

FREE REPORT

RELIEVE STRESS IN 3 SIMPLE STEPS

Congratulations, on taking the steps to reducing the effects of stress on your body!

In this day and age, stress is one of leading causes of many ailments and illness that affect people on a daily basis.

What is STRESS?

The definition described in the oxford dictionary states:

"a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances: *he's obviously under a lot of stress* | [in combination] *stress-related illnesses.*"

How STRESS impacts on your body

Having excessive stress affects the body by disrupting the flow of energy within body itself. When this subtle flow of energy is disturbed, the body will indicate this disturbance by developing symptoms such as: lack of energy, being quick to anger or frustration, feeling restless, getting sick, headache/migraine, pain and tension in the body or even developing a disease if the energy imbalance is not corrected over a long period of time.

When you reduce your stress, your body is better able to cope with the stuff life throws at you. And by regularly having your inner energy assessed and corrected, the symptoms related to stress can be reduced or even eliminated.

There are 3 simple steps you can do everyday, to help curb the effects of minor everyday stresses, in between being balanced by your kinesiologist for bigger/longer standing issues.

Step 1 is to STOP whatever it is that your doing when you're feeling 'stressed out'. Take a moment to assess on a scale of 0 to 10 how much stress you are feeling right now.

(0 = no stress / 10 = completely & totally stressed out, unable to function)

Step 2 THE MOST IMPORTANT STEP....

Is to place your hand **gently and lightly** on your forehead. (Either hand – it doesn't matter)

Step 3 is to take a deep belly breath. When you breathe in – inhale **slowly** through your nose and fill your belly first, then your chest (you can place your spare hand over your belly button to feel your tummy move outwards).

The same as you would fill a glass of water from the bottom up, do the same with your lungs – fill from the bottom, to the top – expanding the diaphragm (tummy) then the chest.

As you breathe out – exhale **slowly** through your mouth emptying your chest first, and then squeeze the last of the air from your lungs using the diaphragm and tightening your tummy muscles.

Hold your breath for 1-2 seconds then repeat step 3 twice more. You should take **three (3) deep breaths in total.**

Once you have completed the breathing, take your hand from your head and recheck how you feel now. Think about the stressful situation. How does the stress rate on a scale of 0 – 10 now?

Is it the same, more or less?

If it is the same or more, repeat steps 1 – 3 twice more while thinking about the stressful event/situation and then reassess how you feel.

How long did it take you to:

- assess how you feel,
- put your hand on your head,
- and take 3 breaths?

Maybe 1 minute in total, perhaps up to 3 minutes if you had to repeat the process because there was a fair bit of stress involved...

Who hasn't got, literally **1 minute a day**, to help ease their stress?

These simple steps can be performed for any stressful event or situation (even upcoming/future events) and can be performed virtually anywhere – at home, at the office, at school, on a plane, even in the car (just keep one hand on the wheel at least. You don't need to hold your tummy when breathing; just one hand gently on your forehead will do the trick!)

Stress has such a major impact on our ability to cope with some things in life. If you suffer with any of the above symptoms, please try these simple steps and let me know how it has helped you to cope better. What questions, queries or comments do you have that could help me to improve this report?

If you would like to know more about the effects of stress on your nervous system, or would like to book a session to discuss more advanced techniques to reduce the impact stress has in your life, then please contact me at

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Thank you for reading this free report. I hope you have found the information of benefit.

Yours in balance
Megan Williams

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