

What is "Stress" really? How do you experience "stress"?

We all use this word at times in relation to what's happening in our lives. "Stress" is a very general term applied to many symptoms. Many years ago as a trainer of Call-Centre customer service personnel in stress management, I became aware that as individuals, we know stress as a wide range of experiences. These may be negative reactions as thoughts, emotions or behaviours in response to people, places and circumstances. We also experience body symptoms such as stomach pain, headaches, shortness of breath, anxiety attacks or heat in the body. For those extra-sensitive to energies, we can take on "stress" energies from our environment - just being in a shopping mall may affect you.

"Stress" is a cumulative reaction

The truth is that we have been accumulating our "stress" responses by not managing the little things in our life effectively. So we have developed habitual reactions, actions, opinions, attitudes, irritations and frustrations and other negative emotional states that kick in immediately, at times we perceive as "stressful". These automatic reactions take a toll on the body.

How can you effectively manage your "stress"?

We all have the power to shift our "stress" reactions, by managing each situation as it arises. Choosing to consistently deal with stress in the moment and learning how to do this, allows you to install new responses and "deletes" old reactive habits deeply wired into our systems.

Manage Your "Stress"- 7 Keys

1. **Accept your power!** You have the power to change this habitual reaction when you are stressed. It's all about your choices in the moment when stress arises.
2. **Recognise when "stress" is happening**, bringing conscious awareness to the reactions, acknowledge these and accept them.
3. **Choose to stop what you're doing or planning to do.** Manage the stress reaction, whatever way it shows up for you, in the present moment.
4. **Focus on your breathing.** Your breath has the power to influence and change 70% of your energy field. Take several deep breaths using the following rhythm. Count in for three silently, hold the breath for three counts, breathing out the mouth for three counts. This slows you down and focuses you, allowing the body and mind to relax.
5. **"Hand on the Heart" exercise.** Your heart has the power to influence and change the brain messages and delete old habits. To do this, your heart must take command over the "chatter-box ego" mind that often can resist. After taking several deep breaths, place your hand on your heart. Focus on breathing into your heart centre in

the middle of your chest. Place your other hand on your Hara, the area beneath the belly button, activating the centre of your will power.

6. **Expand your heart energy** by imaging a person you love and placing their image in your heart. Feel their appreciation and love for you as you offer your love and appreciation to them. OR You may prefer to imagine being in a place in nature where you feel safe, relaxed, peaceful and supported. Allow all your senses to become alive. Feel and sense the sounds, sights, textures around you...feel a deep relaxation and appreciation for this place of safety and comfort. Rest peacefully here allowing a sense of calm and stillness.
7. **Practise this often** – whenever the “stress” reaction activates. As you make this a daily regular practise, stopping and re-balancing in this way, there is a cumulative beneficial effect over time.

An Easy Solution - listen to this FREE AUDIO MP3 “Stress Release” to re-balance. Find peace and calm in JUST 11 minutes.

I've made it easy for you to practise by recording a short 11 minute audio mp3 that you can download and carry with you on any portal device, such as an iPod. When a "stress" reaction arises, Stop! Breathe deeply! Take time-out and press the PLAY button to listen and be guided to re-balance. **FREE AUDIO** at <http://www.soulpower.net.au/free-gifts.php>

More important reasons to continue this powerful practise

As I've worked with clients to use this simple practise daily when needed, I've observed profound shifts over a short space of time. In just 4 weeks a recent client was able take charge of her deep anxiety attacks and indeed minimise their occurrence.

The Power of Your Heart

The heart is the most powerful intelligence in your body. When you access the power of your heart, you bring the brain and heart back into balance creating harmony in the body. Repeat this practise over time and you create new responses in your nervous, immune and hormonal systems (including increasing levels of the so-called "love hormone" oxytocin.)

In the 11 minute “Stress Release” audio, I use the focus on the breath and "Hand on the Heart” process to bring the brain and the heart back into balance, installing new triggers to body systems that can change your habitual "stress" reactions.

Scientific Evidence - The Many Benefits of Sustained Practise.

New Scientific discoveries over the last 15 years have validated the life changing results and amazing benefits people are experiencing doing such practises (one good reference is the work of HeartmathLLC).

Some of the benefits you can look forward to, from this simple practise:

- Improved health and well-being
- Stress hormone levels reduced
- Improved heart rate for a longer life
- Raised anti-aging hormone (DHEA) levels
- Maintain emotional clarity in the midst of chaos
- A clear and focused mind
- Access to your intuitive knowing
- Increased inspiration and creativity

All great reasons to choose to take 11 minutes time- out whenever you recognise your "stress" reactions. Access your free recording <http://www.soulpower.net.au/free-gifts.php>

Enjoy the renewed sense of calm and inner peace each time!

P.S Perhaps a great New Year's resolution is to do this practise often. It's a fundamental powerful practise of my work in Life "Soul Power" Coaching, Soul Guidance, Soul Attunement and meditation sessions.

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<http://www.soulpower.net.au/meditation.php>.

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