

Ellen Shilling

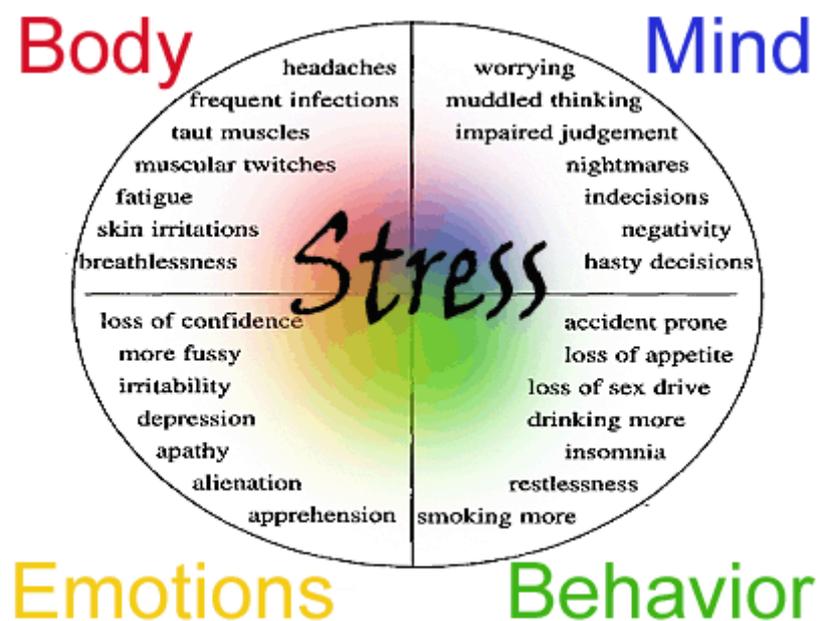
5 Simple tips for dealing with stress



*Stressed out my ASS!
I am going to KILL the next Son of a
Bitch who says I look STRESSED!*

Stress! ...It's in-avoidable, *un-avoidable and* guaranteed to be in your life at some point, if not every day. In the current climate I'm seeing a lot of clients burning out due to stress.

Signs of stress:



If you're nodding your head at one or more of the symptoms above, then you're most likely to be stressed. But you didn't need me to tell you that, did you!

Stress is the main cause of imbalance, on a physical, mental and emotional level but oftentimes we can become so used to it that we don't even know that we are stressed!

I've often heard clients say to me "I didn't realise how stressed I was until I stopped". It was like that state of being had become so entrenched physically and emotionally that that person forgot what it was like not to be stressed.

So how can you deal with it / manage it so that it doesn't take over your head-space with negativity, worry and fear or lead to a long term dis-ease? *Answer: Learn how to relax.*

When you learn how to relax, then your head will calm down, your pulse will too and you'll be able to deal with your life with a much more positive perspective. And I'm going to show you how.

In this short manual, I will share with you 5 ways to relax, ie combat stress. I'll call it ways to relax as we want to focus on what we want (relaxation) rather than what we want to avoid (stress).

For your part I'd like you to print off the tip and commit to spending just *5 minutes a day* on each one.

The results will be worth the effort. And so for the first tip:

Stress buster #1 - Breathe!

Yes, I know, kind of obvious but sometimes we don't see what's right in front of our noses. When we're stressed we tend to breathe shallowly and rapidly, nearly feeling like the quicker we breathe, the more productive we can be!

Deep relaxing breathing helps to unwind and ground our minds so that we automatically become more relaxed. It gives us a break from the mental chatter that's going on and on in our head and it's a chance to just stop and take stock of what's going on.

Practising mindfulness whilst breathing makes this exercise even more powerful. To do this, simply ask yourself the following questions:

- 1) What am I seeing?
- 2) What am I hearing?
- 3) What am I feeling?
- 4) What am I tasting?
- 5) What am I smelling?

These questions automatically force you to be in the present. And when you're in the moment then it's impossible to feel any negative emotion.

Exercise: Spend a few minutes every day breathing right down into your stomach and ask yourself the above mindfulness questions.

Let your mind answer the questions automatically.

The feel of your bum on the chair, your feet on the ground, how your heart is beating. What you're smelling - the sweet smell of roses or a staleness of the air conditioning. Don't get caught up in the answers, just notice what you're seeing, feeling, hearing, tasting and smelling.

This exercise can be done at any time of the day or multiple times throughout the day. The more often you can do it the better but even if it's just once a day then that's great.

