

11 Tips to Relax Now!

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Many things contribute to stress, which prevents you from being able to relax, and these stress factors can usually be broken into clearly definable sectors. Stress at home can overflow into your workplace, and these stressors are common: relationship problems, money issues, children issues, and housing or environment issues.

At work, stress factors can include health issues, your relationship with others, time pressures, low capital reserves to carry you through the hard times if you are in your own business, lack of training, and sometimes over-training (another meeting or session to go to!)

Stress manifests itself with a wide range of symptoms. How many are you affected by?

- Skin problems
- Overweight
- Underweight
- Poor sleep
- Poor digestion - bloated, burps, and wind called f....rts that rhymes with carts
- Constipation
- Diarrhoea
- Lung problems
- Headaches
- Blood pressure (high or too low)
- Blood sugar imbalance
- Aches and pains



What can you do to manage Stress and Relax Now?

Here are my 11 Top Tips to Relax Now!

Simple yes, easy yes, so do it!

1. Use your Relax Now CD and practise Mindfulness Meditation 3 times a day, until you can do it automatically to interrupt those thoughts that go round and round on the rat wheel.
2. Use Your Relax Now CD and practise the Quick and Easy Relaxation once daily, to de-stress your subconscious **on a daily basis**. Stress builds up every day, so you need to release it every day.
3. Listen to the Deep Relaxation track every few days and become more attuned and at ease with yourself.
4. Stop your negatively impacting self-talk. Stop it now. Tell yourself something positive such as, "Every day in every way I get fitter, stronger, healthier!" Brush those negatively impacting thoughts aside, like a broom sweeps dirt out of the way, and focus on positive pictures and images that feel good.
5. Drink loads of water and ease the stress on your brain and **REDUCE YOUR SUGAR INTAKE**. Read the labels and you will be surprised at just how much sugar you consume.



6. NO CAFFEINE! That's right, I said NO CAFFEINE! No tea, coffee, chocolate, or cola or cola substitutes.

7. SMILE! When you smile, your head and shoulders come up, you breathe better, and people wonder what you've been up to. Smiling is contagious, so you could cause a happy epidemic! Watch or listen to 3 or 4 comedies every week and get those endorphins happening as you laugh.



8. EAT REGULARLY! I mean it. People who eat nourishing food regularly have less emotional swings than those who eat irregularly. When your blood sugar decreases, (through lack of food) your mood worsens which may translate to feeling more anxious.



Eat 3 small and nutritionally balanced meals a day, and a healthy snack mid-morning and mid-afternoon. You will feel so much better for it. Eat protein foods because they contain amino acids that are the pre-cursors to producing the right chemicals for the brain/mind, i.e. your mental and emotional health.

9. BREATHE! Take a slow deep breath through the mouth and breathe in and push your **tummy out** as you **breathe in**. This will expand the lungs to allow more air in.

Now **breathe out** SLOWLY and pull your **tummy in** so it pushes up against the diaphragm and that pushes against your lungs to expel all the stale air.

As you breathe in, on the first breath breathe in peace, and breathe out tension. Next breathe in calm and breathe out anxiety. Lastly breathe in love and breathe out negativity. Do the three breaths 3 times a day and notice your body begin to relax.



10. Move your body! Move your body! Get in the groove and move your arms, your legs, your hips, your hands, your knees, your head, you get the idea! Move your body with something you love doing, and then it is not exercise, it is FUN! Fun increases endorphins, those happy hormones of the body...

Narelle Stratford, from [Live Life 2 The Max!](#)