



Learning to Relax

With Lionel Hartley, PhD

**250 Ways to Relax
& Reduce Stress**

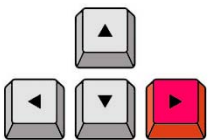
**Another Seminar by
Lionel Hartley, PhD**

Seminar: Learning to Relax

(AKA: 250 Ways to Relax)

Lionel Hartley 2015

Slide – 1: Title Slide



Slide – 2: About the seminar author

“The mole had been working very hard all the morning, spring-cleaning his little home. First with brooms, then with dusters; then on ladders and steps and chairs, with a brush and a pail of whitewash; till he had dust in his throat and eyes, and splashes of whitewash all over his black fur, and an aching back and weary arms.

Spring was moving in the air above and in the earth below and around him, penetrating even his dark and lowly little house with its spirit of divine discontent and longing. It was small wonder, then, that he suddenly flung down his brush on the floor, said ‘Bother!’ and ‘O blow!’ and also ‘Hang spring-cleaning!’ and bolted out of the house without even waiting to put on his coat.

Something up above was calling him imperiously, and he made for the steep little tunnel which answered in his case to the gravelled carriage-drive owned by animals whose residences are nearer to the sun and air. So he scraped and scratched and

scrabbled and scrooged and then he scrooged again and scrabbled and scratched and scraped, working busily with his little paws and muttering to himself, ‘Up we go! Up we go!’ till at last, pop! his snout came out into the sunlight, and he found himself rolling in the warm grass of a great meadow.

‘This is fine!’ he said to himself. ‘This is better than whitewashing!’ The sunshine struck hot on his fur, soft breezes caressed his heated brow, and after the seclusion of the cellarage he had lived in so long the carol of happy birds fell on his dulled hearing almost like a shout. Jumping off all his four legs at once, in the joy of living and the delight of spring without its

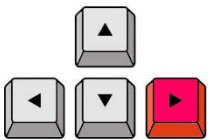
cleaning, he pursued his way across the meadow till he reached the hedge on the further side. ... It all seemed too good to be true.

Hither and thither through the meadows he rambled busily, along the hedgerows, across the copses, finding everywhere birds building, flowers budding, leaves thrusting – everything happy, and progressive, and occupied. And instead of having an uneasy conscience pricking him and whispering ‘whitewash!’ he somehow could only feel how jolly it was to be the only idle dog among all these busy citizens.

After all, the best part of a holiday is perhaps not so much to be resting yourself, as to see all the

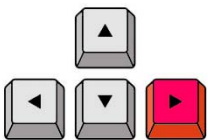
other fellows busy working. He thought his happiness was complete.”

That was a selection from the opening paragraphs of Kenneth Grahame’s *The Wind in the Willows*.



Slide – 3: Why relax?

Why is it so important to relax? We know that relaxation is good for us, but how exactly? Here are some of the benefits:

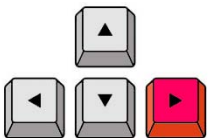


Overlay 1. Your stress levels will be lowered.

Stress in small amounts is okay – it motivates us to get things done.

When it starts hanging around for a long time and affecting our everyday lives, it's time to take some steps to get it under control. Daily relaxation helps to manage stress levels. Many of the 250 tips we will share over the two seminars on this topic, plus the handout on one hundred more ways to relax are focussed on this benefit of relaxation.

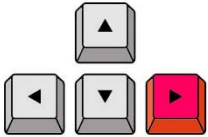
However, there is much more...



Overlay 2. Relaxation induces sleep.

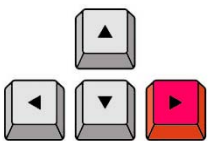
So you'll sleep better. Sleep is not only lots of fun, it also plays a really important role in making sure that we're functioning our best throughout the day. Find time to relax every night before bed and

chances are you'll find your quality of sleep improves.



Overlay 3. Your mood will improve.

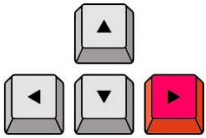
A great way to improve your mood is to give relaxation techniques like progressive muscle relaxation a go. Although it takes practice, it's easily learned and very worthwhile. We will be practicing this together in seminar 2. I'll also have a handout on this to guide you through it at home.



Overlay 4. Your memory will improve and you'll find it easier to concentrate.

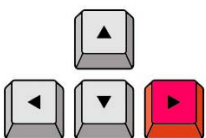
As mentioned above, relaxation usually means a better night's

sleep, which in turn does wonders for our memory and our concentration.

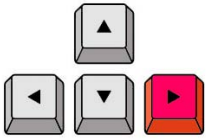


Overlay 5. You'll be reducing your chance of physical illness in the long run.

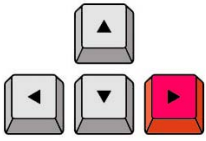
Being stressed for long periods of time puts lots of stress on our bodies, especially on our heart. Make it a habit to relax regularly now, and you'll be doing yourself a favour in the long run. Relaxation helps the body's immune system, making you more resistant to disease.



Overlay 6. Relaxation is invigorating and rejuvenating.



Overlay 7. It is pleasurable



Overlay – (Feel Good Chemicals)

You'll enjoy it – relaxation releases four primary “feel-good” chemicals into our body:

dopamine, serotonin, oxytocin and endorphin.

The release of dopamine results in the good feeling you get when you approach a reward.

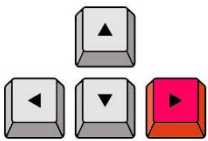
The release of serotonin results in the good feeling of getting respect.

The release of oxytocin results in the feelings of trust & bonding, and the release of endorphin results in the euphoria that masks physical pain. (See bonus slide)

Relaxation has no unpleasant side effects, it is low energy

consumption yet has a high energy yield.

Relaxation does, however have some positive side-effects such as the unmistakable ability to enjoy the moment, frequent acts of smiling and laughing and a very serious inability to worry or to be anxious.



Slide – 4: 250 Ways to Relax

The ability to relax is important in effectively managing stress and anxiety. When we feel stressed, our bodies react with what is called the “fight or flight” response.

Our muscles become tense, our heart and respiration rates increase, and other physiological systems become taxed. Without the ability

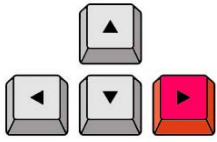
to relax, chronic stress or anxiety can lead to burnout, anger, irritability, depression, medical problems, and more.

Allowing yourself to deeply relax is the exact opposite of the “fight or flight” response.

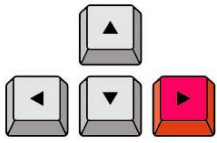
In 1975, Herbert Benson described what he referred to as the “relaxation response.”

This is the body’s ability to experience a decrease in heart rate, respiration rate, blood pressure, muscle tension, and oxygen consumption.

Let’s look at some ways to trigger this relaxation response – in other words, let’s learn to relax.

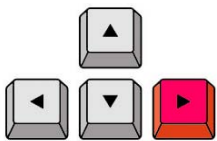


Slide – 5: 250 Ways to Relax (Continued)

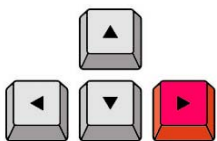


Overlay: Add a little comfort to your life

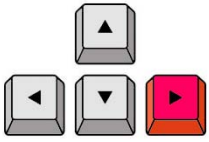
Whether that means faux-sheepskin covers for your car or a big, soft bath towel for you. Go on holiday. Whether you leave for a week or you actually only take a fifteen-minute walk around the block without your mobile phone, sometimes an escape from reality is all it really takes to re-energize and rejuvenate yourself.



Overlay: Alarm clocks are rude
Learn to wake up naturally.



Overlay: Allow time to yourself



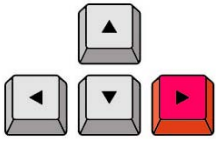
Overlay: Alter your environment

Where you spend time has a subtle influence over your state of mind. Consciously we may not be always aware of this; however, you will notice that in some rooms it's easier to relax and be at peace.

Look at your room; if you see piles of clutter these will act as constant reminders of things you need to do. These constant subconscious reminders are a heavy weight on the mind.

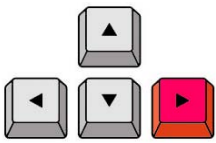
If you tidy up the room and create a pleasant environment, it will make you more productive and make a big difference to your state of mind and enable you to relax.

Don't be reluctant to spend a little money on things like air-fresheners and flowers.



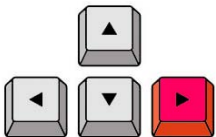
Overlay: Backup important computer files

He who laughs first backed up at last.



Overlay: Be alone

Not everyone needs a log cabin the woods, but a few minutes of alone-time can help you collect your thoughts and clear your head.

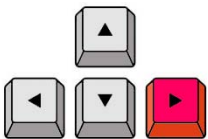


Overlay: Be realistic

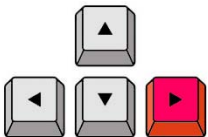
Set practical goals for dealing with situations and solving problems. Develop realistic expectations of yourself and others.

Setting our expectations or goals high may seem like a useful way to push ourselves and get things

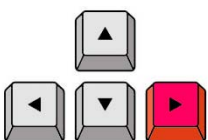
done, but we may also set ourselves up for disappointment and continued stress. Find the courage to recognize your limits. Goals should be SMART – that is Specific, Measurable, Attainable, Realistic and Timely.



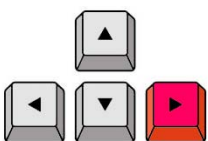
Overlay: Become a better listener
Learn to listen actively.



Overlay: Break large tasks into smaller, more manageable parts.
The only way to eat an elephant is one bite at a time.



**Slide – 6: 250 Ways to Relax
(Continued)**



Overlay: Break out the bubble wrap

Bubble wrap relaxation therapy is the act of popping those little bubbles on bubble wrap.

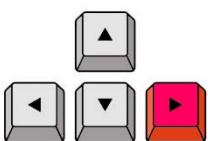
It can really do wonders to make you lighten up, almost immediately.

So what sort of psychology is at play here?

It's definitely getting your mind off your troubles, but here's the rub: you have to keep at it for at least a minute to get the full effects.

Just popping a few bubbles might make you smile, but you need to keep the popping going if you want to feel really good.

It's been compared to the post-massage feeling you get.

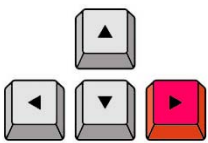


Overlay: Breathing

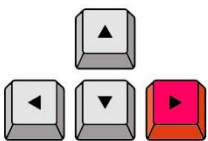
Relaxing breathing exercises are useful since you can perform them anywhere.

There are ones where you cover a nostril and breathe through your nose, alternating which nostril you're covering, and others where you are encouraged to breathe deeply and let more air in.

