



## STRESS AND RELAXATION



You can never drink enough water, so keep a bottle of filtered water in your car and drink it while you wait at red lights. This is an especially useful health tip for people who spend a lot of time on the road.

Music can bring calm and peacefulness to anxious moments. And the beauty is, it can travel with you. If you find music soothing, bring a Walkman with you on public transport, while waiting in queues, or when you're out walking or jogging.

Just like a dustbin the brain can overflow with unwanted "rubbish". Make an effort to empty your brain of all thoughts for five minutes three times a day. Visualize travelling through a white tunnel in which you leave behind all your unwanted thoughts and feelings.

Your mind is like the surface of a lake. It is calm and smooth until anxious thoughts start ruffling the surface. Drain the lake. Empty your mind. When there is no water, there is no surface. When there is no mind, there can be no anxiety. The empty head is the beginning of wisdom.

Do you find your emotional flow blocked by unwanted feelings? Unblock your flow by asking a friend to be your feelings facilitator. If your friend refuses, release your emotions by screaming loudly for ten minutes. Afterwards, write a loving letter to your friend, explaining why you feel let down.

Increasing your level of fitness can often seem difficult and impractical, but it doesn't have to be. Skipping is one of the quickest ways of getting up your heart rate, and the best thing is you don't need lots of time, space or expensive clothes and equipment.

Go outside, lie down on your back, spread your arms and legs in an X-shape and stare up at the sky. Stay in that position until you can feel your connection to the infinite. If you hear the rumble of traffic, you may be lying in the middle of a road. Ask the infinite if you can call back later.

Make space for yourself by getting rid of the clutter in your life. Throw away your unwanted clothes. Burn your old files. Clear out the rubbish in your attic. Dispose of your grandmother.

When you are experiencing stress in the workplace there is nothing more soothing than a herbal tea. Make the tea in a large mug, had a generous spoonful of organic honey, and pour the contents over the desktop PC of the person who's been annoying you.

Whenever you feel stressed, take a few minutes to think of a relaxing colour such as pale blue, white, mauve or green. Bathe yourself in this colour in your mind and then tackle your stress. See how much calmer you feel.