

neuronews

15 Simple steps to reduce your stress levels

Stress is a part of all our lives. The way we react to events will determine the outcome of much of our physical and emotional harmony. We all need a little stress. It challenges our body and mind to work a little harder, to push our boundaries, to expand. Without some stress we would become stagnant. Stress is not a bad thing, our reaction to it can be the problem. When we over react or are unable to cope with the amount of challenges, it becomes *distress*.

1. Focus on what you want, not on what you don't want:

Define clearly your life goals. What is it that you do want? This action will support you against stress reactions because you will feel that you know where you are heading and that you control your own life.

2. Exercise: This is one of the important things you can do that will reduce stress in your physical body. When we exercise, our brain releases hormones that bring a sense of happiness and relaxation. Engage in some exercise regularly, such as walking, dancing or swimming daily.

3. Take control of what you put in your mouth:

Use simple ways in your diet plan to reduce stress by avoiding stimulants such as spices, hot chilli, coffee, alcohol, tea and sugar. Use a relaxing, de-stress or chamomile tea as an alternative. It has a calming and relaxing effect on our gut. Eat slowly in a calm environment to allow our digestive system to work well.

4. Plan ahead. Get organized. With your lists or your telephone reminders. Be prepared and get ahead of your day.

5. Take hot baths regularly: After a very busy day or when we feel that you need to relax. You can take a hot bath by sitting in warm to hot water. The water level should be above the waist.

6. Aromatherapy: In the office or car you can use Aromatherapy to relax and avoid stress. One of the best ways is to use lavender oil on a source of heat and take in the scent; this is a great way to relax during the day when you need it the most.

7. Eye modes and breathing. A wonderful Innate Training System by Neuro-Training used in my clinic and workshops. It reduces stress and clears perception leaving you calm and centred. It also trains your nervous system to cope with future challenges. Enquire about the innate system for stress reduction at your next appointment.

8. Enjoy relaxing activities: Yoga, meditation and Tai Chi. To meditate, simply sit with closed eyes and concentrate on your breathing. Breathing deeply regularly is great for health and from there, you can learn various other breathing techniques to gain enhanced benefits

9. Relaxation and creative visualization:

Simply sit or lie down in a comfortable place with your eyes closed. Imagine achieving what it is you want or the stress and challenges leaking out of you. Concentrate on your body, part by part and try to relax the body and feel the relaxation deepening. A 'Deep State' CD helps with this process. Ask me more about this to benefit.

10. Massage: This is a great way to reduce stress. You can get a professional massage or you can simply ask your partner to massage you.

11. Talking through your problems: Chatting about your feelings acts as a releasing mechanism. Talking about your problems with your partner or best friend (given they are happy to listen,) may help you find a solution and will help to release blocked emotions.

12. Supplements: Take a Vitamin B with Choline and Magnesium complex regularly to decrease stress. Take the magnesium at night to achieve a more restful sleep.

13. Change your strategy. Look at your life from the outside. Is what you are doing working for you? If not, change the strategy.

14. Let go. If it's not working, then let it go. Consider what you are hanging onto, it may not be what you really need.

15. Clean up your life. How many toxic people do you have in your life? Do your friends and family support or drain you? Maybe its time to have a spring clean.

I hope that you find these suggestions helpful, my hope in sharing this information with you is that you can benefit from it.

Reading about this is not enough to reduce stress, you must take action.

Neuro-Training identifies and re-trains the existing training that may not be appropriate.

If you want to become the master of your life – find the challenges and what to do to meet those challenges.

If it's all too much. Consider a consultation and get to the bottom of the issue.

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