You may be surprised how shallow your breathing has become, and also how focused you get when you start breathing consciously.

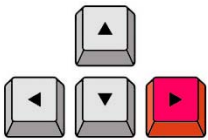


Overlay: Brew a cup of camomile tea and drink it out of a proper teacup with saucer.



Overlay: Brush your hair (if you've got any)

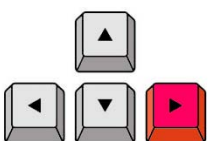
Really, it doesn't look like a rat's nest, but even if you've already done your 100 strokes for the day, repetitive motions such as running a brush through your hair, washing dishes, or knitting can cause the body to relax.



Overlay: Brush your teeth, and wash your face

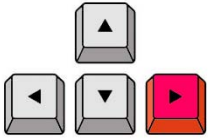
People usually start their days with these two activities.

According to Life Coach Natasha Lindor, “By connecting to something that is part of your ‘start the day’ routine, you give your brain signals that you’re starting fresh.”



Overlay: Buy a beanbag; Fall

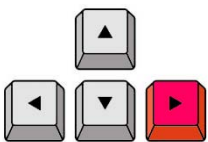
asleep watching TV



Overlay: Buy a box of chocolates

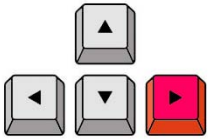
If you are into eating chocolate, just *one square* can calm your nerves.

Dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism according to an article titled “Metabolic effects of dark chocolate consumption on energy, gut microbiota, and stress-related metabolism in free-living subjects.” (From the *Journal of Proteome Research*, August 2009)

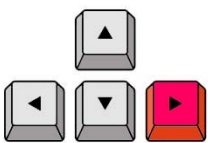


Overlay: Buy a pen on a cord and stick it on your fridge or the side of your home or office telephone so it won't disappear.

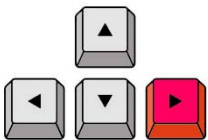
Zero loss equals zero stress having to look for it.



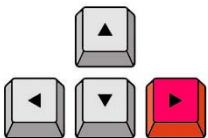
Overlay: Buy yourself a bouquet of your favourite flowers and have them delivered to your door.



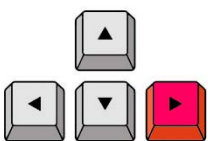
Slide – 7: 250 Ways to Relax (Continued)



Overlay: Call your mother or mother-in-law



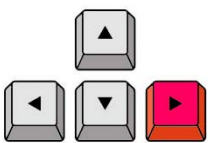
Overlay: Change your attitude – think r-e-l-a-x...



Overlay: Chew gum

According to a study done by the NICM Collaborative Centre for the Study of Natural Medicines and Neurocognition at the Brain

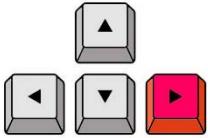
Sciences Institute of Swinburne University in Melbourne, and published in the journal of *Physiology & Behaviour* in 2009, (quote) “Chewing gum alleviates negative mood and reduces cortisol during acute laboratory psychological stress. Minty, fruity, or bubble-gum flavour, a stick of gum is a surprisingly quick and easy way to beat stress. Just a few minutes of chewing can actually reduce anxiety and lower cortisol levels.”



Overlay: Choose a coloured light-bulb and view your world – or the room at least – with a rose-colored (or blue, or purple) tint.

We have very pale lemon-coloured lampshades on our bedside lamps,

as lemon colour (even if painted on the walls) is a relaxant.



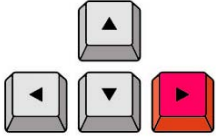
Overlay: Choose not to stress

It might seem like there are outside forces causing you to stress, but it's actually originating from the thoughts you're thinking in your mind about the situation that you're in.

If you had the choice not to stress, you'd likely choose not to.

Realizing that the choice is yours is something that most of us forget about in the moment, when we've already painted ourselves into a self-imposed corner and think that there are no other alternatives but to stress out about it until conditions change.

Not so. Choose not to stress.



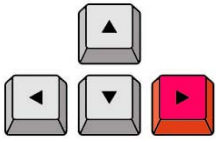
Overlay: Choose your thoughts.

A lot of the time we might get stuck on a certain thought, and start to believe that we are the thoughts that we have.

But the thoughts we think are as ubiquitous or ever-present as the clouds in the sky, and we are not the clouds, we are the sky itself.

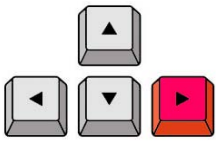
We are what's left after the clouds have floated by, and we are what is giving a home to our thoughts.

So if it's a series of thoughts that have you fearful, just relax, let them float by, and get on with your life.

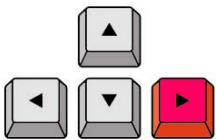


Overlay: Clean your desk.

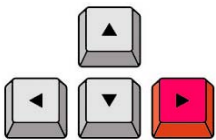
My wife would probably suggest this to me sometimes, but I could argue that I'm too busy relaxing.



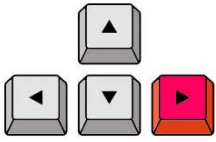
Overlay: Complete a jigsaw puzzle, preferably featuring a soothing scene.



Overlay: Count backwards very slowly, starting at 100.



Overlay: Count your many blessings; name them one by one. And it will surprise you what the Lord has done.



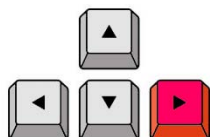
Slide – : 250 Ways to Relax (Continued)

Create a list of relaxation tips to share

Here's an example. I call this the *Anytime Mini Relax Routine* because it is brief and can be done anywhere. I sometimes use it after a long train journey in the few minutes before I get to my destination. Let's all try it together now.

Sit comfortable. Scrunch up your face and then relax it. Tense up your arms and then let them completely relax. Let them rest floppily in your lap. Tense up your shoulders and your chest and then ... relax them. Do the same for your legs – stretch them out, tense them up ... now relax. Finally take

a deep breath in, hold it, now
breath out all the tension and
stress. Relax.



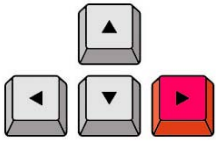
Slide – 9: 250 Ways to Relax (Continued)

Overlay: Create a YouTube playlist

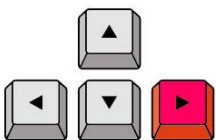
I'm personally not into such things, but if you are, go to *youtube.com* or a similar video-sharing website and create a playlist of either funny clips, your favourites songs or inspirational videos that make you feel better. Anytime you start to feel stressed it's just a matter of queuing up your playlist and it will play the videos back-to-back.

That way you can continue on with whatever you were doing, but now you'll be happier and more

motivated, and not stressing out as much as you before you started the playlist.

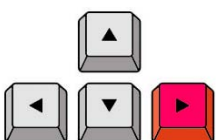


Overlay: Cross something niggling (but ultimately not vital) off your to-do list, even though you didn't get it done. Let it go.



Overlay: Cut down on sugar.

Sugar will stimulate your brain and make relaxing much more difficult.



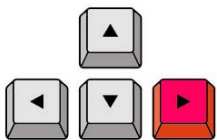
Overlay: Deep breathing

If you are short on time, one of the quickest ways to relax is to take a few deep breaths.

Anxiety can cause people to breathe more rapidly than normal

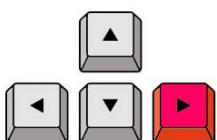
and taking deep, slow breaths can be an effective aid to relaxation. If you are frequently feeling anxious or stressed, it can be helpful to implement deep breathing in to your regular routine by doing breathing exercises regularly.

In through your nose; out through your mouth.



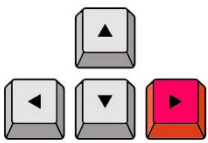
Overlay: Delete all the emails in your inbox

I do this regularly, however I back them up to a folder identified by date, just in case I need to access them in the future.



Overlay: Determine a maximum amount of money that you are “allowed” to spend and go

shopping for new shoes. And a purse. And clothes... Remember too, that items from an op-shop may be pre-loved, but they are new to you.



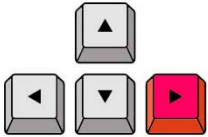
Overlay: Detox your body

Now there are two ways of doing this. Firstly, there are kits you can get that are specifically designed for each of the internal systems of the body such as the colon and the liver.

The second method is the easiest and most natural. Our creator has already put within our body a built-in detoxifying agent, the liver.

If we are sensible in what we put into our bodies and drink plenty of

water, we can minimise and flush out toxins and, chances are, we'll feel less stress and stop blocking the good feelings from happening.



Overlay: Do a crossword puzzle

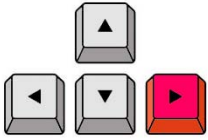
Number 10 across: Anxious, overwhelmed, or freaking out (seven letters starting with 'S').

If you guessed "Stressed," you're in good shape to try some crossword puzzles.

Brain games that require lots of concentration can help take our mind off whatever's worrying us, according to Dr S J Bishop, of the Department of Psychology and the Helen Wills Neuroscience Institute at the University of California.

The study was published in the

Journal of Nature Neuroscience,
December 2009.



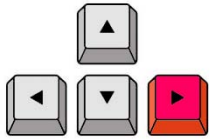
Overlay: Do an 80–20 analysis

If you look at it, about 80% of your stress is likely coming from 20% of your daily life, potentially even less.

You might find that almost all of your stress is coming from one specific area.

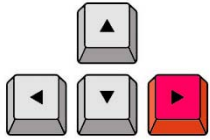
Locating the areas that are causing you the stress is important because you can then go about fixing it. You'll also notice that 80% of the success you're having at beating your stress is coming from 20% of the things you're trying.

Simply stick to doing more of that 20% and you should become



relaxed in no time.

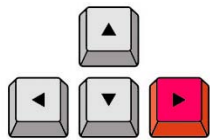
Slide – 10: 250 Ways to Relax (Continued)



Overlay: How much do you depend on the opinion of others?

When we worry what people may think or say, we place a burden on our mind. Subconsciously we work towards trying to please others.

However, when we have this state of mind it becomes impossible to relax. No matter what we do or say, there will always be someone who manages to criticise or find fault.



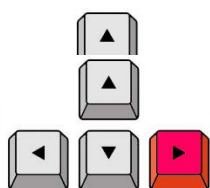
Therefore, we should develop an attitude of detachment to both praise and criticism.

This doesn't mean we're indifferent to the views of others; it

just means we won't allow ourselves to lose our inner peace because of their opinions.

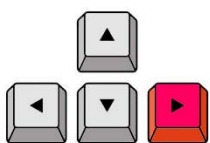
This piece of advice isn't easy to implement but over time we can gradually give less importance to the views of others.

Relaxation can only occur if we aren't constantly thinking about what others are saying and doing.



Overlay: Do not expect too much of yourself.

