

Anti-Stress Tips

When you use the system as prescribed and incorporate some of the hints listed below, you may be surprised how much better you feel...

By practicing the following breathing exercises regularly, you can find that you will have a much easier time managing your stress levels.

Remember to practice these exercises whenever you can during the day, whether you are feeling stressed or not, because with practice they can serve as an anti-stress “device” that may very well prove invaluable to you.

1) Simply clear your mind by focusing your attention on your breathing.

Breathe as slowly, deeply and steadily as you can. Pay attention to your body and how it feels, be sure that you notice abdomen expand and contract with each breath while at the same time noticing the feeling of the air as it moves both in and out of your nose and or mouth (whichever is easier for you).

Practice this simple breathing exercise as much as you can throughout your day.

2) There is a technique called “Belly or Diaphragm Breathing”.

This technique can be great for getting rid of feelings of anger and other upsetting thoughts; it can also prove useful for pain relief and general relaxation.

Start by placing your right hand over the centre of your chest, and your left hand over the centre of your stomach and take a slow and deep breath in. The hand on your stomach should rise higher than the hand on your chest, if it does not then keep practicing until this is what occurs. Believe it or not, when your stomach rises more than your chest this means you are getting more air into your lungs and this will aid in relaxing your mind and body. (Stress tends to make people breath higher in their chest, thus restricting air flow and causing more stress to result).

Once you have the breathing right, I would like you to exhale through your mouth, being sure to let the breath out slowly and completely. When you feel that your lungs are pretty much emptied then consciously “pull” your stomach in a little more to get the last of the air from your lungs.

Repeat this until you have completed five cycles of deep and refreshing abdominal breathing.

3) A very simple yet effective way to breath for stress relief is to quite simply “count breaths”.

This breathing technique distracts you buy keeping your mind focused on counting every time you exhale. By placing your full attention on your outward breath, you can notice a feeling of calm and peace in a relatively short period of time.

4) Another really simple breathing exercise is to simply take a deep breath in and count slowly and steadily to 4, and then hold your breath for the count of two, and release slowly through slightly puckered lips for the count of eight. Continue to do this until you feel the relaxation settling in.

5) This is a very simple and effective breathing technique by Mary Jaksch that I have found to be highly effective.

Walk to a window and look outside, look as far off into the distance as you can see and then take one single, slow, deep breath. If you want, you can then walk to a different window and repeat the process.

I know it sounds way too simple to help but if you try it multiple times a day I would be surprised if you did not notice beneficial effects.

Feel free to get into the habit of doing this whenever you pass by a window...

Remember to shake yourself gently when you get to the window, lower your shoulders and simply breathe. Make sure you are fully in the moment by paying attention to the act of breathing you are about to complete. Feel the air as it enters and exits your lungs allow yourself to feel how it calms you for that one moment.

Final thoughts...

Remember that you are entitled to feel great. This in fact is why we feel good, or bad. So, we know when we are on the right track, or not.

Do not ignore these feelings as they are nature's way of telling you when something needs attention and thus are feelings you should be grateful for, and they indeed can be things you feel grateful for.... As long as you listen to them and take the appropriate action.

I'm here for you...

Morry

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Sometimes this form of stimulation can bring repressed or otherwise undealt with memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise.