



Lorayne E ham

Ten Simple Things You Can Do to De-Stress Your Life

Life can throw us curve balls and the better able we are to go with the flow the better we are able to handle anything life throws us.

Try these simple techniques and watch stress melt away.

1. Drink WATER.

Studies show that drinking more water increases your body's ability to detoxify, which in turn helps our brain to function more effectively. A body that is healthy and functioning well at the cellular level is more able to function during stressful times.

2. Belly BREATH.

Take several full breaths way down deep into your belly. This not only calms but also removes toxins from your lungs. You get more oxygen into your body and your brain, your heart rate lowers, your mind clears and you feel better.

3. Be GRATEFUL

Studies show that spending just a minute or two a day feeling *completely grateful* for what you already have, even if all you can do is be grateful for one very small aspect of your life, you lower your blood pressure and heart rate.

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4. LOVE Unconditionally.

Studies show that the brain wave patterns that we have while thinking about someone we love (a person, child, or pet) can dramatically calm, de-stress and put us instantly in a better mood.

5. TOUCH something soft.

Our sense of touch is linked to some of our earliest memories. Even if all you have is a small piece of fabric or if you can, wrap yourself in a soft comfy blanket . You will feel loved, safe and at peace.

6. SMELL a Lemon, Lime or Grapefruit.

Smell is a sense that can trigger emotions and Citrus evokes happy uplifting emotions. Smell or Scent therapy is what Aromatherapy is all about. Our sense of smell is so powerful that our brains are hardwired to respond.

7. DO something for someone else.

True philanthropy is very rewarding and when you help another person who is less fortunate than you, you get a double benefit of feeling wonderful that you could help another and also get the benefit of recognizing how blessed and fortunate you are.

8. LOOK at an Image that really stirs your soul.

Place an image in a prominent area of your desk, home or office, a place where you will see it often. Studies show that taking time to look at and place yourself in the image of somewhere you like or want to be, reduces stress.

9. Spend time really RECOGNIZING YOU.

Give yourself a Pat on the Back, Atta girl/boy, Kudos, recognition of yourself, by yourself, for yourself, Honor who you are and what you accomplish each day. I invite you to get to know you on a deeper level.

10. Remember to Be Inspired!

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