

## 7 Ways to a Stress-Free 2019

Wouldn't it be wonderful if your new year were absent of suffering? Certainly, all of us experience hurts and disappointments in the process of daily life. After all, living is emotionally messy. How can you lift up and avoid getting caught in the "prolonged pain zone?"

The following 7 quick tools will help you sustain emotional equilibrium.



**1. Find your personal stride.** We each have our unique way of working and playing. This year, drop the expectation that you are suppose to be like everyone else, and create the lifestyle to fit you. Go for it!

**2. Identify your unique danger signs that you are going beyond good stress into distress.** Common ones include headaches, stomach aches, anxiety, fatigue, insomnia, procrastination, and feeling blah. When you see these telltale signs, you can slow down and regain yourself. Remember, recovery takes 2Xs as long as prevention.

**3. Start your morning and afternoon with 15 minutes of quiet time.** Meditation, solo walk, free-form movement (e.g. dance or yoga).

**4. Allow your feelings to flow.** Emotions are transient states of awareness designed to bring you information to keep you emotionally safe in the same way other body senses keep you physically safe. Think of your emotional system as a river of feelings that flow through you constantly. When you try to stop, ignore, bury or turn them off, it's like creating a dam in the river. Now the emotions you were trying to eliminate are trapped in your body. When you readily recognize them, however, you create floodgates that let them flow into evaporation.

**5. When uncomfortable feelings show up, express them** a) on paper, b) with a safe listener or c) in movement. Otherwise, they can go underground and become a silent drag on your momentum. They can cause anxiety, procrastination, sluggishness, and depression.

**6. Interrupt anxiety (regardless of the cause) with a breathing break.** Close the door and your eyes to inhale 1-2-3-4, hold your breath 4-3-2-1, exhale 1-2-3-4 and hold your breath 4-3-2-1. Repeat this until you feel relaxed. Notice what you're experiencing in your body, and give it your full attention. Rest in this area of your body and allow whatever arrives until it becomes still.

**7. Have fun.** As Richard Branson says,

"... you are far more likely to succeed if you are enjoying yourself."

You have an organic emotional system that's smarter than you think. It's capable of managing whatever shows up in your life without causing suffering. You just need to turn it on.

Find out if your emotional operating system (EOS) is working at [Eosquiz.com](http://Eosquiz.com)

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HEALTH & WELLNESS

STRESS MANAGEMENT

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