When there is too wide a gap between self-expectation and your ability to meet the goals you have set, feelings of inadequacy are inevitable.



Overlay: Don't waste time on what

you can't change

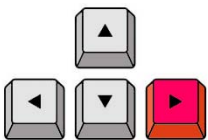
Find other ways to think about stressful situations.

Life is 10% what happens to us, and 90% how we react to it.

Talk to yourself positively.

Remember, "I can handle it," "this will be over soon," or "I have handled difficult things before, and I can do it again."

Also, practice acceptance. We need to learn to accept things we cannot change without trying to exert more control over them.



Overlay: Do one thing at a time and enjoy doing it.

When you've completed your necessary work, then you have the

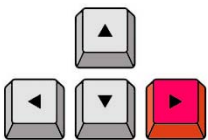
reward of pleasing yourself
without a guilty conscience.

Overlay: Do something ‘mindless’
and repetitive.

No, that does not mean watching
reruns on TV.

You can relax your mind by doing
the dishes, folding laundry, raking
leaves, going for a walk, bicycling,
rowing, swimming, sweeping...
anything that doesn’t require a lot
of mental faculties and lulls you
into a wonderful repetitive pattern.

If you can be out walking in
nature, all the better!

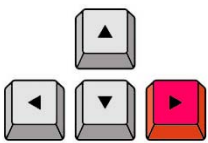


Overlay: Do something goofy.

It could be a matter of trying

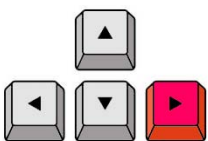
something zany that you haven't tried before.

Maybe playing a harmless practical joke or buying or making and using a ridiculous looking stress ball.



Overlay: Do something small that will make your life simpler.

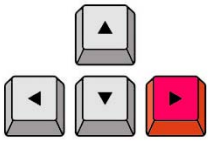
For example tear up a few sheets of scrap A4 paper into quarters and staple them together in the corner. Put these by the telephone for doodling or note-taking.



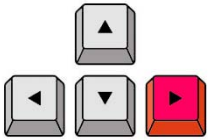
Overlay: Do something that only younger people do.

Although I am retired, as a young person still, I can vouch for the fact that there are lots of fun

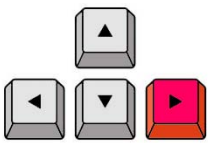
relaxing things to do.



Slide – 11: 250 Ways to Relax (Continued)



Overlay: Do something you love and allow yourself to become fully immersed in it. Time seems to stand still and no distracting thoughts intrude on your bliss.



Overlay: Do the “work of worrying”

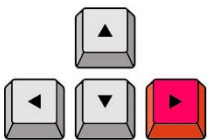
In the book *The Now Habit*, Neil Fiore says that worrying can be useful, but you have to make sure that you worry all the way through.

The reason that stressing out can be debilitating is that you haven’t taken it all the way to the end.

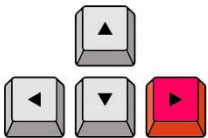
What really would be the worst-case scenario if what you’re

dreading actually happened. How would you handle it? What would you do to make the situation better?

Realizing you'll be all right if everything does go wrong is a big step in getting over those feelings of stress and anxiety.



Overlay: Don't allow others to make you feel pressured

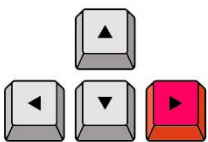


Overlay: Don't watch television

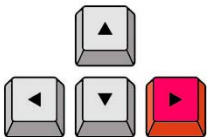
Even though watching your favourite TV show might help to relieve your stress, it's going to be packed with commercials advertising foods and products that you don't really need, and that will just make you feel worse. Also, it's

just a temporary escape and you'll be staring at your situation when you get back, with no progress being made on how you feel.

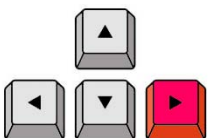
If you really want to watch TV, get a wholesome inspiring DVD so you can bypass all of the ads and just watch what you want to watch.



Overlay: Don't watch the news, especially when you are eating



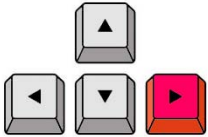
Overlay: Don't gossip at the company water cooler or coffee pot



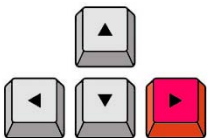
Overlay: Don't procrastinate

Don't put off until tomorrow what you can easily do today.

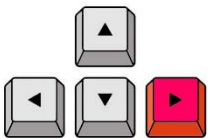
Set yourself and follow a timetable and there will be no such thing as a last minute panic.



Overlay: Don't rely on physical/chemical sources for relief of anxiety and stress.



Slide – 12: 250 Ways to Relax (Continued)

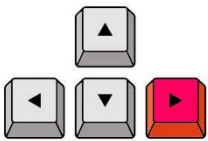


Overlay: Doodle

Even if you can't draw at all, doodle. Mindlessly scribbling shapes that may or may not mean anything will simultaneously relax and focus your mind.

And who knows, you might just invent something or solve a pressing problem!

Overlay: Download some of the favourite songs from your youth, and see if you can still remember the lyrics well enough to sing along.



Overlay: Dress comfortably

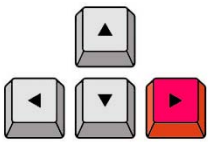
Something as simple as the clothes you wear can have a direct impact on the way you feel.

If you've noticed that you feel stuffy and hot, and this leads to increased feelings of stress, do your best to change your wardrobe a bit at a time until you find a comfortable clothing level.

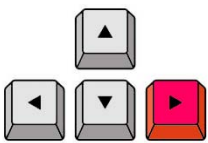
It might be hard if you have to wear certain things for your job, but even if there's a strict dress code you can still experiment with

looser fitting collars and look into obtaining a more comfy pair of shoes.

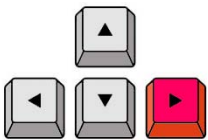
It's about keeping yourself comfortable, both mentally and physically.



Overlay: Drink a fruit milkshake



Overlay: Drink more water



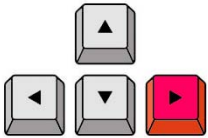
Overlay: Drink warm liquids.

Not too hot drinks help to relieve tension and reduce stress.

Look for hot drinks that lack caffeine and alcohol, as these can stimulate anxiety and depression.

Camomile and green tea contains certain natural chemicals linked to

reduced stress levels. Drink it hot or iced to get the peaceful benefits it provides.

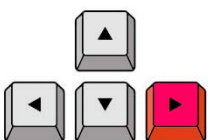


Overlay: Drip cold water on your wrists.

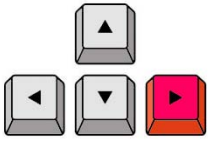
Forget the perfume and go with water.

When you need to relax, head for the bathroom and drip some cold water on your wrists and splash a few drops behind your earlobes.

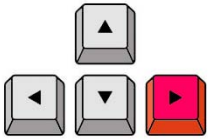
There are major arteries right underneath the skin, so cooling these areas can help calm the whole body.



Overlay: Eat more fruit.



Overlay: Eat outdoors: soak up the sun or relax in the shade.



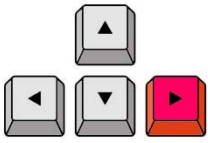
Overlay: Eat super-foods.

Super-foods are those that contain antioxidants and phyto-nutrients that work to give you more energy, clarity, and a positive outlook, as well as battling free radicals to help you live a longer and happier life.

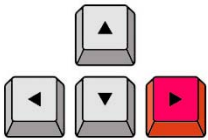
The good news is you don't have to go crazy and start eating nothing but superfoods, but incorporating more of them into your life will have a direct and measurable impact on your stress levels.

Any good book on nutrition from the library or the Sanitarium Health Food Website will give you

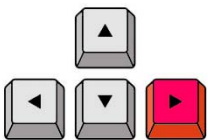
some ideas.



Slide – 13: 250 Ways to Relax (Continued)



Overlay: Enjoy a candlelit three-course meal, with your best china, a placemat and a cloth napkin.



Overlay: Establish a routine

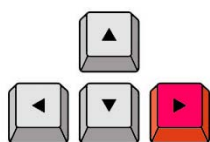
If you like to have your days as unstructured as possible, this may actually be leading to more stress.

Try establishing a routine that allows for all of the things you like to do in a day, and then repeat that again and again.

You can then begin to find strength from your routine, rather than feeling like you're in a rut. The

reason this works is because it helps the mind realize that you have things under control, and it knows what to expect.

It gives it parameters to work with, instead of not knowing what you'll be doing on any given day.



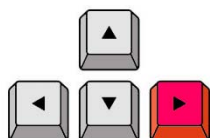
Overlay: Exercise – anything that's fun for you

Exercising regularly can help relieve some symptoms of depression and stress, and help us to maintain our health.

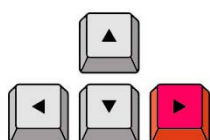
Exercise can build confidence, self-esteem, and self-image.

It is also a great way to take time for yourself, blow off steam, and release physical tension.

Overlay: Explore your artistic side: draw, paint, write or even make something out of paper maché.



Overlay: Find a support system – faith communities are great for this kind of support.



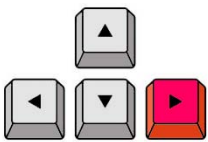
Overlay: Find something/someone bigger than yourself to believe in

If you've been feeling like the world is on your shoulders and that it's all up to you, or feeling like you'll never get it all done and there's too much to do, it can help to take a broader look at the universe you inhabit and see that you're a little part of something bigger.

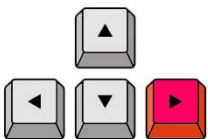
If you have a faith in God, believe

that He can help you. If you have no faith in a higher power, at least do yourself a favour and challenge yourself to investigate the possibility.

After all, 2.18 billion Christians of all ages around the world, representing nearly a third of the estimated 2010 global population of 6.9 billion, can't be entirely wrong.



Overlay: Find somewhere quiet and simply enjoy the silence

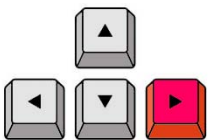


Overlay: Fix Something

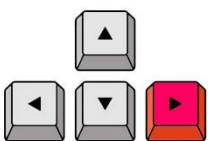
If you're having problems in one area of your life, it can be therapeutic to fix something in an unrelated area.

It can be anything, from a leaking water-tap to other minor home repairs, or even a relationship with someone that's been a bit rocky lately.

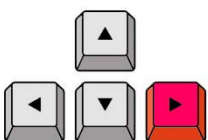
It's a way of proving to yourself that you can solve problems and mend things, and when you return to your original problem you'll find that you have new clarity and confidence and can come up with a more creative solution. Take a moment and look around.



