

# Rest & Relaxation

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Stress we all have it in our lives in one degree or another. Stress isn't always due to negative issues it can occur because of new and exciting events in our lives as well. These changes in our lives cause a chain reaction in our bodies and minds. They work overtime building up energy for us so we are better able to deal with the challenges we face.

This reaction our bodies have to stress provides us with the energy and strength to deal with major issues in our lives. Even when dealing with the daily rat race. In cases where a person is under large amounts of stress over a prolonged period of time, major wear and tear on the body occurs. This can lead to health problems or even in some cases death.

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Here are a couple of simple relaxation methods to help you unwind after a long day.

## [Simple Relaxation Exercise 1](#)

## [Simple Relaxation Exercise 2](#)

The effects of stress can be overwhelming so in order to protect ourselves it is important to become aware of our daily stresses. Once we realize what these are we can learn ways to reduce or manage them better.

Some common symptoms of stress are headaches, insomnia, heartburn, recurrent colds or infections and in some cases heart conditions. So how do we manage stress? Stress management is not a natural ability; you need to learn it.



## [10 Easy Tip to Reducing and Busting Stress](#) by: Christina Awram

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### One way is the COPE Strategy.

**C**ontrol only what you can; you can't control everything.

**O**pen up and talk about what is bothering you.

**P**ace yourself; don't take on more than you can handle.

**E**xercise!

## Food for Thought

**Use the wait and see attitude rather than immediately reacting and judging a situation.** Your perception can change the way you look at a situation. You can turn a bad situation into a positive one. We never know for sure how things will turn out in life, don't start off with a negative opinion of a situation. Sometimes the most unexpected negative thing to happen in our lives may turn out to be the best thing to ever happen to us. Before you label a situation as negative take a step back, go with the flow and accept things for what they are. If we can learn to change our attitude from negative to positive or at least to a neutral state we will allow ourselves the ability to manage our stress better allowing us to think clearly and make better decisions.

**Don't sweat the small stuff,** worrying about daily hassles is draining on the body and soul. Reserve your strength and power to deal with the critical events that happen in our lives. These issues will be difficult enough to deal with, without the added stress we put on ourselves with daily issues.

**Mini Vacations** help to reduce stress and repair our bodies. Throughout the day, take six to eight "mini-vacations" of 10 to 15 seconds each. Sit up straight with your shoulders back, take a deep breath and hold it for five to 10 seconds. Let your breath out slowly and repeat.

### Suggestions to help manage the struggles and frustrations of daily life:

#### ★ **Physical Exercise**

Begin your exercise program slowly. Don't burn yourself out before you even get started. Twenty minutes 3 - 4 times a week is all you need to feel the benefits.

Exercise releases tension, clears your mind and strengthens your body but regular exercise also increases your energy and stamina allowing you to accomplish all your daily activities.

#### ★ **Eat Properly**

Proper nutrition allows the body to deal with stress better.

Try not to eat at your desk or on the run. Enjoying the food you are eating will not only make you more relaxed but you will tend to snack less.

#### ★ **Rest & Relaxation**

Here are some ways to recover from stress: proper sleep of course is essential, but meditation, yoga, listening to music or just having a nice warm bath are great for counteracting stress, it slows down the body and reduces fear, anxiety and tension.

#### ★ **Recreation**

Allow time for yourself to be creative and playful, let your hair down, go for a walk, take a book to the beach, paint or draw what ever it is that you enjoy doing, get out there and do it.

#### ★ **Friendships**

Take time for your friends and family, the love and support you get from these people is nourishing and allows you to give them the same back. We all have our stresses in life and by sharing our ideas, problems and fears with others it allows you to voice them and get them out in the open to discuss. Sometimes someone looking from the outside in can give you a different perspective on the problem. Talk and listen to others, especially the ones close to you, and receive love and support to help give you strength. Talking about stresses in our lives help us take our mind off our problems and possibly gives you a new perspective on the situation. It is good to know you are not alone, that everyone has their stresses.

## ★ Humor

Laughing at life and ourselves is probably the most effective way to handle stress. Don't take life so seriously. Not all problems are as bad as you may make them out to be.

**How can you get all this done when you already don't have enough time in the day.**

Well, there is no easy answer on how to achieve balance in our lives. I am still working on that one myself. It is not something that will happen overnight there is no such thing as a perfect schedule. It is something you will have to work at and grow with.

**Here are a few suggestions to help you take the time to do things that are good for you:**

- ★ Learn to say "No" to additional requests on your time, you'll never be able to please everyone all the time, so make YOU the top priority.
- ★ Re-prioritize your commitments and get rid of what is not necessary.
- ★ Be aware of upcoming and major events. Preparing for these events ahead of time will reduce your stress when the time comes.

**Not exactly magic, but all good things take a desire and effort to make it a part of our lives.**




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