

Relax, Release and Rejuvenate

7 EASY STEPS

— TO —

RELEASE STRESS

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7 Easy Steps to Release Stress

Do you get stressed out and overwhelmed with all sorts of planning, family activities, parties, shopping, work and more?

What does that do to your life? Your relationships? Your health?

Reducing stress in your everyday life is vital for maintaining your overall physical, mental and emotional health. It can improve your mood, boost immune function, promote longevity and allow you to be more productive.

How? During periods of high stress, the brain undergoes chemical and physical changes that affect its overall functioning. These changes contribute to rapid heart rate, higher blood pressure and a weakened immune system. Over time, chronic stress can lead to the development of other serious problems, such as stomach ulcers, stroke, asthma, heart disease, headaches, heartburn and others.



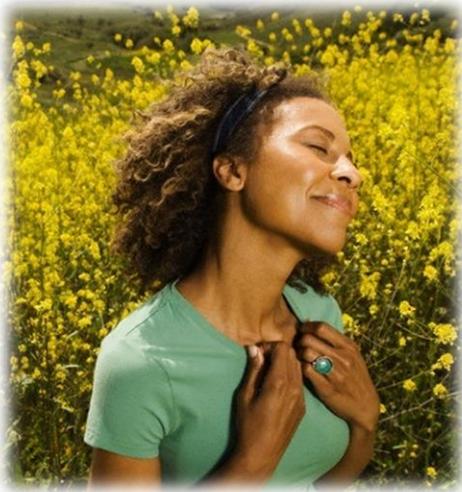
Stress can also contribute to mental and emotional disorders, including depression, anxiety, phobias, panic attacks, irritability, frustration, depression, anger, feelings of insecurity, and relationship conflicts.

So what can you do?

Various techniques are available to help you unwind and destress.

This book contains techniques that can be done at work or at home that can really give you and your body a break.

Time to relax!



Breathe

It's amazing how we tend to hold our breath or breathe shallowly when we are stressed.

Breathing, especially deep breathing is one of the best ways to lower **stress** in the body as well as relax and reduce tension and anxiety. When you **breathe** deeply, it sends a message to your brain to calm down and relax. The brain then sends that message to your body which causes

the body to relax.

Breathing exercises increase the supply of oxygen to your brain and stimulate the parasympathetic nervous system, which promotes a state of calmness. Breathing techniques help you feel connected to your body— this brings your awareness away from the worries in your head and quiets your mind.

Twenty to thirty minutes is ideal for a breathing exercise, however even a few minutes of calm, relaxed breathing can produce a dramatic change.

So stop.

Close your eyes.

Slowly take a few deep breaths.

Now take a few more.

Allow the tension flow out as you breathe out.

Now breathe in calm and relaxation.

Breathe out tension

Breathe in calm

Repeat a few more times.

Better?

Be in Nature

Being in nature can reduce your stress hormone levels, decrease depression, lessen negative thoughts and energize you and even relax you so you can take a nap.

In the past few decades research has shown the importance that nature and having contact with the natural world have on human health, well-being and functioning.

Studies have shown that walking in nature changes the blood flow in the brain to improve moods.

Being in the natural world gives one the sense of being away from the day-to-day stresses and strains of life and allows one to put matters in perspective.

The natural world stimulates and pleases the senses and generally makes people feel that they are in a supportive and harmonious environment.

So whether you walk, sit, bicycle or go hug a tree, getting outside can be very beneficial.



Picture Meditation

Would you be willing to give yourself the gift of a mini relaxation vacation? It doesn't have to be long, just a few minutes can have a huge benefit!

I used to work in an office that had no windows at my desk. I was isolated from the outdoors most of the day. In order to break up the scenery and get a break from the turmoil at work, I created by own outdoors.

On the wall above my desk, where I could see them whenever I looked up from my work, I put a few pictures of mountains and trees and places that I considered beautiful.

Every so often I would just stop and look at them and imagine myself being there, breathing in the outside air and feeling the sunshine on my face. Just for a few minutes. Relaxing in the experience of being outdoors or with my cats or wherever the picture transported me.

If you can't have pictures on the wall, put them on your computer or on your phone or in your desk drawer.

Then, whenever the need arises, take a mini vacation via your pictures.



Get Your Bars® Run

As an Access Consciousness Bars and Body Facilitator, I have seen so many people have amazing results from receiving the Bars technique (called "Getting your Bars run"). These benefits can include deep relaxation, revitalization, letting go of frustrations and limitations, destressing and increased happiness.(see iampurpledawn.com/healing-and-coaching/#access)

For most people, getting their Bars® run is the first time that they actually allow themselves to receive without obligation and consideration.