Slide – 14: 250 Ways to Relax (Continued)



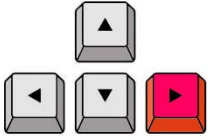
Overlay: Forgive yourself for every mistake you've ever made



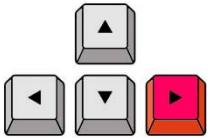
Overlay: Forgive others

Clear the air; clear the conscience;

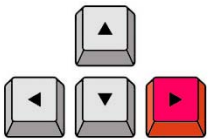
have peace in your heart and peace
in your sleep



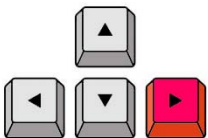
Overlay: Get a big Chinese noodle
soup for lunch (warm water is
good for stress)



Overlay: Get a bird feeder



Overlay: Get a haircut that saves
you time



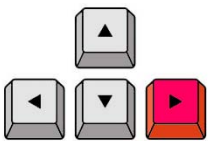
Overlay: Get a hobby – maybe a
new one, perhaps one you have
neglected.

If you're spending too much time
worrying, it could be that you have
too much idle time. Filling up your
time with a worthwhile hobby or

other activities can help keep you in a positive state, and away from thoughts that cause you to stress.

A hobby doesn't have to be one that is artsy and craftsy, you can become an enthusiast of the theatre and start going to all of the plays that come to town, or you can become a lover of symphony and make sure to attend all of the orchestral performances in your area.

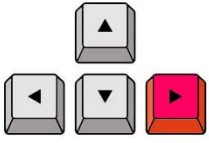
You could volunteer at an op-shop, playgroup or men's shed.



Overlay: Get a pet such as a goldfish or tropical fish. Just sit and watch them.

If their tank is illuminated, turn off the room lights and watch them

swim.



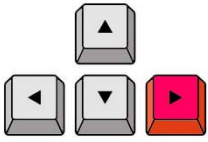
Overlay: Get active

If you are feeling stressed out, one of the best things you can do is go for a run or hit the gym.

Although you may feel more inclined to veg out in front of the TV to relax, exercise is great for releasing mood-boosting chemicals such as endorphins and anandamine, which can help to lower anxiety and increase mental wellbeing.

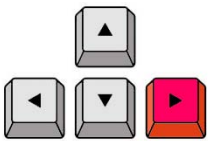
As well as having a great effect on your mood and stress levels, exercise is also good for taking your mind off problems and helping to induce sleep.

Which brings us to the next tip...



Overlay: Get better sleep

It's not just the quantity of sleep that you get, it's the quality. This includes setting up your sleeping environment so that it's conducive to catching some z's, as well as preparing yourself for bed several hours beforehand by partaking in relaxing and pleasing activities.



Overlay: Get fishy

Several different types of fish contain omega acids that will help the body to feel more relaxed and calm and less stress. One of these is salmon, and another is tuna.

You can also try mackerel, sardines, anchovies, trout, and even oysters and mussels.

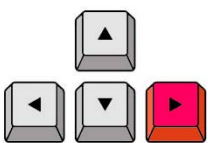
My wife and I are vegetarians, so

fish just isn't our thing. Like us, you can also find omega-3s in food items like chia seeds and flax seed.

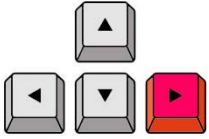
You can even find it in products like hemp milk, although I haven't tried it, so I don't know what it is like.

The important thing is to increase your intake of them, even if you have stoop to using supplements.

Another way to get fishy and relax is fishing. I have never enjoyed the sport of fishing, although I found being out in a boat with my brothers or alongside a riverbank with a friend afforded me a great opportunity to relax with a book (or two or three) while they fished.



Slide – 15: 250 Ways to Relax



(Continued)

Overlay: Get help on the matter

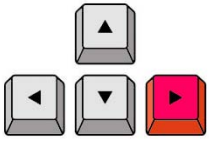
If your pride and ego won't let you ask for help, you could be piling the stress onto yourself unnecessarily.

If a situation is so big that you need to bring in some help, get that help.

This could be in the form of adding people to the project, or speaking with a health professional about what you're feeling.

Wallowing in stress when the solution is just a phone call or an email away doesn't make sense.

Swallow your pride, get off of your island, relax and interact with those that can help you.



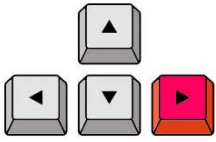
Overlay: Get horizontal

It could just be a matter of lying down and taking a rest.

This takes the pressure off of your major joints and can be an instant way to get your body to calm down on a physiological level.

Often the brain will respond to what the body is feeling, just like the body responds to what the brain is thinking.

You don't have to sleep at all, and you can, if you choose, continue thinking about what is stressing you, you'll just have a new angle (literally) to think about it, and you'll probably come up with better thoughts from this more relaxed position.



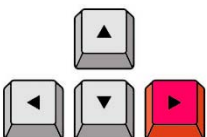
Overlay: Get organized and take charge

Being unorganised, disorganised or engaging in poor planning often leads to frustrating or crisis situations, which most always leads to feeling stressed.

Plan your time, make a schedule, establish your priorities.

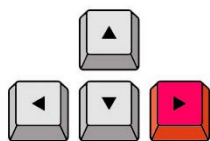
Do this regularly until it becomes a productive habit. Take responsibility for your life.

Be proactive. Problem-solve and look for solutions rather than worry.

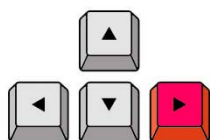


Overlay: Get rid of odd socks and all the underwear or lingerie that you never wear so you don't have

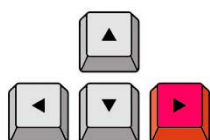
to sift through it every day.



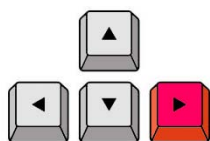
Overlay: Get some friends together and play tennis or golf, toss the ball around or do something new and exciting in the world of sports.



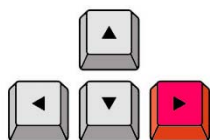
Overlay: Get the kids off to a friend's house for a sleep-over



Overlay: Get together with some friends to chat or to commiserate.

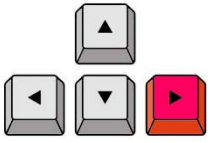


Overlay: Get your kids to put their dishes in the dishwasher

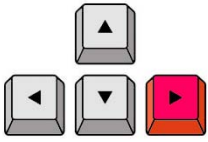


Overlay: Give a spare key to your neighbour or secure it somewhere other than the electric meter box,

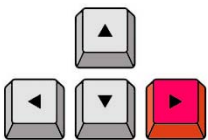
under a flowerpot or doormat.



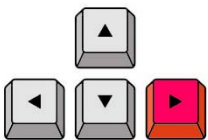
Slide – 16: 250 Ways to Relax (Continued)



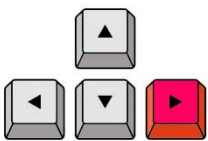
Overlay: Give yourself a nice manicure or pedicure to pamper yourself



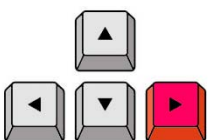
Overlay: Go all day without makeup or wearing a tie



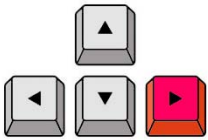
Overlay: Go for a drive at dusk with the top down, sunroof open or windows down. Music optional.



Overlay: Go for a walk in the city

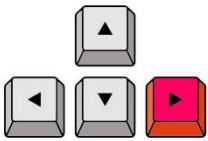


Overlay: Go get two hot drinks: one for you, and one to share

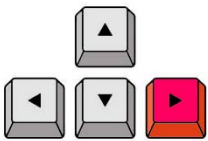


Overlay: Go on a boat ride.

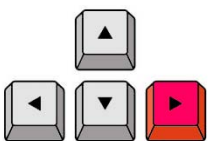
Canoe, sailboat, yacht, kayak – it doesn't matter the kind of boat, only that you have a nice relaxing time on the water.



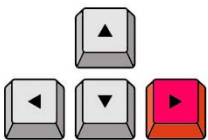
Overlay: Go on vacation – a weekend, a week, or just overnight.



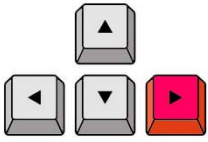
Overlay: Go outside – fresh air, oxygen to the brain, a change of place and pace.



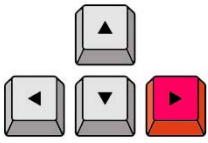
Slide – : 250 Ways to Relax (Continued)



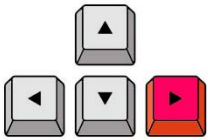
Overlay: Go somewhere high with a vast view



Overlay: Go to a concert



Overlay: Go to a lake and skim rocks on the surface



Overlay: Go to bed with a ritual. A ritual is not some strange bedfellow, but a little ceremony that fixes sleep and relaxation into the same mental mould. It enables us to easily transition between activity and relaxation.

“The ritual process brings us renewed balance, empowerment, energy and comfort,” writes Jennifer Loudon in her book *The Woman’s Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life*.

This gives you a specific time to

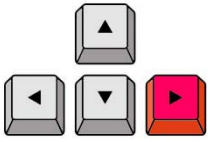
focus on nurturing yourself and your needs. The key, according to Loudon, in creating a daily ritual is repetition. Here's an example from her book:

“Light a candle or two by your bed. Turn off the other lights. Stretch across your bed, taking your time, exaggerating your movements.

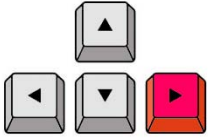
Feel the cool sheets against your body. Moving slowly, open a book of poetry (or an uplifting...book), and slowly read a page.

Allow the wisdom and beauty of what you are reading to enter your mind. Put the book aside.

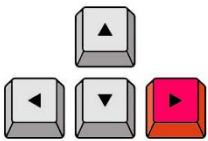
Take a minute to concentrate on the candle flame. Blow out the candle, and curl into peaceful sleep.”



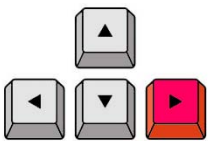
Overlay: Go to the beach



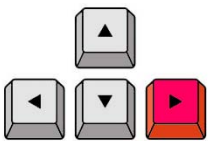
Overlay: Go to the city library and just sit down



Overlay: Go to the park and swing as high as you can



Overlay: Go to your local botanic gardens look at the plants, smell the scents, watch the birds and butterflies, and relax.

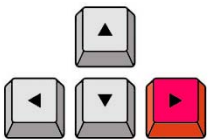


Overlay: Go with baby steps

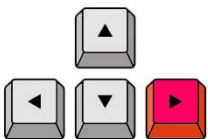
Many of us try to conquer our stress in one big leap. But waiting around for the magic bullet that totally kills your stress instantly can cause you to stress more.

It's better to attempt a more gradual shift by looking for a single thought that feels better than the one you were thinking that was causing the stress.

