



**BRAVE  
THINKING®  
INSTITUTE**

# **WEIGHT STRESSORS:**

**Turn OFF Your Weight Triggers &  
Turn ON Your Healthy GENE!**

Jennifer Joy Jiménez

## **My Dear Soul Sister,**

You are a strong, capable, brilliant genius, and a powerful, luminous light being. The power within you is far more potent than any circumstance, including shifting your current weight and feeling more confident and energized in your life.

Most of us have been taught that “calories in, calories out” create weight change. But what if there’s so much more beneath the surface? In my several decades of research in health, well-being, and creating ideal weight, I’ve identified 12 “stressors” that significantly impact our weight.

The great news is that when you reduce or eliminate these stressors, getting to your ideal weight becomes much easier. Addressing these stressors not only affects your weight but also improves your relationships, vocational expression, time, money freedom, and overall health and well-being.



*Jennifer Joy Jimenez*

**Founder, Brave Thinking Institute Health &  
Well-Being Division**

## The 12 Weight Stressors and Their Healthy Solutions

### 1. Low-Level Chronic Stress

**Description:** Constant stress keeps the body in fight-or-flight mode, storing fat as if preparing for a famine.

#### Healthy Solutions:

- **Recognize your stress triggers:** Notice when you feel overworked, under-rested, and prioritize others over yourself.
- **Self-care:** Plan healthy meals, take breaks, and engage in gentle movements like yoga.
- **Additional Tips:** Eat lunch away from your desk, get fresh air, and dance to your favorite song for a few minutes.

### 2. Traumatic Stress

**Description:** Results from incidents like abuse, the death of a loved one, divorce, accidents, or injuries.

#### Healthy Solutions:

- **Healing through support:** Engage in life coaching, therapy, EFT (tapping), or EMDR.
- **Grounding activities:** Spend time in nature, with animals, and practice forgiveness.
- **Additional Tips:** Lay on the ground for grounding, hike, or garden.

## The 12 Weight Stressors and Their Healthy Solutions

### 3. Mental Stress

**Description:** Comes from chronic worrying, anxiety, or an overly negative inner critic.

#### Healthy Solutions:

- **Mindfulness practices:** Notice thought patterns, practice deep breathing, and use meditation apps.
- **Calming activities:** Watch calming videos, take nature strolls, and practice mindful deep breathing.
- **Additional Tips:** Try a meditation app like Headspace or Calm.

### 4. Emotional Stress

**Description:** Triggered by life changes like moving, starting a new job, or relationship issues.

#### Healthy Solutions:

- **Meditation and affirmations:** Practice daily meditation and positive affirmations.
- **Grounding activities:** Engage in yoga, hiking, dance, and other activities that reprogram your mind-body-spirit.
- **Additional Tips:** Say affirmations like “I am safe, I am resourced, this too shall pass.”

## The 12 Weight Stressors and Their Healthy Solutions

### 5. Physical Stress

**Description:** Caused by poor nutrition, over-exercising, chronic fatigue, and lack of rest.

#### Healthy Solutions:

- **Balanced activities:** Include yoga, conscious dance, and HIIT training in your routine.
- **Diet changes:** Remove inflammatory ingredients and eat whole, organic foods.
- **Detoxification:** Cleanse your body of toxins in food and household products.
- **Additional Tips:** Try HIIT training, and see a sleep specialist to address sleep issues.

### 6. Dehydration

**Description:** Not drinking enough healthy water and consuming dehydrating substances.

#### Healthy Solutions:

- **Proper hydration:** Drink alkalized water, herbal teas, and low-glycemic juices.
- **Avoid dehydrating drinks:** Eliminate soda, energy drinks, and non-organic coffee.

## The 12 Weight Stressors and Their Healthy Solutions

### 7. Protective Weight / Safety Weight

**Description:** Extra weight kept on for a sense of safety and protection.

#### Healthy Solutions:

- **Visualization:** Use guided meditation to create a protective light bubble around you.
- **Coaching:** Work with a life coach to re-pattern these issues.
- **Additional Tips:** Imagine healthy boundaries and confidently speaking your truth.

### 8. The Four Hidden Barriers

**Description:** Fear of outshining, abandonment, success burden, and being fundamentally flawed.

#### Healthy Solutions:

- **Support and coaching:** Overcome barriers with coaching and a supportive community.
- **Mental techniques:** Use compliments, eliminate comparison, and increase your internal "thermostat" for abundance and love.

## The 12 Weight Stressors and Their Healthy Solutions

### 9. Famine Mentality

**Description:** Subconscious belief in food scarcity, leading to overeating or holding onto weight.

#### Healthy Solutions:

- **Positive belief installation:** Use meditation and affirmations to reprogram the subconscious mind about food abundance

### 10. Pleasure / Fun / Creative Expression Famine

**Description:** Using food for pleasure due to lack of joyful activities.

#### Healthy Solutions:

- **Incorporate joy:** Add fun and creative activities into your daily routine.
- **Evening routine:** Establish a relaxing evening routine with activities like light yoga, journaling, and reading.
- **Additional Tips:** Use fun and play for real-life joyful activities instead of food or TV

## The 12 Weight Stressors and Their Healthy Solutions

### 11. Eating for the Wrong Reasons

**Description:** Using food or alcohol as a reward or to fill an emotional void.

#### Healthy Solutions:

- **Mindful eating:** Before eating, ask yourself key questions about hunger and cravings.
- **Healthy alternatives:** Choose healthier options and address the true source of cravings.
- **Additional Tips:** Drink water, eat a piece of fruit or veggies, and re-evaluate your hunger.

### 12. Subconscious Desire to Be Underweight

**Description:** Feeling safer being thinner, seen as weaker or frail.

#### Healthy Solutions:

- **Coaching:** Work with a mind-body-spirit coach to identify and release subconscious blocks.
- **Body connection:** Connect lovingly with your body and choose nutrient-rich foods.

By working to eliminate these stressors and implementing these healthy new tools and habits consistently, you can reach your ideal weight, feel confident in your skin, energized, and alive in your life.





**If you're a heart-centered woman seeking to feel healthier and more energetic, I have a special gift for you.**

I'd like to offer you a complimentary Body Vitality Breakthrough Session valued at \$250 but yours 100% Complimentary for a limited time.

[Click Here to Book your Complimentary Body Vitality Breakthrough Session!](#)





**BRAVE  
THINKING®  
INSTITUTE**

31441 Santa Margarita Pkwy, #A-364 • Rancho Santa Margarita, CA 92688

Tol Free: 886-405-6999 • International: 503-922-3460

[www.BraveThinkingInstitute.com](http://www.BraveThinkingInstitute.com)