

Ten Really
Simple
Ways To
Naturally Reduce
Your
Stress

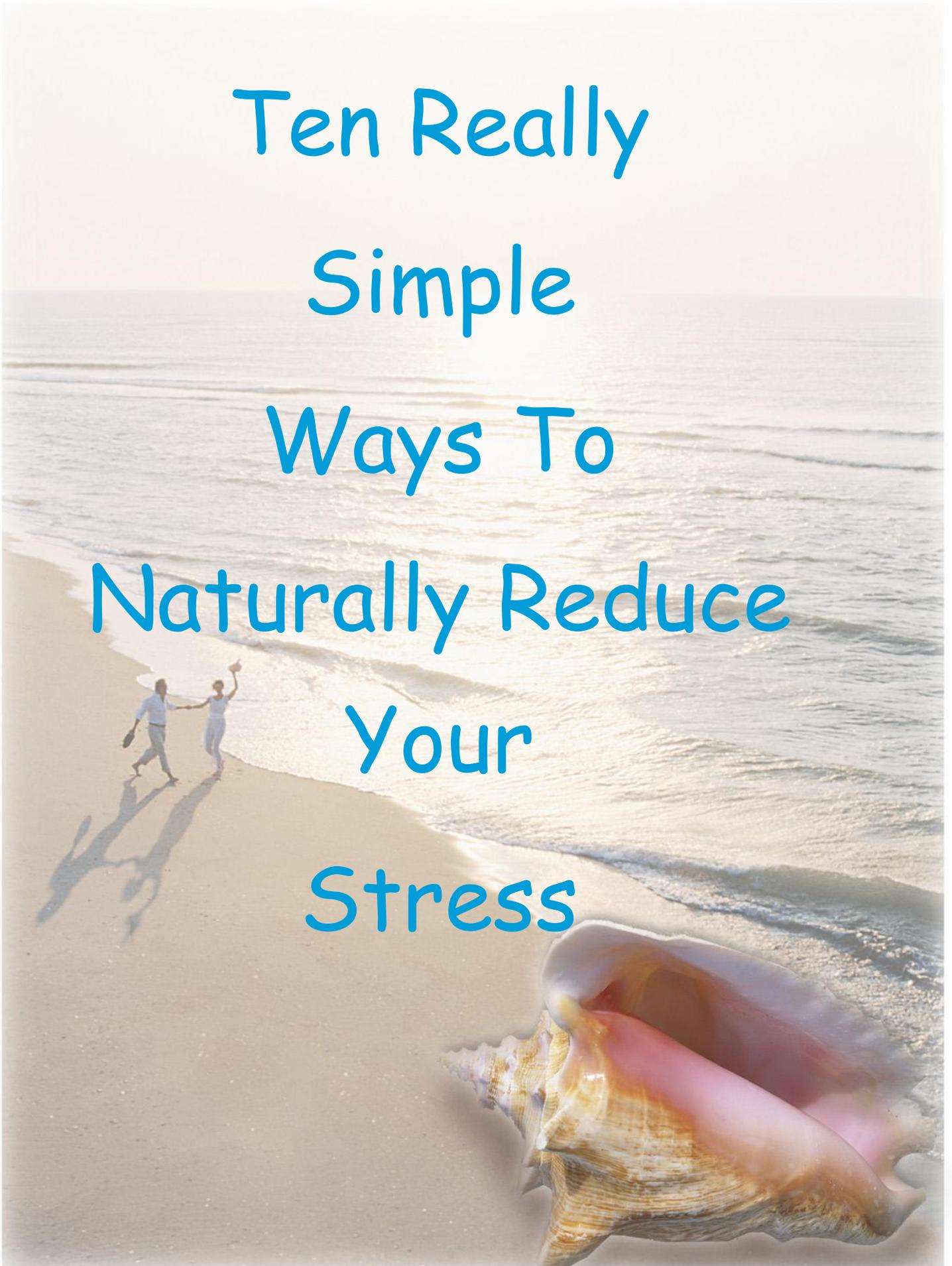


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Dedication

This book is dedicated to all the members of my family, however especially to my beautiful daughter, Catherine and my wonderful Mum, Carmel who have both supported and encouraged me along the way to fully believe in myself and to go for my dreams.

