

THE YOUTH STRESSWIZE GUIDE POEM

BE ENERGYWIZE – SWITCH ON, TUNE IN!

Life is busy and stressful
At school and each day
There's many negative influences
That can lead you astray

TV, Technology and computer games
That can drive you insane
Low energy electromagnetic frequencies
Zapping your brain

Downloading negative behaviour
Gangster rap and sexualization
Alcohol, drugs, crime and violence
Stealing your imagination

Feeling switched off
Feeling tired inside
Building up your negative stress
You have nowhere to hide

Often frustrated and tense
Your wound up inside
Driving your fear and worry
You're not enjoying the ride

Passing on your feelings
You can make others feel sad
Passing on your anger
Can make others feel mad

Bullying without thinking
You can act big and strong
But you know deep down really
What you're doing is wrong

Carrying your negative energy
Around with you each day
You must learn to channel it
In a more positive way

You need to switch on
Tune in and get Wize
Find a new focus
To release and recharge

Fitness, running, weights and athletics
Martial arts, wrestling and boxing
Hockey, rugby and football
There's sports for all

With your positive release
You're learning to let it all go
Releasing your stress
You will now learn and grow

Eating healthy for power
Your feeling fuelled for the day
Sharpening your mental focus
You now know the way

Taking time out
To free your mind
Talk about your feelings
You can leave the past behind

Releasing your inner potential
Your feeling confident and free
Your taking on life's stress
Developing your positive energy

DEVELOP YOUR POSITIVE ENERGY AND FOCUS

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