

# 10 DOS AND DON'TS

TO SHIFT YOUR  
SYMPTOMS AND  
START FEELING  
BETTER



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## HOW TO GET OFF THE MERRY-GO-ROUND OF SYMPTOMS AND MAKE SMALL SHIFTS SO YOU CAN START RECOVERING AND FEELING BETTER



Chronic illness, aches pains, and symptoms of stress can make you feel like you are on a merry-go-round and in an endless guessing game.

You don't know exactly what caused it. There's no decisive test to diagnose it. You feel like no one understands you. And there aren't any known pills to help with the fatigue, lethargy and aches and pains. The uncertainty of waking up not knowing how you will feel on any given day and the sense of losing ground in your life and career can leave you feeling frustrated and helpless.

But there's one thing you can control: proactively looking for ways to make small shifts towards your wellness. Barbara Bruce, Ph.D., L.P., a Mayo Clinic psychologist, recommends that you "work towards a structured approach to managing your fatigue and other symptoms."

You're probably thinking, "easier said than done." But we're here to help. In this eBook, I want to share with you some ideas I've found helpful in my own journey as well as with hundreds of clients so you can use to manage your symptoms and improve your quality of life.

I have personally never met anyone who has recovered and regained their wellbeing after a long bout of financial, relationship, health or spiritual stress by focusing on what was wrong all the time.

Even in workplace cultures where I spend a lot of my consulting time, I see time and time again that you can't turnaround a culture by focusing on what's lacking, who's toxic and what issues they are facing. Instead, I always use an Appreciative Inquiry approach to find what is already working? Where do we have trust? Who is supporting the shifts?

Our health and wellbeing is the same. When we focus not on the disease, the illness or the symptoms but instead focus on what is working, what small shifts will build our wellbeing and the foundations for growth, then we begin to see change happen.

It works like magic and feels like magic (even though it's backed by science).

AJ

ALEXANDRA JOY



Adrenal fatigue and chronic illnesses like Hashimoto's, long COVID, or chronic fatigue syndrome can leave you feeling stuck and powerless. However, recovery is possible with a strengths-based approach that emphasizes hope, resilience, and action.

The 5D Appreciative Inquiry Model offers a structured yet empowering framework to craft a sustainable recovery plan and is my go-to starting point with clients.

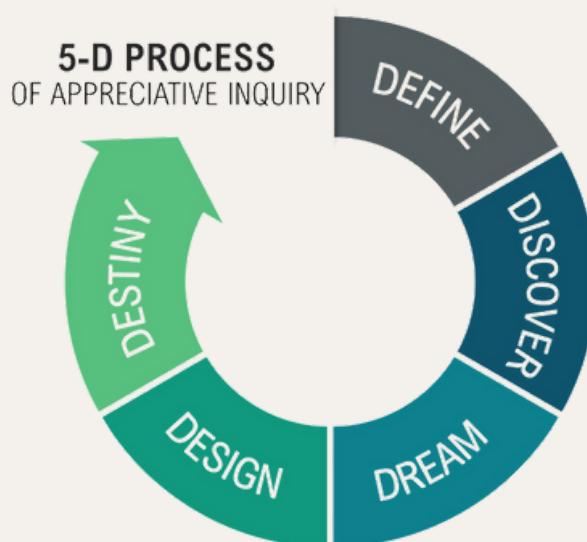
## STEP 1 - DEFINE: CLARIFY YOUR RECOVERY GOALS

Start by defining what recovery means to you. Is it regaining energy, reducing brain fog, losing inflammatory weight or feeling joyful again? Be specific and envision success. This clarity sets the foundation for your journey and ensures your focus remains positive and actionable with small, incremental, consistent shifts.

Ask yourself:

- What is the problem I am choosing to overcome?
- What do I want to shift?
- What do I want to see, hear, feel, or do more of?
- What will success look like for me?

It is important that you imagine a behaviour change goal, not just an outcome goal. How are you going to change, not what is going to change. Once you are clear on what you need to learn, condense it down to two or three words; something accessible that will stick in your mind.



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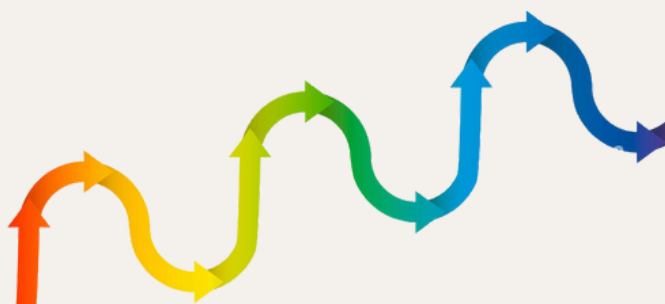
## STEP 2 - DISCOVER: IDENTIFY YOUR STRENGTHS AND RESOURCES

Discovering is all about self-awareness, acceptance and understanding. It's about identifying and being grateful for the areas and things in your life that work well.

Reflect on what has helped you thrive in the past, even during challenging times. What energizes or soothes you? Perhaps it's a supportive community, mindful practices, or small daily routines. Recognizing these strengths helps you see that recovery is not about starting from scratch but building on what already works.

Ask yourself:

- What is happening when I am at my best?
- What's a time when I've felt most alive, engaged and proud?
- What is most important to me?
- What do I want good health for?
- How do I want to feel when I wake up each day?



