

# RELIEVING STRESS

Make beneficial lifestyle changes in order to promote more happiness and contentment and reduce stress. Consider how your job and relationships are serving your health. Slow down. Consider taking a holiday or break. Routine is important for helping relieve stress and often brings a sense of security and stability. Meals, snacks, bedtime, at the same time each day.

## **Time management**

The discipline of getting organized and of prioritising tasks will go a long way towards allowing you to make better use of your precious time resources. Learn to prioritise tasks in order of urgency, delegate work to others whenever necessary, refuse certain extra work and spend time only on those matters which might need your immediate attention then you may be able to take a huge pressure your your shoulders and avoid unnecessary worry.

## **Goal Setting and Attainment**

If you are able plan ahead, set achievable goals and realistic deadlines with regards to your life and work and achieve your goals in manageable stages. Achieving goals will help relief from pressure of work, unnecessary worry, and excessive responsibility.

## **Creative Activity**

Taking up a new hobby or resurrecting an old one can be helpful, especially creative activities such as art, craft, music, writing and drama, either as an observer or as a participant, in order to derive pleasure and therapeutic value from the creative arts. This might include art therapy, music therapy, drama therapy or creative writing therapy if they interest you in order to tackle everyday stress-trauma levels.

## **Meditative Practice**

Meditation, self-hypnosis, mindfulness. Consider purchasing a self-hypnosis CD for relaxation purposes.

## **Soul-Spirit Healing**

Undertaking some form of soul-spirit healing may be helpful, such as spiritual healing, Reiki healing, crystal healing, colour healing or sound-music healing. These allow a person to relax and to focus inwardly and, in so doing, to make contact with and to pacify the limbic system.

## **Physical Exercise**

Pent-up stress-trauma may be released by engaging in regular physical exercise, such as walking, dancing, swimming, yoga, Tai Chi, or fitness exercise. Provided that physical exercise will not be self-punishing and excessive then this activity may stimulate the system in order to expel stress-related hormones and to provide a source of enjoyment. However, if one is extremely stressed and fatigued, gentle walks in nature may be more appropriate.

## **Emotive-Healing Therapy**

Any therapy which can address one's emotive life will be of benefit in resolving the stress-trauma response, such as Emotional Freedom Technique (EFT), Neurolinguistic Programming (NLP), Homeopathy and Bach Flower Remedies.

## **Breathing Exercises**

Mouth breathing activates the stress response, whereas nose breathing activates rest and digest. Concentrate on nose-breathing at all times, including exercise, and slow the breath. Having a longer outbreath than your inbreath activates the sympathetic nervous system (rest, digest, reproduce and heal).