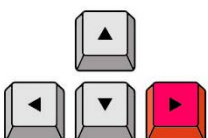
It's hard to go from being totally stressed out to being totally relaxed and calm, but if you just stick to trying to feel a little better, and then a little better, eventually you'll be miles away from where you originally were.



Slide – : 250 Ways to Relax (Continued)



Overlay: Have a long conversation about nothing

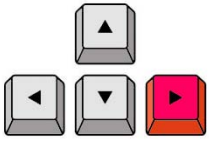


Overlay: Have a hug, give a hug
Hugging is practically perfect:
there are no movable parts, no

batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, and of course, fully returnable.

Having a hug is a renowned mood booster, and research findings published in the journal of *Psychomatic Medicine* have reinforced what we knew all along - that having a good old cuddle is great for reducing stress.

Having physical contact has been found to raise levels of oxytocin - the “love hormone” - and lower levels of stress hormone cortisol, putting us in a more relaxed frame of mind.

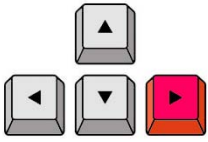


Overlay: Have or give a massage

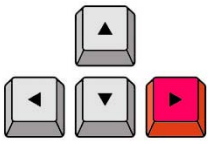
This might not be something you can do immediately when you're feeling stressed, but it's great to add to your weekly or monthly routine as a comprehensive approach to chilling out.

It helps to keep the muscles relaxed, and if you go to a proper massage therapist they'll be able to work on specific problems you're having with parts of your body, which can help relieve pressure and keep you feeling good long after you've had a session.

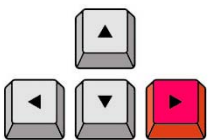
If massages not in your budget, then try a personal mechanical or electric massager that can also be used with a partner.



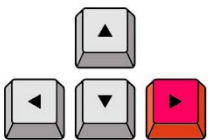
Overlay: Have a picnic, complete with a blanket, a bottle of water with the juice of half a squeezed lemon in it, a deli lunch and some fresh strawberries.



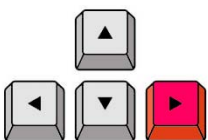
Overlay: Have a sleep in



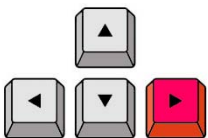
Overlay: Having a change is as good as a rest



Overlay: Head down to the beach and walk barefoot along the wet sand at the water's edge

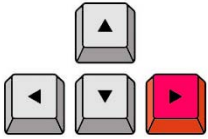


Overlay: Help someone less fortunate

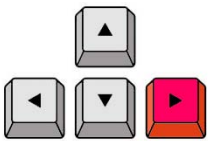


Overlay: Hire someone to come

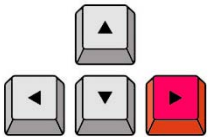
clean your home



Overlay: If it's winter, sit by a fireplace

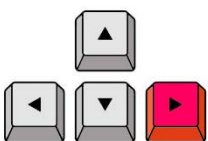


Slide – 19: 250 Ways to Relax (Continued)



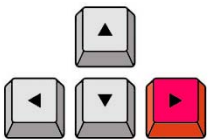
Overlay: If you have pets, cuddle and play with them.

Many studies have shown that petting a dog or cat lowers blood pressure and releases oxytocin, a substance released during breastfeeding and orgasm (its main function is to create trust and an emotional bond).

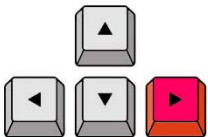


Overlay: If you're alone, wear loose fitting clothes or, if you're

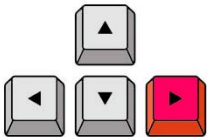
brave enough, close the blinds and walk around naked. No waistbands, no collars, no ties, to tight shoes.



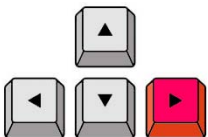
Overlay: Imagine you won a few million dollars, and write down all the delightful ways you'd spend it.



Overlay: Join a fun group



Overlay: Keep a journal/diary; read last year's entry



Overlay: Keep blood sugar in check

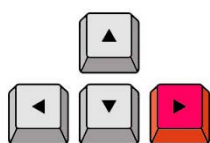
If your blood sugar levels have peaks and valleys this could trigger your stress if you start getting the

jitters and feeling like you have heart palpitations.

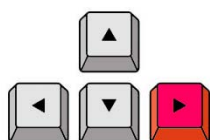
Keeping them relatively even throughout the day should also help you maintain your focus and have more energy so you have a great day and stay on the ball.

Added benefits are that you'll likely lose weight if you've never given much thought to these levels before.

You could also be preventing diabetes, so even less to worry about.



Overlay: Keep important documents secure



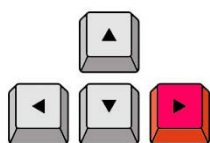
Overlay: Kick the caffeine

Caffeine works to speed up your heart rate, which can give you a feeling of energy, but can also give you the jitters and contribute to a panicky feeling.

In reality the caffeine is not giving you energy at all, and it amounts to nothing more than a physiological parlour trick.

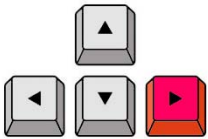
You derive real energy from eating foods that contain the power of the sun such as fruits and vegetables.

That's why foods and drinks that are devoid of these natural elements, but instead rely on caffeine to give you a kick, are not doing you any favours in the relaxation department.



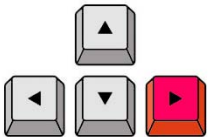
Overlay: Laugh, use humour

Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.



Slide – 20: 250 Ways to Relax (Continued)

Overlay: Lay off the alcohol



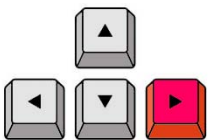
Unfortunately many turn to alcohol and recreational drugs as a way to cope with stress, but this is not a viable or sustainable means of dealing with the issue nor will it help you to relax.

In fact, prolonged alcohol use will eventually end up taking its toll on your liver and other vital organs, which will only give you more to stress over.

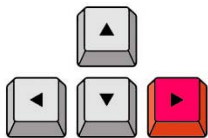
Rather than turn to a substance to

help you with your stress, you should stick with something that you can use long-term that doesn't have any negative side effects.

That's why it's much better to get more active instead, or start eating healthier foods as a way to relax and manage stress.



Overlay: Learn a new language



Overlay: Learn relaxation techniques

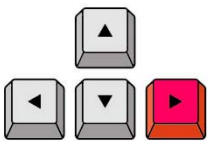
Men and women don't necessarily find the same activities relaxing,

The Roper Organization reports.

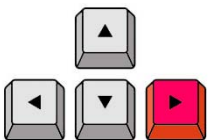
Based on its study of 2,000 adults, here are the leading ways that women relax: Take a long bath (48 percent), shop for clothes (43

percent), and call a friend long distance (42 percent). None of these was at the top of the men's list.

When men want to relax, they buy a book or magazine (32 percent), go out to an expensive restaurant (31 percent), or buy something for a hobby (31 percent).



Overlay: Learn to play an instrument



Overlay: Learn to say “No.”

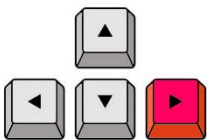
If getting overwhelmed is your trigger for stress, you may have to learn to say no to requests made by others.

You may also need to learn to delegate responsibilities in order to

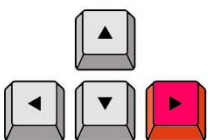
complete projects.

It can be hard because you don't want to let the other person down, and you want to feel as if you can handle anything, but some problems require the help of others, and it's not a sign of weakness to know your limits and reject further work.

It's also best for everyone when the right people are put on the right tasks.



Overlay: Learn to whistle



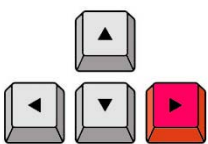
Overlay: Leave stressful relationships

Now I'm not talking about marriage here, but if your relationship is with someone that is

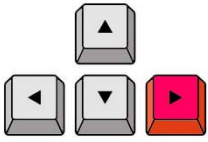
an almost constant source of stress, it may be time to leave.

If you've addressed the problems that are causing the stress and there's nothing that can be worked out between the two of you, it may be that you have to accept that they won't change, and that you'll be better off either alone or with someone that doesn't give you that sick feeling in the pit of your stomach.

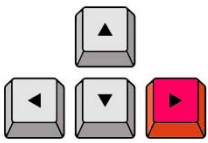
If the stress is due to marital conflict then seek professional help.



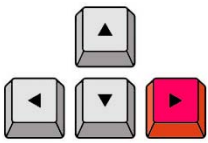
Overlay: Leave your laptop closed and turn off your desktop computer so that you are not tempted to check your online media accounts.



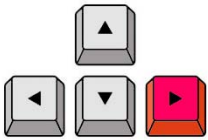
Overlay: Let your feet hang down. Whether it's sitting on a high stool or on the edge of a lakeside jetty, letting your feet dangle fools your brain into thinking you are weightless and at ease.



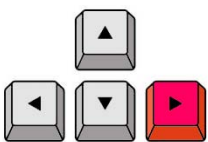
Overlay: Lie down in an open area outside at night and look up at the sky and stars above.



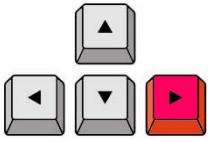
Slide – 21: 250 Ways to Relax (Continued)



Overlay: Light some candles, turn off the lights and relax where there's no noise



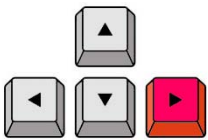
Overlay: Listen to soft, soothing music



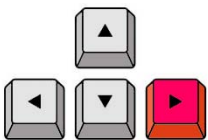
Overlay: Look out the window

When things get hectic, take a five-minute break to do nothing but stare out the window. No spying on the neighbours, of course.

Looking at nature scenes like trees and public parks can be a lot more relaxing than staring at a TV or computer screen.



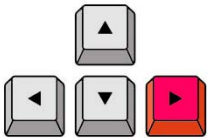
Overlay: Look through old photo albums to remember where you've been and what you've done.



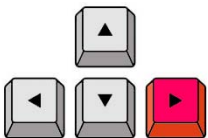
Overlay: Lose weight

Losing weight has dozens, if not hundreds of side benefits to your health, and feeling less stressed is

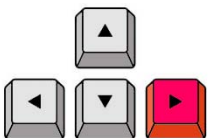
one of them. Don't be tempted to rush into a diet regime as a slow and steady approach, including diet and activity is the most effective.



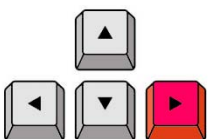
Overlay: Make a duplicate set of keys



Overlay: Make a gratitude list



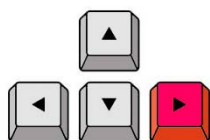
Overlay: Make a 'today only' to-do list



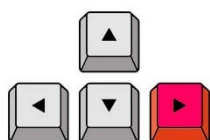
Overlay: Make some 'comfort food' low in sugar but nevertheless sweet.