Discovery also includes identifying and accepting where you are at – where your current foundation or baseline is at so we can ensure we put a stop to you regressing further and feeling worse than you currently do.

Ideally, we want to build you up and get you to the Healing Zone, however in the beginning we may just need you to raise up a little higher than you are now so you can begin to stay in the zone and slowly raise your bar. Instead of foxing what's broken and continually sending you spiralling down the rabbit hole feeling as though all your efforts have been wasted, we want to get you building your foundations and begin to help you take back control of your choices, your mental and physical health and your experience of life.

## STEP 3 – DREAM: ENVISION YOUR BEST FUTURE

Imagine your life post-recovery. What would you do if your health improved? Picture the relationships, activities, career or achievements that matter most. This vision becomes your "North Star," guiding every step you take. The more vivid and detailed this dream, the more motivating it will be. Consider making a vision board, taking an assessment and developing a clear picture of your ideal future.

## STEP 4 - DESIGN: CREATE A PERSONALISED PLAN

Every single client in our 10 Degree Shift Program is unique so your plan should be tailored to you too. Turn your dreams into tangible steps by designing a simple, clear plan rooted in small, achievable actions. This might include:

- Incorporating daily rest, mindfulness and relaxation practices.
- Eating nutrient-rich, anti-inflammatory foods to support adrenal health.
- Working with a coach or wellbeing professional to fine-tune a recovery protocol.
- Ensure your plan is flexible, allowing adjustments based on what your body needs and the steps you'll need to take along the way.

*Start small, dream big,  
and trust that healing  
is possible.*



## STEP 5 - DESTINY – DELIVER: COMMIT TO ACTION WITH COMPASSION

Execute your plan with consistency, but also with grace. Recovery isn't linear; setbacks happen. Celebrate small wins, whether it's getting through a day with more energy or experiencing better focus. Regularly review your progress and adapt as needed.

The 5D model reminds us that recovery is not just about fixing what's wrong but amplifying what's right. By focusing on your strengths, dreams, and intentional actions, you can create a recovery journey that's not only effective but also deeply empowering.







## IT'S IMPORTANT TO NOTE THAT YOU NEED TO HAVE A HOLISTIC APPROACH TO HEALING.

A lot of programs focus solely on diet and exercise, however our 10 Degree Shift Program focuses holistically on your whole life and wellbeing so you create sustainable change in your body, mind, spirit and soul.

A lot of things affect your wellbeing and getting into the healing zone to alleviate your symptoms, our program covers many of them such as managing stress, sleep, relaxation skills, mindset, anti-inflammatory foods and gentle exercise.

Now change won't happen over night and it's going to feel as though you are only making the tiniest shifts and tweaks each week, that's deliberate. The process we follow includes making a shift then helping you recalibrate to that new level before you make the next shift, doing so means if you trip up you only ever fall back one tiny step and you can get back on track with ease.

If you think focusing on your symptoms and wishing things were how they used to be – you are looking at it the wrong way.

In our experience, you need to focus forward on your future and on building your health and wellbeing on small shift at a time. As your health begins to improve and you start to see change your symptoms will start to decrease naturally. When you start to make the necessary changes at the right time with the right periodised progression amazing things start to happen like magic!

The goal therefore is more energy, more balance, more capacity and more joy!





## 10 DO'S AND DON'TS

	DO	DON'T
1	Focus on consistency of effort	Go too hard, too fast and lose momentum
2	Eat a range of nutritious, anti-inflammatory, wholefoods	Try random, radical diets that interfere with your hormones and recovery
3	Keep your mind calm and take time to just be	Keep piling your to do list with more and more things to do
4	Have a holistic, whole of life plan	Try random, compartments of wellbeing
5	Focus on rebuilding your health in a steady manner	Focus on quick fixes and hard workouts
6	Focus on the basics you need to cover one step at a time	Try too many things at once and get ahead of yourself before you're ready
7	Be kind and loving to you	Beat yourself up when you put on weight or make a misstep
8	Ask for support when you need help	Think you have to go the distance on your own
9	Be realistic and stay committed to the path	Expect overnight changes and radical results fast
10	Reduce or eliminate the stressors in your life wherever possible	Have weak boundaries or take on more stress than you should





# ABOUT THE 10 DEGREE SHIFT



The 10 Degree Shift was founded in 2018 by Alexandra Joy (AJ) after personally experiencing symptoms from Hashimotos, Adrenal Fatigue, High Cholesterol and stress.

After a long, frustrating journey trying to get answers and countless medical appointments and treatments she found recovery was still beyond reach.

AJ spent over 3 years training as a yoga teacher and yoga therapist, studying Ayurvedic health, Neurolinguistic programming and many other modalities to help her find her own answers to recovery.

Since recovering, AJ has wanted to share her insights and discoveries with others to help them improve their health, wellbeing, mindset and quality of life and ability to build a career and life they love too.

[Find out more about The 10 Degree Shift here.](#)

## OUR MISSION

To be the Leading Online Program for people struggling with symptoms of burnout, stress and fatigue as a result of modern life, work and relationships.

To help people struggling with illness and anxiety anywhere in the world, to improve the quality of their health, wellbeing and start creating a career, business and whole life where they thrive.

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