This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life that you are willing to change!

At worst, you'll feel as relaxed as if you just had a great massage... At best, your whole life will change





Sit With Your Pet

Sit with your pet on your lap or shoulder. Now, of course this doesn't work well with fish, but other pets, even birds, can share love with you and help you relax, be at peace and even reduce depression.

Relaxing at home with your pet after a difficult day can be very reassuring and calming.

Research has shown that living with pets provides many health benefits including reduced rates of heart disease, lessened anxiety, increased immunity and even reduced depression.

Sitting with a purring cat has been shown to reduce stress, lower blood pressure, reduce swelling and promote healing.

Playing with your pet can elevate levels of serotonin and dopamine -- nerve transmitters that are known to have pleasurable and calming properties.

So give your pet a snuggle and relax!

Massage

Studies of the benefits of massage demonstrate that it is an effective treatment for many things including reducing

- Stress
- Pain
- Muscle tension
- Anxiety
- Digestive disorders
- Headaches
- Insomnia
- And much more



Massage also produces feelings of caring, comfort and connection and promotes overall relaxation and encourages muscular relaxation.

Massage therapy may help with conditions that affect your state of mind, including stress, depression and anxiety. A massage helps you shift your thoughts away from everyday worries and allows your body and mind to relax. Massage also helps you feel that you're in control of your health and plays an active role in managing chronic illnesses.

Massage helps restore normal circulation, improves immune system activity and plays a role in restoring normal digestive system function, according to the Johns Hopkins Integrative Medicine and Digestive Center.

So find yourself a massage therapist and relax!

Meditate

For some people the thought of sitting for any period of time with your own thoughts can be daunting at first, but it is amazingly relaxing.

Studies suggest practicing meditation can create a substantial reduction in stress and anxiety and a boost in mental alertness and focus. Other benefits of meditation include:

- Reducing Stress, Anxiety And Fears
- Reducing Depression
- Reducing Heart Disease
- Reducing High Blood Pressure
- Deepening Sleep
- Strengthening Emotional Balance
- Stimulating Clearer Thinking
- Enhancing Creativity
- A Deep Sense Of Peacefulness

Meditation can be simple. You can practice meditation wherever you are — whether you're out walking, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting. Just close your eyes, breathe deeply and envision yourself somewhere peaceful. Just for a few minutes. Listen to the breeze or the waves in your mind and let it carry your tension away!

It's a great pick-me-up at any time (OK, maybe NOT when you're driving – keep your eyes open then!!).



Ready for more?

HERE'S A SPECIAL GIFT JUST FOR YOU!

I hope you enjoyed this special guide on reducing stress. The valuable information doesn't stop here! As a thank you for downloading this Special Guide I'm offering you my Daily Meditation set of audios.

Relax, release and rejuvenate with this set of meditations. It makes it easy to meditate daily, simply choose the track of the day and press play! Plus you will receive the bonus: Global Mother Earth Meditation

Your Daily Meditations include:

- **Gratitude For You Meditation** – Get in touch with what you appreciate in yourself and truly experience it
- **Chakra Singing Bowl Meditation** – Energize and align your chakra energy centers
- **Deep Relaxation Meditation** – Release the stress and tension in your entire body one area at a time
- **Reintroduce You To Your Body** – Get to know your body again and work together toward better health
- **Goal Energize Meditation** – Give your goals and desires energy to grow
- **Energy Expansion Meditation** – Expand your energy to release fixations and obsessing about situations
- **Forgiveness Meditation** – Forgiveness of yourself and others is an important part of releasing stress and moving forward in life
- **Bonus: Global Mother Earth Meditation** - Connect with the Earth and send her and all that lives upon and in her healing, gratitude and love



Enjoy these 8 audios for
only \$15 with coupon code
DAILYV1



Ready for the next step?

I hope you enjoyed these tips and tools. Use them to start releasing overwhelm and stress so you can start creating the life you would love to live.

I know you are ready to make changes in your life, in your body, in your relationships, but you may not know where to start. You probably don't have time to read another self-help book or listen to another class. I would love to speak to you about how together we can create a life for you that is less stressful, more peaceful and more joyful! We can schedule a Discovery Session and get some clarity on what you need to make those breakthroughs, so you can stop spinning your wheels and start having more peace.

Let's spend 15 minutes of quality time together to discuss how we might be able to work together and get you moving on your journey. Just click below to schedule a time to chat at your convenience. If you have any questions or comments, please don't hesitate to contact me. After all, that's what I'm here for.

**BOOK WITH
DAWN**

In gratitude and joy,

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