Welcome

Hello and welcome to my E-Book on ten of the most natural and easy ways in which to assist yourself to feel better and better each and every day. My wish is that you take note of the areas that you find the most helpful and use the hints to empower yourself to de-stress your life.



With today's modern pace it is very easy to get caught up in the hustle and bustle of a busy lifestyle. More and more people are filling their lives with busy-ness. The average work hours are longer and the children do extracurricular activities that add many hours to their already busy day. Mum's and Dad's lives are so busy being a taxi driver, chauffeur, personal assistant and cook, cleaner and general jack of all trades and commuting long distances to and from work that relaxation is not so easy. Life doesn't stop as we get older it seems to get even busier with more and more stress.

Have you thought about what happens to your body with each and every stress? Imagine your body has a balance going right through the mid-line just like a set of scales. On one side of the scales is your life energy or Chi, on the other side is your Stress. Ideally when the scales are in proper balance the life energy is higher than the stress levels so you can cope with the everyday aspects of life and maintain status quo. This assists the immune system to function better and your overall health and wellbeing is good.

When the stress builds up too much you get what I refer to as a stress bank deficit. This in turn depletes the life energy and your health is compromised. Eventually the body is asked to repay the deficit and it is often the weakest systems, in the body, that feels it first. What a great idea it is to learn how to reduce life's little stresses before they become an issue and allow your body to work on the bigger challenges.... Enjoy and have a great day!

Smile

There is a very old saying that goes, “**smile and the whole world will smile with you!**” this is very true. Smiles are contagious, smiles are free, and smiles encourage others to respond to your positive energy. They also help to raise your personal vibration energy and naturally assist in releasing your happy hormones. A smile is the cheapest and easiest way to uplift the spirits. I challenge you to smile to, at least three people or even animals, a day. The most important person to smile at each and every morning is you! A great way to start the day is to smile at the person in the mirror and to smile with enthusiasm, warmly and joyfully. On the days when you might find that not so easy, remember an incident or occasion that you found very amusing and picture that in your mind.....go on I know you want to.....SMILE! Or maybe you have a special memento or photograph that you treasure. Place it in a prominent position to remind you to smile. Now take that smile and share it with others during the day. You will never know the impact that your smiles may have on another person. You can change their life by that very simple act of kindness.

Did you know that it takes seventy –two muscles to frown and only 13 muscles to SMILE? So conserve your energy and smile more and more.

I encourage you to take one of Nature’s unique human graces and S.M.I.L.E.



Breathing

The act of breathing assists the body in converting the air you inhale into a usable product for the body via an exchange of gases. This has a two-fold effect. It uses (inhales) the good air and helps to oxygenate your blood and to make you feel better and expels (exhales) the bad air. It also keeps both the lungs and the diaphragm flexible. Another aspect of respiration is the connection of the sacral bone to the cranial bones via the spinal cord. As you breathe in and out these two bones move in unison together assisting in the pumping of the cerebral-spinal fluid up and down the spinal cord. Shallow breathing limits some of these functions and helps to contribute to that tight, stuffy feeling. It is very important to have a good lung capacity and that capacity is affected by many environmental pollutants and also in the cases of allergies by some foods/drinks/cigarette smoking.

Try this simple breathing exercise to expand the lungs and diaphragm. To breathe deeply follow my instructions, hold both of your hands adjacent to each other and palm down over your abdomen, take a nice deep breathe (through your nose), hold it for about five seconds and then expel it slowly (through your mouth) with a whooshing sound until you are out of breath. Do this for at least five sets and notice each time how your hands move apart and together again and also how much more you are able to breathe in and how much longer you are able to exhale for. As your breathing becomes more relaxed, you will find that you start to breathe deeper (belly breathing) and that your head will start to feel clearer. Do this twice a day until it becomes a normal part of your routine.