Stress buster #2 – Meditation

Meditation is one of the most effective ways to relax your mind, body and emotions.. Even as little as 5 minutes a day will make a significant impact in your life.

A common misconception about meditation is that you have to clear your mind completely, that you cannot have a thought. This isn't the case, rather it's about *dis-connecting* from the thoughts you do have.

Today I'm sharing with you two different meditations it's up to you which one you use or if you use your own.

I've covered Meditation in previous newsletters so you'll already be aware of the many benefits of having a regular practise. (such as a calm mind, body, a positive outlook and a sense of being in control of your emotions.). [You can read these here.](#)

Meditation is becoming more and more popular in our stressful world and there are loads of courses out there if you wish to explore it further.

Both of the following meditations are short and easy to do, so couple these with some deep breathing exercises and notice what happens.

1. Heart meditation

Seeing as our overactive mind is the source of many of our worries, meditation in the mind can often lead to tension and stress. On the other hand, the heart is that space in the middle of the chest we point to when we refer to ourselves, so naturally it is a very good place to being any journey of self-discovery.

This meditation exercise works on two levels - it helps to purify the mind of all the superfluous chatter that gets in the way of our self discovery, and (more importantly) it makes us identify with a much deeper part of our nature that goes beyond the body or the mind.

When we are in the heart, we see that it is always aspiring and reaching towards a greater sense of happiness.

Method:

1. It doesn't matter if you use a cushion or a chair to sit, the important thing is that you keep your back straight. For this exercise, you can keep your eyes closed and your hands turned upwards on your lap.

2. For the first couple of minutes, just slowly scan through your body from top to bottom, making sure that everything is relaxed. Make any little adjustment you need to make sure your body is relaxed and free of tension. Pay particular attention to your neck and shoulders as this is where a lot of tension builds up.

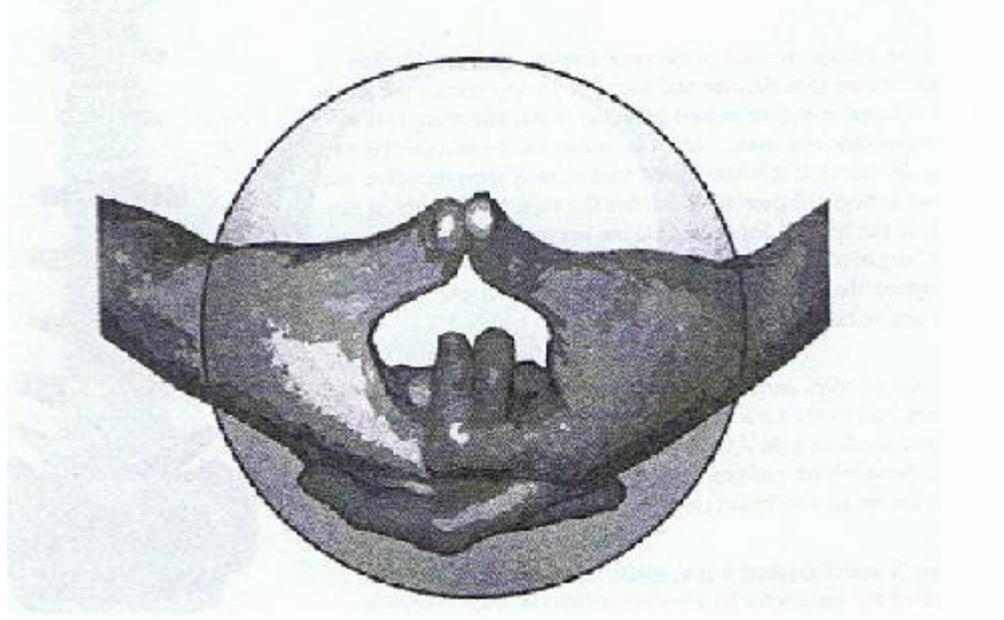
3. When you are fully relaxed, begin the meditation proper. When you breathe in, slowly repeat to yourself, "I have no mind, I have no mind. What I have is a heart." As you say this, try to feel that at this moment the mind does not exist, that the only part of you that is truly real is the heart. As you feel more and more that the heart is the only real part of you, your attention will be focused there more and more. If the mind interrupts with its thoughts, don't worry, just bring your attention back to the exercise.