Examples would be fruit slices dipped in rice syrup, rockmelon balls rolled in desiccated coconut

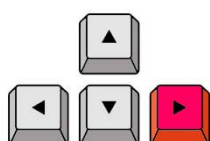
or sultana grapes on a toothpick with a dried sultana pierced onto each end.



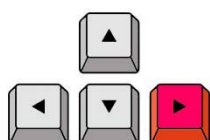
Overlay: Make some popcorn; watch a movie – something to make you smile.



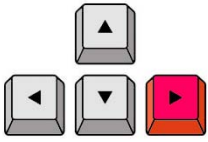
Slide – 22: 250 Ways to Relax (Continued)



Overlay: Meditate – spend time contemplating the wonders of creation especially the beautiful things around you. Don't neglect to thank the Creator.

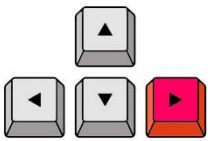


Overlay: Memorize a joke and share it at the dinner table

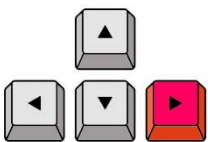


Overlay: Monitor your environment

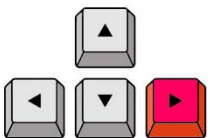
Make a checklist – is your environment conducive to relaxation? Are their bright stay-awake colours or soft subtle pastel relaxing tones and hues? Is it quiet or noisy? Is it flooded with bright light or bathed in soft glow from a small lamp?



Overlay: Never rush through a meal – chew every mouthful – take your time but stop before the plate is empty.

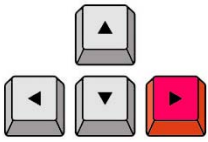


Overlay: Now is the only time that is important

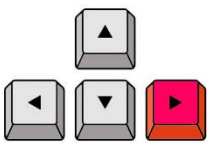


Overlay: Only add to your “to-do”

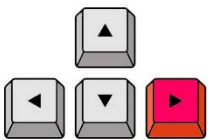
list after crossing something things off



Overlay: Open up windows and let fresh air in



Overlay: Peruse the Self
Improvement section of our local library or bookstore



Overlay: Picture your body having perfect posture

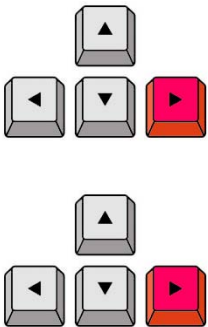
It's hard to think that something as simple as your posture could be causing you more stress.

But it's the same theory that smiling leads to better feelings just as good feelings lead you to smile.

When your posture is right, your

body is more in line with its natural state of being, and you'll start to function better, including being able to relax and handle stress better.

Likewise, if a stressed state as you slumping and slouching, firming yourself up should lead to less stressful thoughts.



Slide – 23: 250 Ways to Relax (Continued)

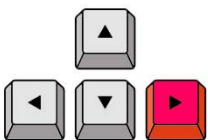
Overlay: Plant a garden

Watching the fruits of your labours literally blossom up out of the ground and nourish you with their wholesome goodness is a rewarding experience from start to yummy finish.

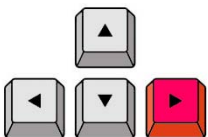
It's also a great way to relax, as

you're digging in the ground and feeling close to nature, and then watching the sowing and reaping connection.

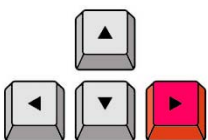
You might find inspiration in other areas of your life, and will find it harder to stress about some of the less important things in life.



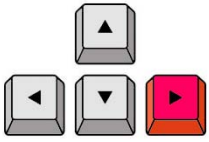
Overlay: Play a board game with your children



Overlay: Play a video game with your child



Overlay: Play catchup: Borrow free DVDs from the Library & see that TV Show that you missed because you were practicing a relaxation technique.



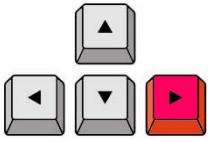
Overlay: Play Games

Games, any kind of games except violent ones, are a good way to relax and also share some quality time with the people you care about most.

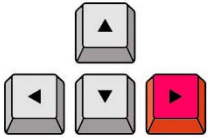
These can be sports-based games or board games. as long as you immerse yourself in the moment and really soak up the fun.

Do yourself a favour and don't play a game if the stress is too much for you, you'll just end up having a bad time and make everyone around you miserable.

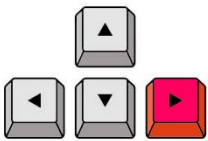
Use some other tips from this seminar to get to a level where you can see yourself having fun while playing, and then go ahead and play.



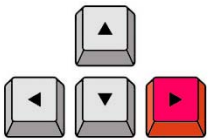
Overlay: Practice preventive maintenance



Overlay: Pray

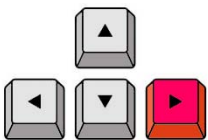


Overlay: Prioritize



Overlay: Procrastinate

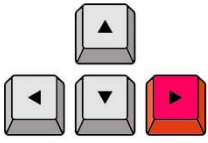
Now I know I said in an earlier tip not to procrastinate, but sometimes putting off the trivial and achieving the essential will give you cause for peace to facilitate relaxation.



Overlay: Productivity not Procrastination

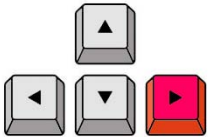
On the other hand, putting off the essential and achieving only the trivial will be reflected in a lack of

productivity and rob us of the ability to relax.

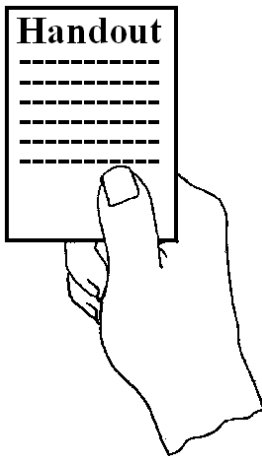


Slide – 24: 250 Ways to Relax (Continued)

Overlay: Progressive Relaxation.



I have a handout for you to do this at home, but we are going to stop and practice this here and now.



(Use handout)

Progressive Relaxation

Progressive Relaxation This exercise is most effective when you audio-record the instructions in advance, preferably in your own voice. This way you don't have to concentrate on remembering the instructions. We've given you the

instructions here on a hand-out. You audio-record them, using a gentle voice as if talking soothingly to a child, with a short pause after each sentence to allow yourself time to actually do the sensing and relaxing .

Then you lie on your back, close your eyes, place your hands by your sides, and begin to listen to the audio .

Feel your feet. Feel the weight of your feet. Feel your feet relax and sink into the bed .

Feel your lower legs. Feel the weight of your lower legs. Feel your lower legs relax and sink into the bed .

Feel your knees. Feel the weight of your knees. Feel your knees relax and sink into the bed .

Feel your upper legs. Feel the weight of your upper legs. Feel your upper legs relax and sink into the bed .

Feel your hands. Feel the weight of your hands. Feel your hands relax and sink into the bed .

Feel your lower arms. Feel the weight of your lower arms. Feel your lower arms relax and sink into the bed .

Feel your elbows. Feel the weight of your elbows. Feel your elbows relax and sink into the bed .

Feel your upper arms. Feel the weight of your upper arms. Feel your upper arms relax and sink into the bed .

Feel your buttocks. Feel the weight of your buttocks. Feel your

buttocks relax and sink into the bed .

Feel your back. Feel the weight of your back. Feel your back relax and sink into the bed .

Feel your pelvic and tummy area. Feel the weight of your pelvic and tummy area .

Feel your pelvic and tummy area relax and sink into the bed .

Feel your chest. Feel the weight of your chest. Feel your chest relax and sink into the bed .

Feel your shoulders. Feel the weight of your shoulders. Feel your shoulders relax and sink into the bed .

Feel your neck, both front and back. Feel the weight of your neck. Feel your neck relax and sink into

the bed .

Feel your head. Feel the weight of your head. Feel your head relax and sink into the bed .

Feel your mouth. Feel any tension in your mouth .

Feel your mouth relax and any tension slide off each side of your mouth into the bed .

Feel your eyes. Feel any tension in your eyes. Feel your eyes relax and any tension slide off into the bed .

Feel your eyelids. Feel how heavy they are .

Feel your eyelids relax and drop down as you close your eyes. Let any tension slide off into the bed .

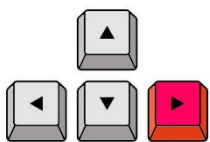
Mentally scan your body. If you find any place that's still tense, relax it and let it sink into the bed.

Next time you're thinking hard instead of sleeping, notice what your eyes are doing.

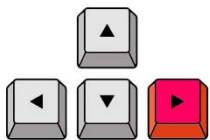
According to some experts, there's a relationship between restless eye movements and restless thinking.

As your eye movements quiet down, so does your mind.

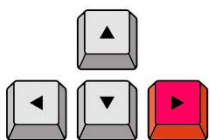
And as your mind quiets down, your chances for restful sleep improve.



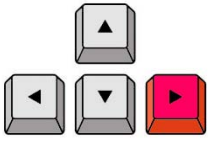
Slide – 25: 250 Ways to Relax (Continued)



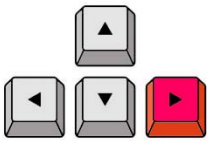
Overlay: Put a do not disturb sign on your door. You can download one free from our website.



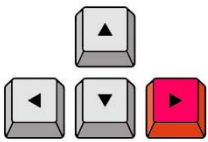
Overlay: Put away suspicion and resentment.



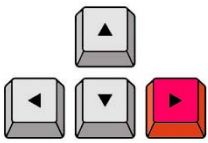
Overlay: Put on comfy clothes and snuggle up with a stack of good books



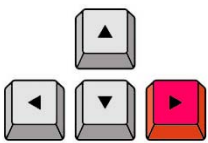
Overlay: Read a biography



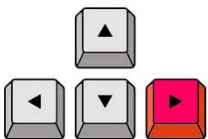
Overlay: Read national geographic or travelogues



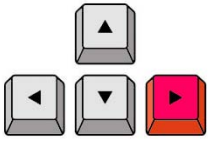
Overlay: Read or write a poem or prayer



Overlay: Reflect on recent accomplishments

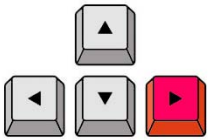


Overlay: Refuse to indulge in self-pity

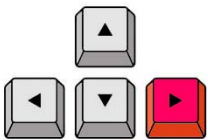


Overlay: Rest on a Sabbath.

