

5 Mind-Body Stress Relievers

All of these techniques are great to use whenever you want to calm your nervous system, get out of 'fight or flight' mode, and interrupt your habitual negative thought patterns. They are a great addition to tapping, or for when EFT isn't practical, and really help you to get present and grounded.



1. Box-Breathing.

Breathe in for a count of 4, hold it in for 4, breathe out for 4, and hold the exhale for 4. Do 6 rounds, increasing the count as you feel yourself calming down. This tells your survival-oriented limbic system that it's safe to move out of 'fight or flight' mode.



2. Thought Replacement Technique.

A powerful method for changing habitual thoughts and feelings is to replace the ones you don't like with an opposite positive one. It takes practice but is worth the effort! eg. Replace nervousness with calmness, sadness with happiness, anger with understanding, meanness with kindness; a thought of 'I hate the way he does that' with 'I love the way he does that other.'



3. That was Then, This is Now.

For getting into the here and now, and clearing insistent negative thoughts and memories, use this mind-body-energy technique.

Think about who or what is triggering the thought/memory. Point with your whole arm in the direction (roughly) of where this happened. Say, 'That was then.'

Now, hands over your heart, say, 'This is now.'

Repeat 3 x. Really feel the 'now-ness' of the present moment.



5 Mind-Body Stress Relievers (cont.)

4. For Whatever Reason.

Whenever you have an angry, critical, envious or otherwise uncomfortable thought about anyone or anything (yourself included) say out loud or in your head:

'For whatever reason....I am sending (this person or situation) love and good thoughts. I hope they have a wonderful day and feel joyful and happy, surrounded by their loved ones and enjoying success in everything they do. Maybe they get some good news or someone tells them they love them and they feel fantastic!'

Remember, the love that you are sending has flown through you first - feel how your own energy changes as you say these words, even if it feels crazy. :)



And finally:

5. Journaling.

This is what I read about journaling:

'Writing isn't just emotional healing; it physically heals too. One study took 120 volunteers and had them write about a distressing event, or about the bland in-and-outs of the previous day. They then punched a tiny hole in their upper arm. The group that had done the cathartic writing task were six times more likely to have a wound that had healed within ten days.'

Worth a try, huh?

