

RELIEVING STRESS CONDITIONS



Holistic Coaching



Relieving Stress Conditions

Did you know that 93% of people walking into a doctor's surgery or asking for help from a doctor have stress related diseases or illnesses?

Think about that 93% it's a huge number.

What we learn from that is that stress is really the underlying cause for a lot of issues that we're dealing with today, such as high blood pressure, low libido, depression, anxiety, pain, the list goes on.

What happens to your body when you are stressed?



The body is actually in constant fight or flight mode.

Don't get me wrong, the fight or flight response in your body is extremely valuable.

If you are walking down an alleyway in the dark and you are faced by a thief or a murderer that's wanting to take your money, or take your life, you need that fight or flight response to kick in, so you can flee or fight from that danger.

The problem is when that threat, or that enemy becomes your boss, or your workload, or your to do list.



Those types of threats never seem to disappear from your life and that's when the problems happen.

What happens then is your body never really gets into a relaxed, calm state, but it's constantly in a fight or flight state.

It's said that both women and men have more heart attacks nowadays.

I'm all for equality, but I think it's time that we start looking at how to deal with this issue and start to help both men and women to tackle this stress, before it takes over our lives and it takes more lives.

So what do we do?



Well, the best thing, we can do is to create new routines in our life. New routines that help our body to get back into a relaxed state or what we call the relaxation response.

Allowing that to kick in is when we are allowing our body to get back into a relaxed, calm, balanced state.

How do we do that? Well, if I was going to tell you that I need you to sit down for 20 minutes every day to meditate for it to be able to work for you.

I know that probably 9-out-of-10 of you are not going to do that, because the fact, is we've all got busy lives.



But there are really simple things that we can do that we can start implementing every single day of our lives and I'm going to teach you a really good tool right here and now.

This is not about taking 20 minutes out of your day. It is about taking 5 minutes, because I would rather have you do 5 minutes every day than doing 20 minutes every week, or every second week.

It's more beneficial for you to do something daily even if it is in small doses. Because you see what happens is, when you start doing that, you will start to reap the benefits and then you'll want to do it more.



So I'm talking about 5 minutes a day and the simplest thing we can do is to focus on appreciation.

Sound simple? Well it is simple and it's really effective. Studies now show that by focusing on appreciation, (notice that I'm saying appreciation and not gratitude.

For me gratitude is basically saying thank goodness I've got this and I haven't got that) appreciation for me is being in the present moment, looking at what is, and allowing yourself to feel what's good right now, because there's always something to appreciate in this present moment, right now.



We can create anything we want with our
mind.

**Remember your mind doesn't know if it's a
physical reality or if it's just in your mind.**

**It's all the same, so you can create that
appreciation by just allowing yourself to be
in that moment.**

I want to do that with you now.

I want to give you a tool right now that you
can use every single day and hopefully you
will very quickly and rapidly start feeling the
change.



Exercise

Allow yourself to sit down somewhere comfortable. Switch off your mobile phones. Switch off your computer.

Allow yourself to sit in a chair, or sit on the floor comfortably and just drop into your body.

And it's absolutely fine if you're allowing your eyes to close right now.

If you're not comfortable with closing your eyes, just lower your gaze a little bit and drop into your body, right now.



Drop into here and now. If your mind wanders that's okay.

Gently bring it back into you, into now, right here. Focus your attention on your breath.

Now don't try to control that breath, just notice it, going in and out of your lungs naturally.

Notice your breath carrying oxygen into your lungs and into every single cell of your body, every second of every day.

It's your breath of life. Without that breath you wouldn't be able to be here right now.



Allow yourself to feel the appreciation for that breath. Put your attention on your chest, in your heart centre, right where your heart is.

You can put your hand there, on your heart, or you can keep your hands in your lap and I want you to breathe through to your heart centre.

No need to control it, just breathe through that heart centre.

Allow your breath to go in and out of your lungs naturally, and just breathe through your centre and keep that focus on your heart centre.



I want you to think about something that you're really grateful for, something you really appreciate. It doesn't have to be anything complicated.

Maybe it is your breath. The breath of life. Feeling the appreciation of that. Maybe if you have children, it's visualizing looking into your children's eyes. Feeling the appreciation of that.

Maybe it's the sun on your face. The sun on your skin? Just feeling the appreciation for that.

Keep breathing through that appreciation through to your heart centre.



Slowly allow that appreciation to start spreading through your body now. All the way down, down through your arms, down to your fingertips, allow it to travel.

Travel down and into your belly, down into your hips, all the way down your legs, right down to the tips of your toes.

From your chest all the way up your neck, to the back of your head and into your face.

Allowing it to spread into every single cell of your body.

You can stay here for as long as you want.



Do this exercise at your own pace in your home. Right now, I want you to put your attention back into your breath.

Back into your chest and take some deep breaths.

Allowing those breaths to nourish you, to bring you into the present moment.

To bring you into the here and now. Making you feel vibrant and alive, and when you're ready open your eyes.

Pay attention to how you're feeling right now. Notice if you feel any different and enjoy the feeling.



This is an exercise that you can do every single day. In fact, I would like to give you a challenge to do this exercise every day for the next 2 weeks and pay attention to what happens to yourself and to things around you.

You can write in a journal if you would like to, so you can see how different you are feeling.

I hope this helps you to reduce your stress levels. The more you practise this, the easier it will become.



**This Ebook is a collaboration between
Madeline Vallin from Nu Perspectives
& Global Healing Exchange**