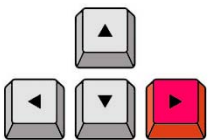
Academics take a Sabbatical every few years, but an individual on regular sabbatical leave is expected to devote full time to research, writing, or equivalent activity. Hardly can this be regarded as rest. The word Sabbatical comes from the word Sabbath, meaning rest. So why not take one every week?



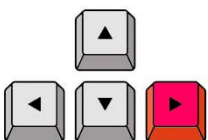
Slide – 26: 250 Ways to Relax (Continued)



Overlay: Ride your bike to work



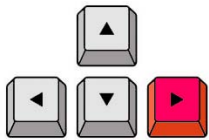
Overlay: Rub your feet in the sand



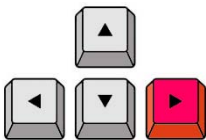
Overlay: Rub your feet over a golf ball

If you don't have a beach in your back yard, rub your feet over a golf

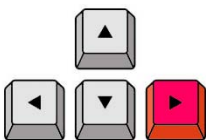
ball or fill a basin with warm water, a quarter of a cup of Epsom salts and a handful of marbles. Roll the marbles under-foot as you soak your feet in the water.



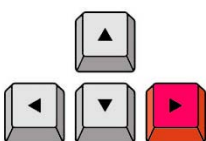
Overlay: Run in the one place



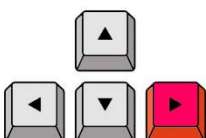
Overlay: Say something nice to someone



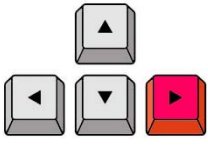
Overlay: See your doctor



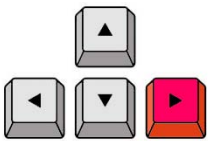
Overlay: Set appointments in advance



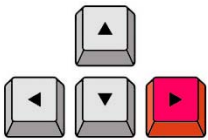
Overlay: Simplify meal times



Overlay: Sing in the shower,
Anything from James Brockman’s
song “I’m Forever Blowing
Bubbles” to MGM producer Arthur
Freed’s song “Singing in the
Rain”.



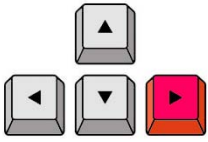
Slide – 27: 250 Ways to Relax (Continued)



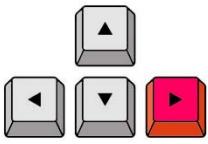
Overlay: Sit in the sunshine

If it’s a sunny day, head outside for
an easy way to lift your spirits.

Bright light can be an effective
treatment for people who suffer
from depression, and can even
cheer up otherwise healthy folks,
according to a study by Partonen,
Leppamaki and Hurme at the
Department of Psychiatry,
University of Helsinki in Finland
(1998)



Overlay: Slow down



Overlay: Smile

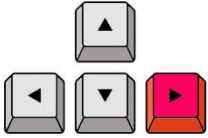
The health benefits to smiling are well-established, and the good news is that you don't have to wait until you feel like smiling in order to benefit from it.

Even though you might feel stressed out and in not much like smiling, if you just hold the pose for a few seconds, you'll likely find a thought to match your expression.

It's a great way of altering your state of mind by altering your body, a pretty incredible phenomenon.

And know this isn't about grinning and bearing it, you aren't looking

to smile in spite of the tension, but in an effort to relax and alleviate it.



Overlay: Soak in a fragrant bubble bath

Musician Johnny Jet in 2007 wrote a song called *Power Shower* but it was more about having a bath.

Here are some of the song lyrics:

“When life gets you down

When your love life is poor

Salvation is at hand

Behind the bathroom door

Just lock yourself in and you will
discover

A hot soapy bath is as good as any
lover

Yellow plastic ducks and lots of
soapy bubbles

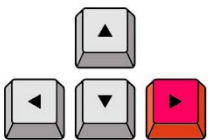
Help wash away your cares

Help wash away your troubles

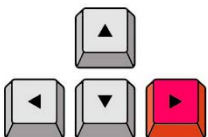
‘Cos all I need to do is close my
eyes ...

With a splish and a splash and a
handful of shampoo

I feel better, I feel fine, I feel
good.”



Overlay: Stand up and stretch your
body



Overlay: Start a blog – or follow a
blog.

A blog (a truncation of the
expression web log) is a discussion
or informational site published on

the World Wide Web and consisting of text and graphical entries referred to as ‘posts’.

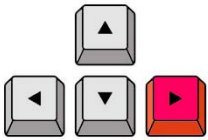
You don’t have to start a blog in hopes of getting rich or famous, you can start it for therapeutic reasons.

It’s nice to get things off of your chest, and coincidentally some of the more popular blogs out there involve someone just ranting about things they don’t like.

Even if you don’t have any initial readers it’s nice to vent and the Internet provides a great forum for it.

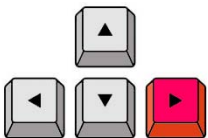
Chances are there are others that are feeling the same way as you, and there may even be others that will add comments about how they handled the same situation.

You may wish to jot down the web address at the bottom of the screen. I don't get time to update it very often, but that's my blog.



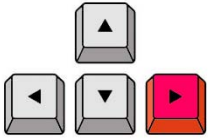
Overlay: Start making your dream real.

Start researching hotels at an exotic destination, start checking out new kitchen countertop materials or test drive a fancy car.

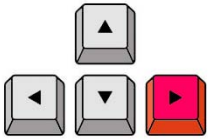


Overlay: Stay away from social media outlets

A huge cause of stress is any social media, whether it be your phone or FaceBook account. Try to spend some time away from these things to help relax and reduce your anxiety.



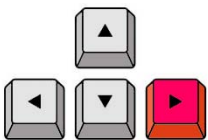
Overlay: Stop a bad habit



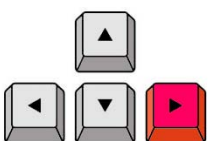
Overlay: Stop and smell the roses
Really, stop and smell them.

Certain odours can change our mood, and it's hard to feel angry or upset with a nose full of roses according to a study done at the University of Vienna in Austria and published in *Chemical Senses* 2008.

Keep a fresh jar of your favourite flowers near your workspace or in the living room, and take a whiff whenever anxiety strikes.

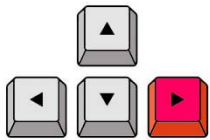


Slide – 28: 250 Ways to Relax (Continued)

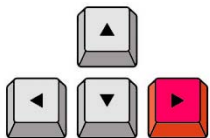


Overlay: Stop saying negative things

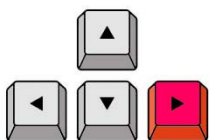
Our bodies respond to what our ears hear, even if we're saying it ourselves.



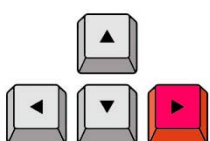
Overlay: Stretch your mind. Fill in crossword puzzles, word search puzzles or play Scrabble™. Read numberplates on vehicles and imagine what additional letters would be needed to make a long word.



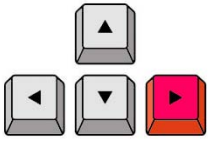
Overlay: Study a non-work-related topic



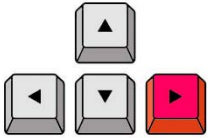
Overlay: Surround yourself with beauty



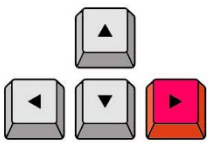
Overlay: Take a 10-minute power nap



Overlay: Take a bubble bath using essential oils such as lavender.

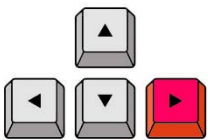


Overlay: Take a different route to work

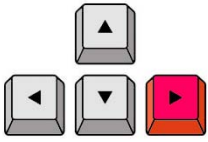


Overlay: Take the challenge: go to bed early

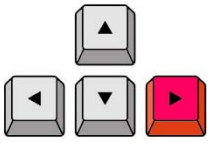
If you make it point to get to bed early and wake up early, this will have a direct impact on the amount of deep, refreshing sleep you get so you wake up less likely to get stressed in the first place.



Overlay: Take a quick walk – brisk, swing your arms, breath deeply.

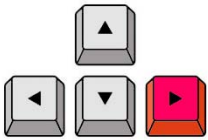


Overlay: Take a sauna or soak in a spa



Slide – 29: 250 Ways to Relax (Continued)

Overlay: Take a shower



I read that a comedian by the name of Jerry Seinfeld once said that he likes taking showers because it's the one place no one can bother you.

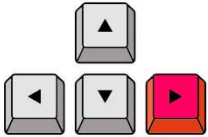
Aside from the privacy it provides, a shower also gives you a lot of direct control over what you're experiencing.

Want the soothing effects of a nice warm shower? Go for it!

Want the exhilaration of seeing how cold you can stand it? Go for it!

It's a friendly reminder that you

have control over your experience, and you don't have to settle for being less than happy.



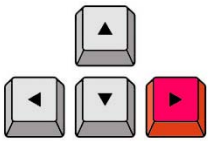
Overlay: Take a walk in the park

Here's a method that's been used by the rich and the poor alike to get a handle on their stress as well as reap several other health benefits.

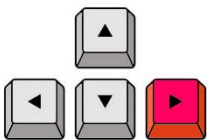
The length and pace of the walk does not really matter, listen to your body and it will tell you what you need.

If you feel that you need to go for a longer or more strenuous walk perhaps you have some excess energy built up that needs to be expended so you don't waste it worrying. When you're walking,

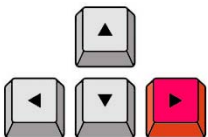
keep your gaze looking forward to objects in the distance, or try bouncing a ball as you walk for full stress relief.



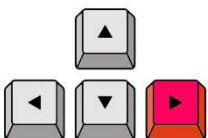
Overlay: Take an entire night to be a couch potato



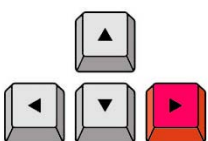
Overlay: Take breaks, give yourself “me” time



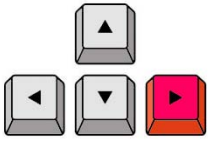
Overlay: Take good care of yourself



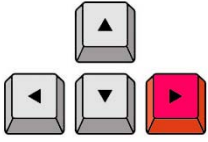
Overlay: Take some allotted time to do nothing



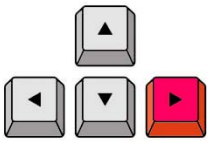
Overlay: Take your car to be detailed



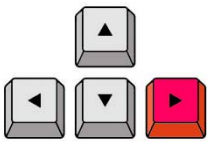
Overlay: Take yourself out to dinner



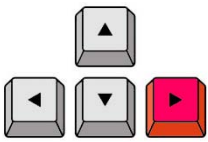
Overlay: Talk with a Trusted Friend



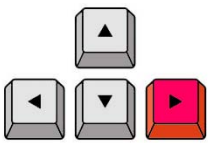
Overlay: Teach your child how to ride a bike (you'll gain an exercise partner as you ride together)



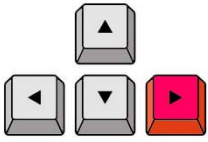
Slide – 30: 250 Ways to Relax (Continued)



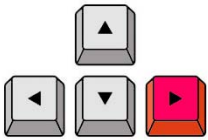
Overlay: Tell the people you love how you feel every day



Overlay: Tickle someone – eg. Your spouse. If he or she tickles you, the relaxation will come when the tickling stops (unless you choose to move on to other things).



