

SIX SIMPLE WAYS

TO

REDUCE STRESS

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(2009)

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IMPORTANT

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Introduction

Stress is a serious problem in our "modern" way of life - and it is a major contributor to serious/fatal disease conditions (hypertension, heart disease, vascular disease, cancer, digestive disease, etc.). The following information is based on Dr Ben Kim's simple, yet powerful, ways to reduce stress. Try them for yourself - they really work.

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1) Breathe deeply and regularly

Breathing deeply and regularly can actually decrease the tone of your sympathetic nervous system and increase the tone of your parasympathetic nervous system, which is the portion of your nervous system that promotes relaxation and good digestion. The result - reduced stress.

2) Spend some quiet time every day in a relaxation meditation session

This type of activity has been noted to facilitate a "relaxation response" in your body that can decrease blood pressure, decrease pulse rate, and improve blood circulation. Meditation and relaxation sessions can be greatly enhanced by listening to a suitable audio program that is designed to facilitate optimal relaxation and mental clarity (see <http://campbellmgold.com> for titles).

3) Practice visualization

Spend some time each day visualizing yourself going about your day in a balanced and emotionally poised manner. You can include visualization in your prayer/meditation/relaxation session. As Wayne

Dyer says, "you'll see it when you believe it." Visualisation sessions can be greatly enhanced by listening to a suitable audio program that is designed to facilitate optimal relaxation and guided visualisation (see <http://campbellmgold.com> for titles).

4) Ensure that you are getting the nutrients that you need for a healthy nervous system

Your nutritional status can make all the difference between being able to handle a certain amount of stress without breaking down vs. quickly suffering health problems when faced with stress.

While it's important to your overall health that you eat a well balanced and nutrient-dense diet, for emotional health specifically, it is important to ensure adequate intake of Vitamin C, B vitamins, Vitamin D, and two long chain omega-3 fatty acids, DHA and EPA.

5) Be completely honest about your feelings

There is a reason why "know thyself" is a wise saying in virtually every culture of our world. Striving to know yourself and what you are truly feeling on a daily basis is absolutely essential to preventing unpleasant but genuine emotions from becoming chronic states. Anger, frustration, and anxiousness can all help to fuel personal growth and character development if you are honest with yourself and seek their root cause(s).

One of the best ways to increase your awareness of what you are "truly feeling" is journal writing. The rules are simple: no censorship, no possibility of another set of eyes being able to read your thoughts, just pure flow of thoughts from your mind and heart onto a piece of paper or your computer screen. Regular journal writing in this manner can be extremely beneficial to your emotional health.

6) Move your body and exercise

It is well established that regular exercise is one of the best habits you can adopt that will help you avoid depression and stay emotionally balanced. It doesn't matter what kind of exercise you do. What's important is to be active and use your joints and muscles on a regular basis.

Don't make the mistake that many health conscious people make and fret over the percentages of carbs, protein, fat, raw food, and cooked food in your diet while neglecting the emotional stressors in your life.

This is an important key - eating fresh, nutrient-dense foods is good for your health.

However, eating fresh, nutrient-dense foods while feeling emotionally balanced and at peace is even better!

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