Language

The language we use can have a direct effect on how we feel and how we respond to others. Many people use the expression “its killing me” or “I’m dying to try that”, just for a moment actually listen to those words. Can you see and hear how they may be affecting you. Words are thoughts that have been expressed and released into the universal grid of life. Thoughts create actions and those actions have a consequence. Be aware of the language you are using and by choosing different words, you can help raise your vibration and your life energy. You don’t have to change all your words, initially listen to yourself and find out which words you are using frequently that may not be the best words. It may be: can’t; but; try; killing me; I quit; forget; sad; problems; or maybe one you have thought of. Replace those words with others like: I can; and yet; take a break; I remember; not so happy and challenges or issues. A word like “try” does not inspire confidence- “you might try to play the piano and never succeed, however you might not be able to play the piano yet.”

When someone asks you “How are you feeling today?” reply with “**I am not so good today**” or “**My back hurts and yet I am able to keep going**” instead of “I feel really bad today” or “My back hurts so much I can’t keep going”. One statement decreases your life energy the other increases it. When the messages you speak on a day to day basis are positive and affirming, it has the effect of making others around you feel positive, and it will also assist your brain to release life enhancing and energizing endorphins.



Flip the Card Over

When we are really stressed the body reacts by activating the Autonomic Nervous System more commonly known as the ANS. It is the body's natural reaction to danger and it is our primary survival mechanism. We react very structurally by digging in our big toes (to get a better grip on the ground), tightening the calf muscles, get our arms in a fighting stance (getting ready to run fast or fight), tucking under the tail bone, clamping down the cranial bones (so the brain is kept nice and tight), locking in our jaw and reducing our breathing to a shallow breath. All this is an instinctive action so that we are primed to either "fight or take flight" in order to survive. With this shut down, thoughts are limited, and the body almost works on auto pilot. Now this reaction is fine when faced with danger and survival, however we are not meant to be in this state for long periods of time. Stress can cause the same reaction in the body and the results are often 'adrenal overload'.

A very useful way to assist the body in not reacting this way so frequently, when faced with situations of deep, non life threatening stress is to "**flip the card over**" and to defuse the stress. See if you are able to turn the negative into a positive and as you are taking the focus away by thinking of other thoughts. It allows your body to not react the same. A small example of this is when looking for a car park that is closer to the doors do not put your thoughts and energy into the idea of "I will never find a car park" instead focus on "a car park will be available" because guess what? We get what we focus on!



Best Evers

There are times when we are having an absolute horror of a day. To acknowledge how bad the day is will lower our energy however we can trick the mind/body connection to help raise that vibrational energy. Remember when we discussed language intention, a word that everybody likes is the word “Best”. Why? Because everyone likes to do their best at something, to be the best or even to wish for the best outcome. To assist yourself by backtracking in your mind, whenever you hear yourself saying “how bad you feel” or “what a bad day you are having” stop yourself and say “*just a moment!*” and rephrase the sentence to include the word ‘**best**’ in it.

Take the time now and examine how the two words affect you. Say out loud the word “*bad*”, notice how that makes you feel, where are you feeling it? Now say the word “*best*” and again notice the feeling?

Next make this statement “I am having the worst ever day” again notice and be aware of how this makes you feel? Negative? Unhappy? Yucky? I would like you to now say “I am having the **best** ever worse day”. Can you see and feel how adding the word ‘best’ makes you feel lighter? What happens is, the brain is now focused on the word “**Best**”.

This can be used at any time for any reason, and remember to allow yourself to say “*Just a moment*” and use that expression as a trigger to rephrase the statement. See how many ‘**Best Evers**’ you can have in any one day.



Compliment Yourself

It is a very nice feeling to be told you are nice, you dress well, how you speak or even how you cook. A compliment again, has the potential to raise the life energy. How about giving yourself a compliment? Start to notice and acknowledge all the good things you accomplish each and every day. Make the conscious connections and tell yourself “well done”, even go so far to pat yourself on the back. As adults we often take for granted many things that we find amazing and remarkable in a baby. Remember watching a small infant getting ready to start walking, the encouragement they received and the determination they utilized. The absolute wonder of success gave them the will to strive for bigger and better. Well be as encouraging to yourself, now! When you are feeling really tired and exhausted and you make tea for the family....say “Well Done!”

