

Mission

The Mission of Your Wellness Consultant is to educate and train my clients in methods to develop and maintain a healthy and rewarding quality of life. No corporation, organization, group or individual can truly realize its full strength and productivity unless it unlocks the untapped potential that emerges from living a wellness lifestyle. Utilizing ancient wisdom and modern science, We endeavor to give every client keys to accessing the powers that emanate from a balanced relationship between mind, body, and spirit, and from an understanding of the Principles of Inter-relatedness, Inter-connectedness, and Inter-dependence.

Our Goal is to provoke and facilitate an enhanced vision in each of our clients, enabling them to achieve their unique form of self-actualization.

**Got Stress?
Is stress affecting your
peace of mind,
performance, or health.
Are employee stress-
related health and
absenteeism issues eating
up your company profits?**

**Call us!
We can help!**

Sharif Enterprizes, Inc./ “We Transform Information Into Insight!”



A.S. Umar Sharif, MA Medical Sociologist

**Complementary Health Care Consultant
Stress Management Consultant
Personal Security & Self-Defense Trainer**

sharif-enterprizes.com

Got Stress? You're Not Alone!

Your body and mind reacts to any demand placed upon it. That's being alive! That's also a good way of thinking about Stress. If you're alive, you're going to experience stress. The body goes through a host of chemical and neuro-physiological responses to stress. And different people have different types and degrees of response to various stressors. So, stress is the set of nonspecific responses of the body and mind to any demand made upon it. This stress response developed in the context of danger, primarily physical danger and so it is often referred to as the 'fight or flight' response. If a wild animal threatened you, or if you were

climbing a dangerous cliff, confronting a resource rival, or crossing a snake filled swamp, the stress response would produce changes that maximize your ability to survive the challenge. In fact, the exhausting act of fight of an animal, clearing a cliff, successfully competing for food, or swimming faster across that swamp, would utilize and deplete the chemicals associated with the stress response and the body and mind would quickly return to a state of balance. The fight-flight-response is still a part of our genetic code. So we all **Got Stress!** The real question is **How Much?**

Got Stress? Modern Stressors

Today there is a big difference in both the kind of stressors we have to deal with and the kind of responses we can make to those stressors. For example, we are much less likely to be attacked by a wild animal today, although we are still to respond by fighting or fleeing if attacked by a stray dog or human predator. But in addition to

that kind of stressor, we also have to deal with a boss, co-worker, or family member who makes us feel threatened, challenged, or otherwise put on the defensive. In these instances, we can't us fighting or fleeing as an appropriate response. However, your body doesn't know that! So it produces the same chemical and neuro-physiological changes that it has for millions of years. And therein lies the problem!

*Your Wellness
Consultant*

SHARIF ENTERPRIZES,
INC.
P.O. Box 51282
Phoenix, Arizona 85076-
1282

PHONE:
480-785-2870

FAX:
480-785-8314

E-MAIL:
sharif@sharif-
enterprizes.com

*Your Wellness
Consultant*

We're on the Web!
See us at:
Sharif-enterprizes.com

**Your Wellness
Consultant
Sharif Enterprizes, Inc.
P.O. Box 51282
Phoenix, Arizona 85076-
1282**

Got Stress? Modern Stressors (con't)

Since your stressors may occur in your home, or office, on the road, or at the store, and since a physical reaction (in most instances) may not be appropriate, then you have to take the time to actually do something to help the body discharge those harmful chemical reactions. The unresolved biological reactions to stress are like a corrosive acid eating away at the health and wellness of your body and mind. Stress, especially chronic stress

affects every system of the body, the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles, skin, and immune system stamina. It can cause depression, mental impairment, and a host of other symptoms if not handled properly. And stress can cost you and your company money.

Got Stress? Manage It!

Stress Management Training can be a lifesaving experience and a profit-saving investment. Research shows that techniques like autogenic training, progressive relaxation, meditation, qigong, yoga, and tai chi chuan have a restorative effect, helping the body and mind to regain and maintain a healthy state of balance. That implies healthier

employees, more creative and On Point Executive staff, and a more efficient, effective, and profitable corporation. With the combined knowledge of Social Organization, Social Problems, Medical Sociology, and Traditional Eastern Mind & Body Disciplines, SEI is ready to assist you in developing the skills to manage your personal and corporate stress more effectively.

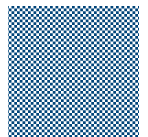
About Our Organization

Sharif Enterprizes, Inc. is an Arizona based, owner-operated corporation that has provided education, consulting and training services since 1988.

Our excellent administrative support and extensive background enables us to provide you and your organization with the very best in

Education Consulting, and training services across a wide range of topics.

SEI gives you access to techniques that improve decision-making, enhance brainstorming and planning sessions, stimulate creativity and intuition, and improve worker satisfaction and performance.



To: