

Life in a new country can be exciting and also overwhelming.

CARE Program for Expats

Expats are susceptible to stress* 90%

Unable to switch off from work are 89%

Feel helpless, detached or lonely 86%

The CARE program supports you both in acute moments of crisis and during periods of chronic stress, helping you stabilize quickly and create sustainable change. Are you ready to free yourself from chronic stress and step into a new life full of energy? Together, we will find solutions to restore your inner balance and well-being.

Chronic stress can go undiagnosed for years, yet it is medically recognised as one of the key risk factors of many serious diseases.

The red flag symptoms of chronic stress are:

- Sleep problems or sleep disorders
- Chronic fatigue, low immunity and exhaustion
- Emotional overwhelm or helplessness
- Depression and anxiety
- Cravings and addictions

If you find yourself 'switching off' with too much alcohol, social media or Netflix binges, multi-tasking, self-isolating, people-pleasing, working weekends, staying up late or rarely taking breaks... **you are at high risk.**



The good news is there is a personalized **CARE** program for expats that offers immediate support and clarity. Because you are your most valuable asset.

All our coaches and medical professionals speak English and offer their expertise in **managing stress, setting boundaries and overcoming feelings of detachment or loneliness**. Some of our coaches are expats themselves and have experienced many of the same challenges you might be facing. They are dedicated to helping you settle well.

Step 1 - Call

Call or email us to schedule a Clarity Session with one of our Heart-Based Health professionals. **We offer flexible appointments and online sessions to accommodate your busy schedule or different time zones.**

Step 2 - Assess

During your Clarity Session, **we'll take the time to understand your unique situation and the specific challenges you're facing. Together, we'll co-create a personalized pathway to help you regain balance and improve your overall well-being.** This may include additional medical checks, such as our **Integral Stress Test™**, to provide insights into your current health. By the end of the session, you'll have a clear vision of your potential and the steps to move forward with confidence and renewed energy.

Step 3 - Restore Balance

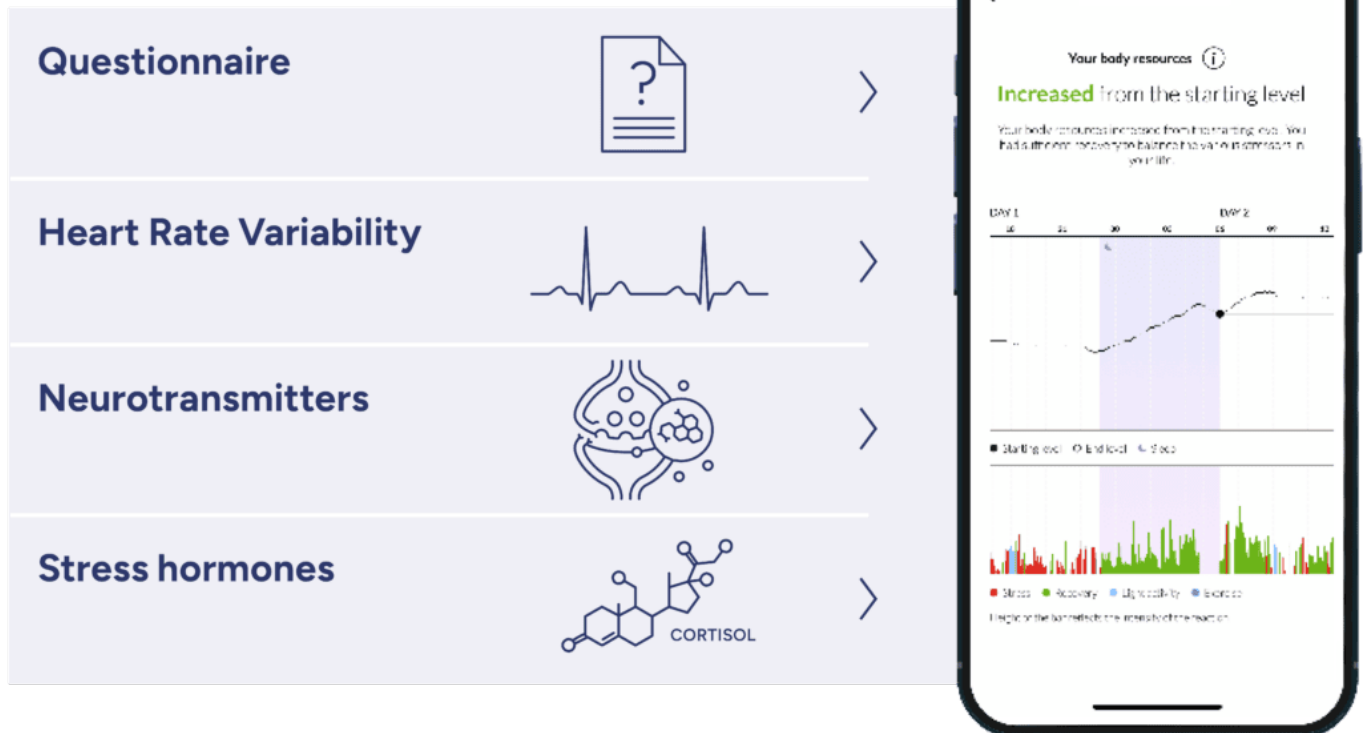
Based on the insights gained during your Clarity Session, **we'll support you in restoring balance to your life via coaching tools.** This may also include personalized supplements that help your body and mind recover more efficiently and handle stress better. **Once in balance, you'll find it easier to adopt healthier habits and make better decisions about your well-being, with ongoing guidance from your thoughtfully matched coach.**

Step 4 - Evaluate

You'll be able to monitor your progress toward balance and well-being in real time. **As you move forward, your Heart-Based Health Team will adjust your program according to your evolving needs.** We'll provide you with practical tools, resources, and ongoing support to help you maintain balance in the long term. This flexibility ensures that your program adapts to changes in your life, so you can stay on track with your health goals.

Integral Stress Test[™]

This evidence-based program gives you precise scientific data about your stress levels in real-time by analyzing your neurobiology and offering **tangible, realistic steps to achieve a balanced life.**



Our 5-Step Model for Creating Your Bespoke Agenda:

1. **Needs assessment:** Utilizing screening and appraisal tools to deeply understand the specific needs and challenges.
2. **Goal setting and program design:** Defining clear objectives and crafting a program tailored to meet those goals.
3. **Coach-Matching:** Thoughtfully matching the most suitable coach ensuring alignment with individual needs.
4. **Program implementation:** Bringing the program to life with ongoing support, guidance, and real-time adjustments.

5. **Evaluation and continuous improvement:** Regular review of outcomes to continuously optimize progress and ensure long-term success.

We look forward to meeting you.□

Schedule your Clarity Session:

[Call Us](#)

[Email Us](#)

Heart-Based Center Basel

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