

STRESS



&

EXERCISE



Stress & Exercise

I believe in balancing life. When speaking to my clients, one of the major issues they come to me with is stress.

One of the major reasons that stress occurs in my clients is because there's a problem with having the time to exercise. So many of us are way too busy. We don't make time to find balance.

So stress in our daily life is getting a lot of people down. Many people suffer with stress and find it difficult to sleep, they suffer from anxiety, and it all just keeps going on and on and on.



There Is A Positive Side To Stress.

For instance, if you need to get something done, you can use that stress as motivation to push you to get started.

That thing inside you pushes your adrenals, to make the adrenaline, to get things done.

I'm not saying that this is a great place to be in but it's a positive effect of stress.

But if you are stressed and you are finding it really difficult to do anything, a really easy way out of it is to take 3 deep inhales and exhales.



Deep Breathing

I know personally there are times when I'm driving in my car and I will be hanging on to the steering wheel and I'm calling people names, in other cars who are getting in my way (people who I don't even know).

Once I notice I let go of my tight grip on the steering wheel and take 3 deep inhales and exhales.

Those 3 deep inhales and exhales change the entire way I see things. It starts to bring my nervous system down and calm me down.



So I suggest if you're in a very stressful situation that you're not coping with, the first thing to do is take 3 deep breaths.

Meditate

The next thing you can do is find somewhere in your home, or go to a class where you can actually lie down and make a place that's safe for you so your stress can be released very easily through just breath and meditation.



Yoga Nidra

Yoga Nidra is one form of meditation that I use and without a doubt, every single person who comes to my class will I say, "I look forward to that bit because I've had no rest all week.

The whole week has been stressful. My job is really hard. I don't sleep well at night. I come to your class and I do the Yoga Nidra and by the end of the class I feel like I have de-stressed.

So Yoga Nidra for those who may not know is called a waking sleep.



In the 1960s it was part of suchanda yoga, nowadays doctor Richard Miller in America has turned it around and called it iRest.

He's done a lot of study on this, he found that you go through different stages and that you don't go to sleep completely, this is why it's called a waking sleep.

You simply change your consciousness.

Yoga Nidra practised while lying down, preferably on your back with your arms separated from your body, so you are not holding on to anything.



Making sure you're comfortable, placing cushions or bolsters underneath your knees or back if you need to, or putting something to support your head if you need to, but making sure you're comfortable.

Closing your eyes and breathing.

So you take inhales and exhales. Long inhales in through the nose and long exhales out through the nose.

As you start to do that, you will feel your body destressing. So inhaling in through your nose and exhaling out through your nose.



Now quite often we find that we shallow breathe but by taking it deeper you're actually changing your nervous system, and you're starting to slow it down.

So doing these 3 simple breaths even in his position now, inhaling in through your nose and exhaling out through your nose you will relax. (By the way the nasal nasal breathe actually keeps it more internal and more focused, unless you have a blocked nose).

If you can do the inhale through the nose, exhale out through the nose it is preferable.



So inhaling through the nose and exhaling through the nose. Close your eyes and let yourself feel your body start to relax.

So again with Yoga Nidra what we do is move through the body. Now there are different versions of it.

I do a short version in every single class I teach, which is just 5 to 10 minutes. Starting with relaxing each toe and taking your awareness to each toe and saying the word toe in your head.

So just saying the word in your head helps your body start to let go.



Moving through the tops of your feet, ankles, shins, calves, knees, up through the thighs and then moving through the front of the body. Naming each part of the body as you go.

Moving through the back of the body, one arm, the other arm, forearms, palms of hands, fingers, neck, face, eyes, mouth, teeth, tongue, jaw and just relaxing.

Forehead, whole face, back of head, top of head. By the time you get to that you actually feeling completely relaxed but not sleepy.



So that's the short version that I'll do in a regular yoga, Pilates fusion, dance or a restorative class.

When I run a workshop I do a 45 minute session. It is quite long, but by the end of 45 minutes, you are so relaxed, it's just incredible.

A whole different state of mind occurs as well so the stress is completely gone.

Anyone who does these will say that they feel they can cope with whatever the next task is, after they have done even just a few minutes of Yoga Nidra.



I've been going into work places and found people who are ridiculously stressed, so getting down on the floor for 5 minutes benefits them.

That's all we do, 5 minutes on the floor and in that 5 minutes we find the project productivity increases, the stress decreases and so the working day is much better if you can do just a few minutes of Yoga Nidra.

So are you going to give Yoga Nidra a go to reduce your stress?

This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange

