

# Pascale Aubin-Rheaume to be Featured on CUTV News Radio

CHATEAU-RICHER, QUEBEC, CANADA, November 23, 2016 /EINPresswire.com/ -- Stress is everywhere all the time. It never seems to stop, and when it does, it's only temporary.

Stress can take its toll on our entire body. When we are stressed out, our thoughts become unclear, we lose our emotional center. Our thinking, our intelligence and our entire behavior can turn towards self-protection. In the long run, we may lose our spontaneity and desires to fulfill our dreams.

Pascale Aubin-Rheaume helps people to better manage their stress.

“It’s all about helping people,” says Pascale. “I like sharing tools with my clients so they can start improving right away.”

Most of us already have activities to relieve stress like sports, yoga, art or even watching television. According to Pascale, the problem is that we only

make time for these activities at the end of the day or over the weekend. In the meantime, stress keeps piling up.

Using tools created by the HeartMath® Institute, Pascale helps clients learn, practice and apply the tools to start relieving stress on demand, 24/7, at the moment they become aware it’s there.

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You can use these techniques to stop stress right in its tracks.

*Pascale Aubin-Rheaume*

“What is nice about the skill set I’m using is that these techniques can be used anytime, anywhere,” says Pascale. “As soon as you catch yourself getting stressed out you can use these techniques to stop stress right in its tracks.”

We know stress is a useful thing for our survival. Unfortunately, our brain does not differentiate between a car that is close to hitting us or an unpleasant email. With the amount of stress stimuli that comes our way each day, if we let our reactions run freely, our body will end up spent and weak. Then we open the door for disease.

The techniques used help self-regulate the stress response and its corresponding physiological



reaction. With practice, people can notice the reaction and take steps to shift their emotional response and more easily return to a calm state without the wear and tear on the system. This practice eases the continuous strain on the body and allows for creativity, problem-solving and drive to take their rightful place in your life.

Says Pascale: "I love teaching the tools but the sharing of experience, I believe, help both sides as I learn a lot too."

CUTV News Radio will feature Pascale Aubin-Rheaume in an interview with Doug Llewelyn on November 25th at 2pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Pascale, e-mail [pascale.aubin.rheaume@gmail.com](mailto:pascale.aubin.rheaume@gmail.com)

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