

3 Powerful Tips to Help Manage Everyday Stress



Oftentimes stress will manifest when we carry over yesterday's concerns into our present day concerns. An accumulation will almost always end up in a high stress level. Therefore, we must be able to “dump” all of our concerns from the previous day or days and concentrate wholly on our today – the ever present NOW.

So here are 3 stress busting tips

Stress Busting Tip #1

Resolve right NOW to release every worrying thought from yesterday and be only mindful of the NOW – only this thought...this breath...this moment. Take in three very deep breaths gently and then slowly release each one.

Each time you breathe out – feel each and every concern, each and every problem, and each and every unresolved moment begin to dissolve. You can deal with them at a later time. For now, you are only to be in this very moment. And as you breathe in, feel yourself taking in renewed energy, a sense of vitality, increased strength and peace.

Now go to your inner quiet place. Go deep inside to a place where you feel that you are at peace and then just relax and breathe in deeply and enjoy the feeling of being at one and at peace within yourself.

Use this special time and place to be calm. Free your mind and body of all worry, all regret, all disappointment, all anger and grief.

Stress Busting Tip #2

Next, think of one particular act, such as rocking your baby, taking a quick stroll, raking the leaves while relaxing, and do that one simple thing – whatever that may be to you. All the while, your mind is quiet and calm and you are in your own special place within.

Practice this act of quiet and calm each day and you will see that you will accomplish so much more. At the first sign of being stressed, go back to this mindful, quiet place and start all over again until you have reached your inner place of calm.

Stress Busting Tip #3

The very best thing that you can do for yourself is to eat, drink and rest – to your health!

Stress is easily brought on by not eating and drinking properly. When you don't get the number of hours of sleep that you need each night, you are only setting yourself up for additional stress.

Limit the amount of salt, sugar, caffeine and alcohol in your diet. Drink plenty of clean, pure water each day and do at least moderate exercise every day. You can start off with just setting up 10 to 15 minutes of simple exercises. Begin small, and this will increase over time. Doing this will breathe new life into your skin, hair and will nourish all of your vital organs – refreshing both your mind and body.

Take time to breathe properly! Take deep belly breathes to send pure oxygen to all of your body. Laugh and then laugh some more. It is food for the soul! Spend time doing the things that please you most. Engage in healthy and fulfilling relationships and work on problems that would erode the closeness that you have with someone special.

When we are content and live a balanced life, everyday stresses seem to pale in comparison. We will be better equipped to deal with the unexpected.

You can take control today! Isolate only one particular stressor in your life and then work on it until you regain control. At the very least, have some new hope! Just do it NOW.

If you need help or want to find out more about how you can help yourself, do contact us at hyponow@now4life.com or visit www.now4life.com

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