“Easy Techniques for Stress Relief”

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Easy Techniques for Stress Relief

Did you ever notice that while driving your car that it tends to turn in the direction you are looking? It is the same way with stress, and you can easily reduce stress by not aiming at where you do not want to go. How you look at life is the single, most important way to take care of yourself. Your perspective can either eat you up or build you up. You must be in control of your attitude; reduce thoughts to their most simple and basic truths, and think about what makes you feel better. Driving a dirty car may make you feel like your life is in disarray. Simply washing the car may make you feel 100% better and your attitude will be positive as you come out of a building and get into a nice clean car instead of a dirty, grungy one. When you take better care of your body and your belongings, you feel better about yourself.

Since it is impossible to force the mind to go completely blank, focusing on a particular word or object prevents us from jumping from one thought to another and produces a refreshing result.

It is often necessary to replace a bad stress with an enjoyable stress to get a new perspective on the bad one. A person who goes on a difficult hike or mountain climbing adventure and survives may be better able to deal with his stresses at work. And, some of the previous stresses may seem petty after the major accomplishment of reaching the top, or end, as the case may be. You may discover that after taking your mind off of what was most troubling, solutions to problems were found without trying. As they say – “the mind works in mysterious ways.”

A good relaxation method is to simply sit in a chair, relax all your muscles, take a few deep, slow breaths (through your nose), and repeat the word “one” over and over again until you can think of nothing else but the word “one.” Don’t let any other thoughts come into your head. Practice this technique twice a day, or for a couple minutes whenever you are feeling stressed. You will be amazed that at some point, you will notice that you feel less tension and less stress just by doing this simple exercise.
Breathe
When you try relaxation techniques, the proper way to breathe for better relaxation is to reduce the amount of complete respiratory cycles to approximately eight per minute. If you learn how to breathe properly, you will be more successful when you try relaxation methods to induce a relaxed mind set.

To find time for relaxation, try these simple suggestions: While driving or commuting, plan your day. At traffic lights, take a deep breath and release all tension as you exhale. There is nothing you can do about the red light or slow traffic so you might as well use the time more appropriately by using your mind in a constructive way, instead of thinking about how much the situation irritates you. If you are running late – instead of dwelling on that fact, admit to yourself that, “you are going to be late,” and start planning your next steps to resolve any consequences from being late. You will feel much less stressed when you arrive at your destination and better able to start your work with your new plan.

Music
Music can have healing powers to help us concentrate or tranquilize. Make sure you chose the proper music for the mood you want to be in. If you want to relax, make a tape of music that has a calming effect on you. Music has the effect of completely utilizing your attention toward something other than bothersome thoughts.

Art
If you are constantly stressed at work, it may be helpful to bring your favorite art object to work – whether it is a picture or desk ornament. Then, when you can make a free moment throughout the day, concentrate on this object only and look at every detail, noticing every line and space. Doing this for only a few moments a day during a stressful moment can help you calm down and get a better focus on what you are trying to accomplish.
Thinking is Believing

When you get put into a situation that you believe is stressful, try to dig deep into your internal thoughts to find out what negative thoughts might be occurring there. If you can get rid of the negative – you will be less stressed in that particular situation.

Learn how to control your thinking. If you are thinking negative thoughts throughout the day, be aware of this and try to change the negative thoughts to positive ones. Smile, even if it is only a “fake” smile. Your body will release positive chemicals and make you feel better just by moving your face to a positive position.

Most internal conversations arise from past teachings. Don’t make the mistake of letting the past take over the present. Always be in control of your feelings; how your mind is thinking and how your body is reacting. It may be helpful not to fight negative thinking and instead relax and ignore thoughts you do not want. This will help prevent you from becoming too concerned with what you are thinking and allow you to feel like you do not need to be in control at all times. Sometimes this is not easy to accomplish; it’s about as easy as forgetting how to ride a bicycle, because the conversations have become programmed into the body from family and culture. However, with enough practice you will find that there is much less of the past negativity in your life, making you a more positive and happy person.

Try to have a positive attitude at all times instead of being negative. It will do wonders for your enjoyment of life. Once, when I was in an extremely bad mood, I found myself saying, “Today I deserve to be in a bad mood.” I walked around for half a day frowning and believing I deserved to have a bad day. Finally, someone made a joke and I started to laugh. The rest of the day was turned around completely by the change in attitude I felt as a result of smiling and laughing.

I had been thinking along the terms of “I have a right to get angry when life doesn’t meet my expectations and demands.” When I should have thought positive thoughts like, “If life hands me a lemon, I’ll make lemonade!” or “I accept this situation exactly as it is and
will do whatever I need to do next to express my creative energies into it!” Positive thoughts really do work. Try it sometime!

Four Helpful Hints to Deal with Stress
There are four things you must learn in order to be able to deal with stress effectively. Study these four hints and think of them whenever you are worrying about a problem.
1. Determine exactly what the “problem” is that is producing the stressful reaction.
2. Find out what you, yourself, did to produce the stress.
3. Look for the internal conversations taking place that may be making the problem worse.
4. Change the negative internal conversations to positive problem solving ideas.

If you have not gotten your copy of “Directed Dreaming” yet, you should get one now, because if you really want to know how to reduce stress in less time, see the chapter that teaches you “How to Take A 2-Hour Nap in 10 Minutes;” you won’t want to miss that one! You’ll learn how to reprogram your mind quickly with this great self-hypnosis technique, and add more hours to your day.

Other Information:
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Steve Jones - Better Living with Hypnosis
Beat Stress, Depression, Anxiety & Worry - How You Can Conquer Stress, Depression, & Anxiety Quickly, Naturally & Permanently Without Taking Powerful Expensive Medications.

How To Stop Your Anxiety Now!

Mind Power Studio - This success software includes everything to achieve wealth, health and happiness.