Find ten things that you accomplish daily and acknowledge the determination it took for you to achieve them. Sometimes when the thought of getting through the day seems just too great, give yourself a break and chunk it down to achievable manageable goals. Instead of spring cleaning the whole house, do one room at a time. Even the smallest room in the house, the toilet, can be done first and acknowledged as finished. If you are a list writer ensure that the items on the list are do-able and in small enough sections that you can tick them off when finished.

When you enjoy wearing an item of clothing tell yourself how nice you look in it, acknowledge the color, the way it brings out your complexion (eyes), or that you just enjoy the feel of it. Remember also that another person may also enjoy a compliment. Take notice of your surroundings and the people in it. Above all accept and appreciate a compliment that has been given to you and say thank you.

Attitude

Attitude is a choice we make. We can choose to be happy, excited, confident, sad or anything else. As humans we are all able to choose to participate in life. Think about the expression “glass half full or glass half empty”, they both actually mean exactly the same thing just expressed differently. Whether it is half full or half empty makes no difference energetically, when used appropriately. If you are drinking a ‘not so pleasant drink’ and the glass is half empty, that would be a good thing as you only have half left to drink. A petrol tank that is half full is great, as it allows you to choose how much further you can travel before you need to fill up. It is the attitude you choose that makes the difference. Using the above expression of half full/empty, a person that sees the world from a negative viewpoint can lower their life energy dramatically. The lower the vibrational energy the more inclined you are to feel despondent and sad.

When driving to a new destination and you take a route that is not so direct, enjoy the adventure and notice the surroundings. Be aware of what is happening, who knows what you may find. Life is an adventure and by choosing the appropriate attitude it will be an enjoyable one, so participate fully in it and have fun. Choose to be 100% present in life and also choose to be 100% responsible for that choice.

Think about situations in your life where, by choosing an uplifting attitude you can raise your life energy and there by lower your stress. Be conscious of a better way of looking at things and enjoy including these strategies in your everyday living.



Exercise

“Exercise!” I understand that this word can sometimes instill worry and anxiety in people however; our bodies require exercise for many necessary functions. Movement stimulates the lymph systems, it assists the muscles of the diaphragm and lungs to function more fully and the blood flow is moved along. For many the very word ‘exercise’ is a stress, so use the skills you have learnt in the previous chapters to exchange that word for another, let’s say “**movement**”.

Movement can incorporate many different degrees of energy. There is the beneficial movement of cross crawl (or marching). This is where the body uses opposite sides to stimulate and activate the left and right hemispheres of the brain. It encourages gentle movement of cerebral spinal fluid, which in turn nourishes the brain and activates the integration of the hemispheres. Gently march on the spot lifting the right knee and swinging the left arm, then swap over. This can be done for several minutes and each minute gradually increasing the movement to a more vigorous tempo.

For another form of movement, take a walk to your letter box and then back. As you meet someone, smile and exchange a nod. Gradually increase the distance you walk maybe walking to the corner of the road and back each time be aware of your surroundings. Is the weather nice? Are there any flowers growing? What are they and what color are they? Can you hear and identify any sounds? Again, congratulate yourself for the accomplishment of your trip and best of all enjoy your journey. Remember it does not have to be a marathon, just regular **movement**.



Face and Identify Your Stress

Stress is the major cause of many and varied health issues. Some factors that influence the stress in our lives are avoidable when we can identify them. A stress that is identified can be faced and dealt with. A person that is under a lot of stress begins to build up a “stress bank deficit” and as a direct consequence of that, their primary life energy is lowered. This life force is our very core of **Self!** It assists the immune system to work at its optimum, enabling us to function at our very best. A high life energy level is what allows us to keep good spirits and to feel happy and optimistic about life and health.

