

10 ways to Beat Stress and Feel Great

Bring more Joy and Hope into Your Life

**What if you were able to feel 10% better than you do now?
How would that increase your quality of life,
your relationships, your sense of well-being?**

1. Press your thumb and forefinger tightly together while inhaling to the count of ten, Hold it, and then let go in a rush of breath
2. Imagine blowing up a balloon in three slow breathes
3. Name out loud three things you see, hear, and feel, take a deep breath, and as you exhale say, "I am safe, I am connected, my needs are met"
Repeat breath and statement three times.
4. Rub your hands vigorously together and place over your eyes
5. Change "shoulda", "gotta", "oughta" to "I CHOOSE"
6. Laugh - Stimulates many organs, enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain
7. Breathe in - black, hot, heavy - - Exhale out - blue, cool, light
8. Enjoy some cut flowers, or something from nature
9. Write down your "to do list"
(For today, for this season, for the year, for some day)
10. Take some time to enjoy your pet - Go for a walk
Keep an uplifting song in mind

Cut down on caffeine, sugar and processed foods, drink more clean water.

Barbara Stevens, Stress Techniques

Certified Stress Management Consultant and Hypnotist

www.stresstechniques.com

518-755-5053

Stress Management, Hypnosis for Weight Management, Tinnitus Management,

Emotional Intelligence for Managing Change,

Smoke Cessation, Weight Control, Test Apprehension, Sales Performance, Customer Satisfaction Training