-regulate your sympathetic nervous system
enjoy a healthier “neurochemical soup”

Practice philosophic mindfulness

Awareness, nonjudgment, patient, nonstriving, gratitude,
generosity, attention, presence, intention, curiosity and self
compassion

⌘

Manage your energy instead of your time



Working with Jessie during this time has been one of the best decisions I've made professionally. She is simply amazing



Top of my gratitude list each day is working with Jessie. I strongly recommend it for anyone who wants to be happier, calmer, more content, and "unstuck."



Very soon after starting, my mood dramatically improved and my anxiety was significantly less.



I am much stronger and more in control of my own happiness. I really didn't ever believe that I could feel calm and happy in this way.



Working with Jessie has totally transformed my family life. I am happy and there is a lightness in my house that has not been present for a long, long time.



Work With Me