

# **8 Easy Ways To De-Stress Your Life!**



**By Sara Herring – [www.thetaville.com.au](http://www.thetaville.com.au)**

Relaxing is about getting your mind off all the things that stress you in your life. Anything that will help you with relaxation is beneficial and good. Everyone has some level of stress, and their own way of dealing with it. Our body sends us signals, like a tap on the shoulder, letting us know that something is amiss. It's time now to listen to your body and start to relax, saying goodbye to stress.

**Here are 8 simple ways to help you relax more and de-stress your life, allowing you to find inner calm and peace.**

# Breathe



Breathing is natural, until you are made aware of breathing, you did not think about it, because it just happens. It's now time to be more aware, and concentrate on your breathing. If you are in a stressful situation, take a moment and take a deep breath, maybe two or three. A great way to train yourself to begin breathing correctly is to place your hand on your tummy just below your belly button and breathe in so that you push your hand out, then as and as you breathe out feel yourself relaxing, you can even close your eyes, as you focus on each breath. Remember to consciously breathe, and be aware of your breath.

## Take a Walk



Walking is one of the finest exercises and is a brilliant stress reliever. Getting up and moving around gets your blood flowing and calms you. Walk around your office building or go outside for 10 minutes to get some fresh air. Take the stairs, instead of the lift, walk the long way. As you walk, remember to breathe, especially being out in the fresh air. There's no need to feel that you have to rush; the aim is to walk as mindfully as you can, focusing your awareness on your feet as they land on the ground and feeling the fluid movements of all the muscles and tendons in your feet and legs.

# Focus on One Thing



Instead of doing everything at once and multitasking, learn to do one task at a time, it's less stressful and more effective. Whether it's spending time with family, exercising, reading, pursuing something you're passionate about or just taking some quiet time, put it on your schedule and make it an unmissable appointment. Remembering to breath as well.

# Live in the Moment and Think Positively



Worrying about what might happen or replaying things that have already happened are stressful ways of thinking. Instead, focus on what is happening now. Say bye-bye to negative thoughts, and say hello to positive ones. If you find yourself thinking negatively, recognize this and bring in the positive. Start with positive affirmations that are right for you, eg. I am relaxed, I am calm, I breathe in soothing comfort.

# Listening to Music



Listening to your favorite music can be very calming and relaxing. Especially if the music is soothing, with slow tempos, this in particular can induce a calm state of mind. Soothing music can also slow down your breathing and your heart rate; it can lower your blood pressure, and relax your muscles. This can be particularly beneficial when you're getting ready for work, you're in your car stuck in traffic, or you're lying in bed willing your mind to be free of stressful thoughts. Allow yourself to gently hum, with the music as this opens up your chest and allows stress to be released from you.

# Meditate



Meditation can be a great way to relax, especially if you are under a lot of stress. Research has shown that meditation can be helpful in lowering heart rate and blood pressure, and even improving cognitive performance.

Meditation is pretty simple to do: just find a comfortable place, close your eyes, relax your muscles, and focus on one thing, whether it's your breathing, an object (a flower, or a painting), or even a picture in your mind, perhaps you are sitting on a beach, or you go to your special place. You can do this for as little as 10 minutes to experience benefits. The key is staying focused and not letting any distractions or thoughts enter your mind.



# Water



Have a hot bath, as heat relaxes the muscles, it also soothes the mind. Pour in your favorite aromatherapy oils, some Himalayan salt, light some candles, put a do-not disturb sign on the door, lay back and let the water soothe your body and mind. A relaxing oil to use would be lavender; maybe throw in a chamomile tea bag. You could even do the breathing exercises mentioned earlier. No bath? Then have a warm shower, close the door, use aromatherapy soap, and a massaging mitt, take your time, listen to your favorite music, and sing along. Allow your energy to be cleansed, as the water cascades over your body.

# Do Things You Enjoy Doing



What makes you feel good? What do you love to do that you are not doing? Reconnect now to do something that you love to do. When you do things that you enjoy, you become calmer, and more relaxed, you might even find you start to smile or even laugh, this creates endorphins, which are our feel good hormones. Take the time now to commit to doing something for you that you enjoy.

*Give Stress the Ol' Heave Ho with these 8 Tension Busting Tips.*

If you want to get your life in gear and on the road to success, Sara Herring can help, starting today.....

Now that you have 8 simple strategies to send stress packing, how are you going to keep stress from draining you, and throwing you out of balance in the days, months, years to come?

One way is to partner with a caring, empathetic therapist. A therapist who wants you to achieve the success you deserve, a therapist who wants to see you become the best you can possibly be. A therapist who understands you and your life.

***This is where I come in.***

My name is Sara Herring, I am a Holistic Therapist, certified in ThetaHealing, Hypnotherapy, NLP and Counseling. Helping those who are willing and wanting to uncover and discover their possibilities, hopes, dreams, to realize their potential, and to successfully attain their goals.

I can help uncover your true potential, and release your underlying blocks stopping you from achieving your desires, hopes and dreams. Even beyond your dreams. What you thought was unachievable you can achieve. Take those first new steps to a new life. Be successful in health, wealth, fulfillment and business by booking a session today, either in person, skype or phone.

Book a session today, either in person, skype or phone.

- By Email: [sara@thetaville.com.au](mailto:sara@thetaville.com.au)
- By Phone: +61 412771612
- By Skype: sjhfish
- My Website: [www.thetaville.com.au](http://www.thetaville.com.au)
- On FaceBook: Sara Herring Holistic Therapies – ThetaHealing and Hypnotherapy

Many Blessings - Sara Herring