4. After 3 - 4 minutes, we can take a step further, from the heart into the soul. This time repeat to yourself, "I don't have a heart. What I have is the soul." Feel that deep inside the heart lies the soul, the highest part of your being, which is all beauty and all light. Again feel that the soul is the only real part of you - this will naturally bring your attention more and more to it.

5. After another few minutes, you can take a further step, saying this time "I am the soul." This beauty, joy and peace is not just something lying dormant inside you, it is what you truly are. As you say this, you are far beyond the limitations of your mind and body, and you can feel a tremendous feeling of purity and inner freedom enter your being. Try and stay in this beautiful space for as long as you can before bringing your attention back into the room.

2. Daily Thought - Mind clearing meditation

This is the most simple and effective meditation for creating a silent mind and peace very rapidly and with the least effort. Everybody can do this without any knowledge in meditation technique ever.



Sit comfortably and put your *hands in heart mudra*. Fold your hands naturally, let your forefingers cross pointing towards your body with the tips pressed together and let your thumb tips be pressed together too. You have now created a heart of unconditional love.

The left forefinger represents the pituitary gland and the right side of your brain. The right forefinger represents the pineal gland and the left side of your brain. The thumbs represent male/female, yin/yang and right/left side of body.

Feel the balance!

Now imagine a white light coming in through the crown of your head to surround your pineal and pituitary glands. Create one or bi-directional flow as you find it most convenient.

(The pineal gland is the shape of a pine cone and located at the center of your brain. The pituitary gland is the size of your baby finger nail and located in front of and a little lower than the pineal).

Enhance now this thought-mind clearing by saying "SO" on the in-breath and "HUM" on the out-breath. (either silently or out loud.)

This thought-mind clearing will dissolve all discordant thought-forms, patterns and emotions not serving you any longer from the past or present.

Only that which serves your highest good will remain.

Practise at least 1-2 min once a day.

After a while this thought-mind clearing will happen automatically, dissolving all discordant thoughts as soon as they enter your mind, holding you in the state of only positive thinking and perfect health.

If you wish to see anything change, change yourself!

Stress buster #3 – EFT

Stress buster #3 comes from EFT (emotional freedom technique). This technique was developed from kinesiology and is based on the meridians and the emotions that are held within them. It says that by tapping on the meridian, the "stuck" emotion will clear.

For example stress is held mostly in the stomach meridian. We've all felt that knot in our stomach when we're under stress. Well, with EFT, you put your attention on the feeling of the knot and tap under the eyes. This sends energy to the stomach meridian and the emotion dissipates. If this all sounds a bit out there, try it first! Below is a very simple exercise that will show you just how simple it can be.

EFT - Emotional Freedom technique

Touch and Breathe Away your daily stress in 2 minutes!

Created by Dr Silvia Hartmann 2000

It's simple yet powerful. It rapidly and thoroughly eliminates emotional distress and associated physical symptoms, without having to dig up the past!

When you find yourself getting anxious or stressed, about something that's upsetting you, try the following 2 minute exercise whilst you follow the 4 step instructions.

1. Briefly bring to mind what is causing you to feel upset, anxious, stressed, etc....at this time.

Think of the "specific" stress, e.g.

"Mark at work is driving me nuts"

OR

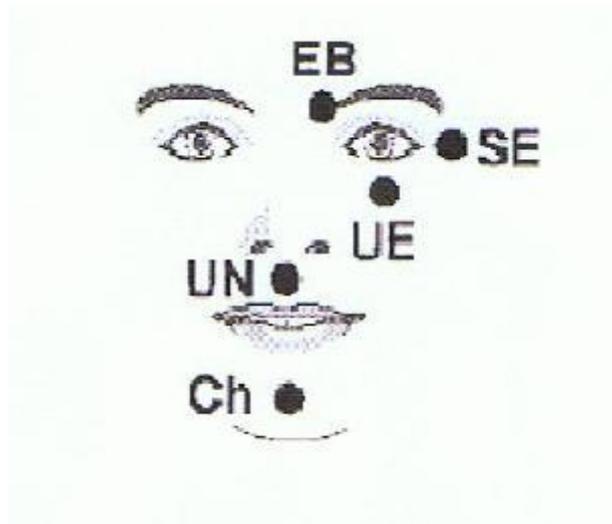
"Mum insists that we spend every holiday with her" etc....

Notice how touching these specific points below lightly whilst you breathe deeply really makes you feel *quite different* - as though a relaxation is taking place, a softening, a "release"! J

2. On a scale of 0-10 (0 = neutral, 10 = driving me crazy), what number comes to mind?

e.g. I'm at an 8 with Mark driving me nuts.

