

JOYFUL AWAKENINGS

TERI WIGGANS, NP

Let's Heal

PHYSICALLY

autoimmune diseases,
high blood pressure,
chronic pain, headaches,
fatigue, insomnia,
hormonal imbalances,
thyroid conditions
& more

EMOTIONALLY

anxiety & depression,
grief, PTSD,
abuse, low self-worth,
loneliness, isolation,
poor communication
& more

NATURALLY

modalities include:
energy therapy,
heart rate variability,
focused breathing,
visualization,
new beliefs,
manifesting goals,
clear communication,
AWAKENS JOY



CALL OR TEXT 765-993-6140

TO BOOK A FREE 15-MINUTE CONSULTATION OR INTRODUCTORY PACKAGE.
PACKAGE INCLUDES FOUR (4) 60-MINUTE SESSIONS FOR \$300 (REGULARLY \$90/EACH).

Joyful Awakenings

heartfeltjoy333@gmail.com | Located in The Pear Tree Wellness
Collective at 1101 W. Market St., Greensboro, NC, 27403

JOYFUL AWAKENINGS

TERI WIGGANS, NP

About



Teri Wiggans is a Certified Family Nurse Practitioner and Wellness Coach. With a holistic, heart-centered approach, she transforms lives from a place of distress to purpose. By teaching the alignment of heart and mind, Teri leads clients to a deep and complete healing.

Teri graduated from Pace University as a family nurse practitioner in 1981. From 1988-2002, she worked at the Guilford County Health Department as the Director of the Child Health Training Program. Teri has instructed the UNCG Geriatric Nurse Practitioner program and worked at the Headache Wellness Center. In 2005, Teri became a Wellness Coach. Since then, she has earned the additional credentials of Certified Reiki Master (2012), HeartMath Practitioner (2016), and Integrated Energy Therapy Master (2022), all while teaching clients to live, love and lead from the heart.

Reviews

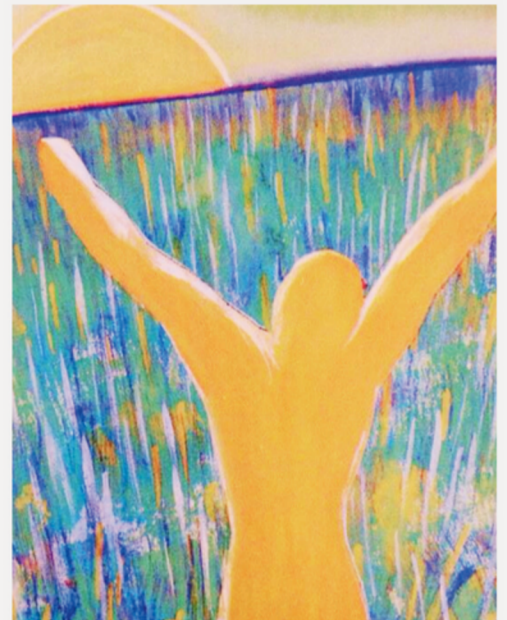
“Teri is kind and laughs easily, listens and takes notes; holds you gently while helping you stay accountable,” - L.B.

“I can feel Teri’s love and sincerity towards my well-being in everything she does,” A. M.

“This has been a transformative experience and I am eternally grateful.” - S. F.

“She saved my life. Teri uncovers and heals the root of the problem,” - R.H.

“The tools and techniques I’ve learned from Teri have made such a positive difference for myself and others in my life,” - D.P.



START YOUR JOYFUL AWAKENING

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Laugh for the Health of It

Teri Wiggans

Laughing Creates an inner joy which causes the feel-good endorphins like dopamine to create the following benefits:

- Eases aches and pains
- Relaxes tense muscles
- Calms fears
- Tones down anger
- Suppresses the appetite
- Lessens depression
- Eliminates constipation
- Decreases inflammation
- Boosts your immune system
- Creates optimism
- Generates a euphoric well being
- Strengthens relationships
- Enhances a longer and healthier life

Why are some people happier and more joyous and are able to laugh more easily?

- Our DNA accounts for 50% of our happiness set-point
- Learned behavior accounts for the other 50% of the happiness set-point
 - We have the power to reprogram our happiness set-point to a higher level of peace and well-being

Three Prerequisites for Developing or Expanding a Sense of Humor

A. Desire: you have to want to develop it

B. Determination: it takes practice incorporating it into your current life

C. Directions: 7 ways to develop or expand your sense of humor

1. Laugh at Yourself:

- accept the things about yourself that cannot be changed
- identify and accept your unique characteristics, become your authentic self

• share your bloopers, blunders and mistakes with others, open up and be vulnerable sharing your thoughts and feelings

2. Look for the Humor in Everyday Situations

3. Create Your Own Humor

4. Associate with People Who Have a Sense of Humor

Influence Others to Develop a Sense of Humor

- Humor is a very powerful influence that serves to help people grow
- It builds and strengthens relationships

6. See the Humor in Stressful, or Awkward or Unpleasant Situations

^{5.}
• Whenever we are able to see the humorous side of a tense situation, many times the situation ceases to exist

- Change the baby's diaper

7. Take Humor Breaks/Collect Humor

- Media
- Posters and cards
- Joke books
- Comedians:

Norman Cousins, author of "Anatomy of an Illness" wrote about his

very painful and debilitating arthritis and how he had little chance of surviving. He describes how he watched the Marx Brothers films which induced large doses of laughing. "I made the joyous discovery that 10 minutes of genuine belly laughter had an anesthetic effect and would give me at least 2 hours of pain-free sleep."

A Message about "Joy" from the Daily Word

"Joy is^{IV} mine through all the seasons of life. Throughout my life joy is always part of me. Like the sun that is always shining even when obscured by clouds, joy is there in my happiest moments and also during my darker times. It keeps me present to life as it unfolds, responsive and adaptive, accepting what I cannot change and having the courage to change what I can.

Much more than a feeling, joy is part of me, a way to feel the presence of God and live from my spirituality. Joy is the anchor that keeps me rooted in peace and wholeness and the wings that help me soar through the open skies of imagination and choice. I carry it with me wherever I go and in everything I do."

Recommendations

- Incorporate gratitude with a smile into your daily life
- Enhance your happiness set-point through practice and following the 7 directions

• Exercise your laughter through clapping and making these sounds: Ha Ha Ha, Ho Ho Ho and He He He

- Remember laughing 10 minutes daily can change your world
- Laugh and then laugh some more