A list of possible environmental stress reactors can come from smog, EMR emissions, plastics, noise pollution, unclean water supplies, and chemical toxicities. We do not always have a great control over these matters and yet they can have a huge impact on our health and stress levels. They are especially antagonistic against a compromised immune system. We have subconscious stress factors: family beliefs; personal self beliefs; social etiquette; learned stress responses as a child as well. Lastly, we have conscious stress factors: drugs; alcohol; allergies; phobias and emotional disturbances.

Take the time to identify any causes that you feel may be contributing to your stress deficit- maybe one to two of the above you relate to? Is there anything you can do about it? How? When? Even just identifying the individual concerns enables your sub-conscious to be aware and to allow choice and action. As the stress bank deficit decreases your life energy automatically increases and you feel more in tune with your body.



Memories

Your brain is a super computer. It has many parts or components and an almost unlimited memory bank and capacity. It is often the memory of an incident or event that causes us the stress. Our brain records the information and finds an exact match, in our filing cabinet, of life's experiences. However, the brain cannot always differentiate between real and imaginary events. We therefore, have the opportunity to change the event so as not to cause stress. The past cannot be changed, the future is not set in stone, and the only time frame you have any ability to change is NOW! This is done by giving an alternative to the original response. A response is activated depending on the scale of pleasure or pain, whichever is higher gets the corresponding reaction. We do not want to remove all memory of events, because they are what makes us who we are. A situation where there has been any form of learning may be required to assist our survival in the future. What is required is to defuse the stress response of the memory. This allows for freedom of choice for the most appropriate response.

Imagine you are a movie director and you are about to film a new movie. It is one about your life and as you are also the star you have complete control about the set, the lines and the story. Make that story a better one than the true one. Change the characters, become the hero feel good about the ending. Think of a stressful life event, at the same time cup the back base of your head with one hand, place the other hand lightly across your forehead. Now make a new movie ending for that original incident. Remember you are the one directing this movie. It is your movie: see a better outcome; give the movie color; imagine the smell of success; taste the change. Encourage all of your five senses to become involved in the movie remake. How do you feel? Take your hands away now and tell me how you feel as you remember the original stress.....Great? Well done.....celebrate!

Keys



I have now given you ten primary keys to assist you to be able to function the very best you can. You now have to make the choice to be fully participating in your life. Which of the preceding areas are you able to do, which ones did you resonate with the most, are there any blank aspects? Would you like any further information or clarification, is there someone you can buddy up with to support you on your journey? This could possibly be a family member or a friend. Which key was your favorite? It is a useful idea to initially keep a journal of your journey. This helps by giving yourself a written record of the gains you have made, so that you may acknowledge and joyfully celebrate all achievements!

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After fully reading the ten steps, I now have a challenge for you! Instead of giving yourself many reasons why it is all too hard, sit down **now** and in your journal record **four** (4) reasons of, how and what you can do, to assist in changing your life. Then with each of those **four** reasons write down **four** ways you can implement those baby steps, so that they become a part of who you are now! Read this plan, you are now producing, aloud every day for the next **four** weeks, at least **four** times a day. I would like you to sign your commitment with today's date and to ask for someone to witness it as well. This becomes a 'contract' that you are making and by reading and stating your desire, you help to create new neural pathways so that these pathways become usual and happen automatically.

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The Universal Law of Attraction states you get what you focus on. If you are constantly focusing on the not so good, what you are not able to do, have or desire and all the negatives in life then this becomes your life. By following the tips in this E-book, you are choosing to be alive, to be happier and to dream and desire better things in life. Your life will be more connected with all that this Universe has to share and will happily provide.

Enjoy.....and choose to.....

Change your life ...today and

Nurture the ‘unique you’ with Hope and Health

For all those who are more interactive Marney runs fun-shops on a regular basis. Please contact Marney for details of the next Fun-shop where you will learn some basic kinesiology skills that you mainly use to assist yourself and your family to deal with stress.

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KINIQUE

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