3. While thinking of the person/specific problem Touch or Tap the following EFT face points.



- Touch eyebrow point (EB) with two fingers and a deep slow breath in and out.
- Touch side of eye point (SE) with two fingers and a deep slow breath in and out.
- Touch under eye point (UE) with two fingers and a deep slow breath in and out.
- Touch under nose point (UN) with two fingers and a deep slow breath in and out.
- Touch chin point (CH) with two fingers and a deep slow breath in and out.

Usually the issue becomes more difficult to keep in mind as the stress decreases. When you feel relaxed about the memory, discontinue holding the points and relax for about a minute.

4. Now, on a scale of 1 to 10, where are you? Notice how much calmer you are as you think about what was stressing you out.

If you're not at 0 or 1 out of 10, then do this exercise a few more times.

If you wish to see anything change, change yourself.

Stress buster #4 - Nutrition & Exercise

There are nutrition and fitness changes you can easily incorporate into your lives that can naturally and efficiently improve your health.

Your body is a tool that you use for major change, and you need your body to support you. If your body is stressed then its more difficult to change negative beliefs, improve coping mechanisms or relax.

Therefore you need to look at body and mind. You wouldn't put a brand new car stereo system, into an old jalopy!!! Windows creaking, suspension gone, sure the sound system would be wasted.

Your body is exactly the same.

If your body feels weak, depleted, lacklustre, how on earth can you feel positive, strong or energetic?

If you feel weak physically, how will you cope with feelings of anxiety, panic, anger, frustration?

You may cope, in so far as you keep functioning, but you will find it hard to rise above negative feelings and experiences or feel calm, relaxed, confident and happy.

When your body is weakened, your emotions are too.

For example:

If you are not drinking enough water or eating healthily, (especially breakfast), you are putting your body under undue stress. This affects not only your physical but your emotional health too.

You loose 2 cups of water a day just by breathing
You loose 2 cups just by sweating and you loose 6 cups through excretion. And that is not taking into account any exercise. Water is as vital as oxygen, yet not many people treat it as such.

People do untold damage by not drinking enough water. The body is clever and adapts, but not to its full potential.

"You wouldn't expect to be able to drive with no fuel in the car."

Yet you are often running on empty. Water and healthy food give the body the strength and support it needs to make emotional changes which last.

What foods are good for you? - Water, whole organic foods, beans, pulses, fruit and vegetables for example.

Here is a chance for you to experiment, and try out new foods and new recipes. See what foods suit you and which don't. Eat the good foods that you enjoy. Don't force yourself to eat healthy foods you don't like just because they are healthy. Finding a healthy balance is the key to successful eating.

What foods decrease your energy levels?

Junk food, fizzy drinks, coffee, tea, chips, crisps, chocolate. Again it's all about balance. Don't deprive yourself. A little bit of what you fancy does you good - as the old saying goes. Just eat these in moderation.

Also:

Eat Slowly - Don't rush through your meals. Allow your body to properly digest food reduces after-meal fatigue, boots your immune system and enables your endocrine system to properly process nutritional intake.

Exercise - Regular exercise boosts the immune system, improves cardiovascular health, muscle mass, and prevents bone loss. Stress reducing exercises such as yoga, qigong or tai chi can also be beneficial.

Rest - take a day out of the week for rest and rejuvenation allowing your mind and body recovery time. You will be more productive the rest of the week.

Sleep - Allow 6 to 8 hours of sleep per night in order to reduce stress and keep hormones balanced.

If you wish to see anything change, change yourself.

Stress buster #5 – what helps you relax?

Everyone is different and what will be a stress- reliever for you might not be for someone else.

For some people watching tv is a wonderful way to relax. I tend to think it depends on what you're watching, Eastenders is hardly relaxing but a good documentary can be.

I always say that it's the repetition of the simple things that have the greatest effect.

Take some time now to identify things that help you to unwind, relax and re-connect with yourself. For example, having a bath, ringing x, reading a good book, buying flowers, etc.

What works for me (identify at least 15 different things):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Now make a promise to yourself that you will do one thing from your list at least 3 times per week if not every day.

If you wish to see anything change, change yourself.

That's it for the stress busting tips. I do hope you enjoyed them and I'd be delighted to hear any feedback,

Thanks for reading,

Ellen

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