Overlay: Tidy your room and make your bed so it's clean when you go to sleep



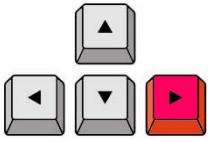
Overlay: Tie up loose ends

Sometimes stress is caused by a feeling that you're forgetting something – maybe something that's really important.

Go through the different facets of your life and see if there's anything you can do to put the button on things.

Perhaps there's an email you can send, or a project you can wrap up to feel that you have some closure on an issue.

Once you've done a run-through, see how you're feeling and if there's been an improvement.

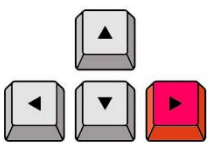


Overlay: Track your activity

One way to help with stress is to get one of the activity trackers currently trending in health and fitness circles.

They're able to monitor how many steps you take per day, as well as track your sleeping patterns so you can get a better idea of how you're living your life on day-to-day basis.

If you can find parallels to times when you feel stressed, and times when you're not as active as you usually are, you can take steps to fill in those gaps to stay focused and happy.



Overlay: Train your brain

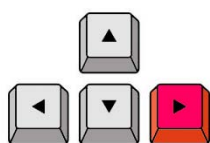
Brain training has really caught on

in recent years, and due to relatively recent findings on the neuro-plasticity of the brain, it's now apparent that old dogs really can learn new tricks.

It's just a matter of establishing new neural pathways.

By strengthening your brain you're giving it the ability to look at the same scenario in a different way and come up with new and original solutions. Not only that but it will help your cognitive processing and ability to reason.

All of which plays in well to your goal of relaxation.

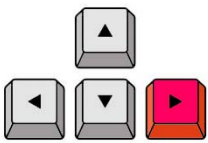


Overlay: Transform the negative
Take the negative energy you're
feeling and put it to constructive

use.

Find a project that you can jump into fully so that you can take the strong stressful feelings and have something to show for it rather than wasting it.

You can use this energy to get things done that are unrelated to what you're fretting over, and it will have the added bonus of taking your mind off of it for a bit. For example, you could use your energy to do a load of laundry, or rake the lawn, help a neighbour, or do anything that needs to be done.



Overlay: Trust

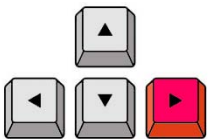
Stress can often be attributed to a lack of belief that things will ultimately turn out to your

advantage.

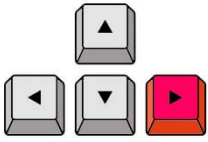
If you take a history of your life you'll likely see that in other similar occasions things have turned out all right and you're having a pretty good time overall.

You simply need to trust more that everything will work out for you, and find solace in that trust.

This new mindset will also help to diffuse the situation that was making you stressed, and you should see it wash away with minimal effort. Trust in a higher power is a winner for a great majority.

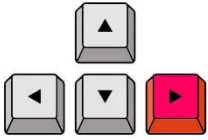


Overlay: Try a brand new perfumed soap or shampoo



Slide – 31: 250 Ways to Relax (Continued)

Overlay: Try acupressure



Acupressure is similar to acupuncture, but is noninvasive.

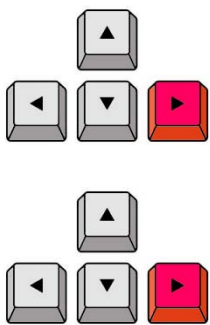
They both rely on the use of strategic points on the body that are said to line up with different internal organs and systems. It's been around for thousands of years in many different forms, and if you are working with a true professional they'll be able to zero in on the parts that will help you feel less stressed all over.

You can visit with an acupressure specialist, you can get a device that mimics the same sort of benefits, or you can simply try the neck-press exercise on the screen.

To do this, interlace your fingers together. Put your hands behind your neck and apply pressure with your thumbs to the spots shown in the second diagram.

Now push your elbows out as you take a deep breath.

Keep your thumbs applying pressure and bring your elbows forward as you breath out.



Slide – 32: 250 Ways to Relax (Continued)

Overlay: Try affirmations

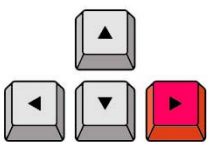
Chances are that if you are feeling stressed out you have one or several negations going through your mind.

Affirmations are positive statements that you can repeat in

your head until you start to believe them and see the positive changes take place.

In order for them to be effective you have to get your belief level up so that you truly believe what you're telling yourself.

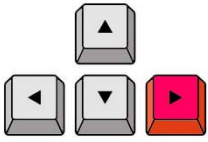
Start off small, with something like “I've worked through this before, I know I'll be fine.” and make stronger affirmation as you go along and your confidence builds.



Overlay: Try nature's own inversion table

An inversion table is a padded table that is connected to a metal frame with hinges.

To use the inversion table, you strap yourself onto the table and

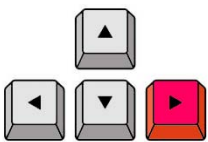


slowly allow the table to flip over, thus inverting the body.

Inversion tables typically range in cost from \$100 to \$400. There are definite cardio-vascular risks involved with unmonitored inversion therapy.

But you can achieve this simply, naturally and economically by folding your arms above your head, flipping your feet in the air and standing on your head.

Please don't ask me to demonstrate, and don't do it for too long.



Overlay: Try drinking warm milk

This classic bed-time drink can help to soothe your troubled mind as it contains high levels of

tryptophan, an essential amino acid, responsible for producing more serotonin in your brain and melatonin, which can help induce sleep.

Warm milk in a saucepan with honey for a sweet relaxing treat.

The body uses tryptophan to help make niacin, melatonin, and serotonin.

Serotonin is believed to produce healthy sleep and a stable mood.

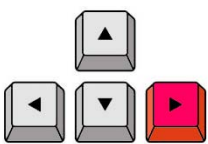
Tryptophan is found in varying amounts in:

--Soy products: tofu, soy milk (check labelling), soybeans

--Legumes: beans, lentils, chickpeas

--Whole grains: oats, brown rice, wheat, wheat germ

- Nuts and seeds: hazelnuts, peanuts, almonds, sunflower seeds, sesame seeds, pumpkin seeds
- Fruit: mangos, dates, bananas
- V--egetables: beets, kelp, spirulina (edible algae), potato skins
- Cocoa: dry powder, dutch cocoa, chocolate
- Dairy products: yogurt, milk, cheese
- Non-vegetarian foods: beef, pork, turkey, chicken, fish, shellfish, eggs



Overlay: Try the hormonal release of sex

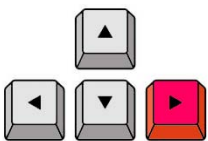
Having more sex is a great way to lose some of that stressful feeling.

Sex might be the last thing on your mind if the situation is stressful

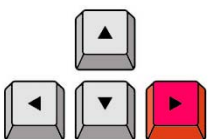
enough, but it's amazing how it can totally shift your energy levels, and can make you forget about your troubles, at least until the next morning.

If you're currently in a marriage relationship, spice things up a bit at home.

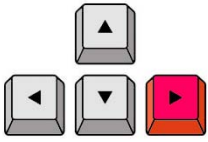
If you're single then we have 249 other relaxation suggestions on the screen and further 100 suggestions on a handout so that you're not missing out.



Overlay: Try to avoid negative influences



Overlay: Try whole body vibration using a massager at a gym, going for a jog or dancing a jig.



Overlay: Turn off the lights

Sometimes it's just too bright where you are, and turning off the lights can help you think, and help your mind relax.

This is even more true when the sun has gone down, or if you're pulling a late night.

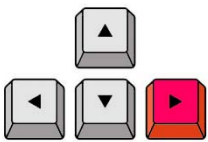
Having artificial lights on takes you out of the circadian rhythm and can make you feel more stressed for longer periods of time.

Using fluorescent lights can be very draining, and this can also lead to increased feelings of overwhelm.

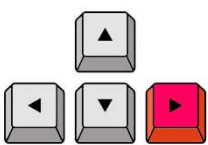
You don't have to go to sleep, but being in the dark can help you calm down, relax, and focus your thoughts more clearly on your

desired.

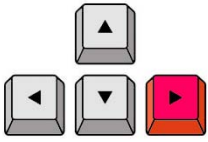
When I'm working late on the computer, I turn off the main room light and use a small lamp lighting only the keyboard, the screen and my hand-written notes.



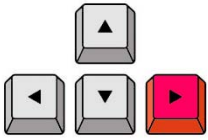
Overlay: Turn off your phone or leave it in your car for a while so that you don't run the temptation of obsessively checking it every few minutes.



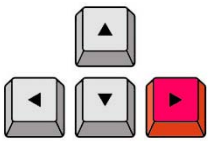
Overlay: Upgrade something little but practical in your life. For example, swap your old scratched sunglasses for a stylish new pair or replace your faded, thinning bed sheets with some fabulous high-thread-count versions.



Overlay: Use aromatherapy. An oil warmer is safer than incense, or simply dab on perfume or splash on aftershave.



Slide – 33: 250 Ways to Relax (Continued)



Overlay: Use binaural beat sounds

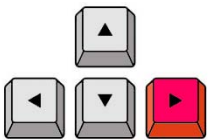
A binaural beat is an effect that happens inside a person's brain when they are listening to two sounds of slightly different frequency in opposite ears through a stereo headphone. When the brain receives these two tones it combines them to generate a third tone.

The purpose of the binaural beat is to coax the brain into changing its current brain-wave frequency to that of the binaural beat.

This process is also called entrainment, brain-wave synchronization or frequency following.

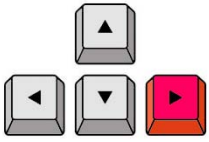
This happens naturally in our brains because of its tendency to fall into step with outside stimulus that are within the brains natural operating frequencies.

You can download a beat generator from the internet or you can purchase CDs of binaural beat sounds.



Overlay: Use some bath salts & soak in a candle lit bath.

Add soothing music to the mix and relax

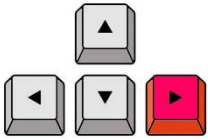


Overlay: Use a stress ball or Baoding balls

Baoding balls or as the Chinese would say, “Baoding Jiànshǎn Qiú”, or literally ‘Baoding physical exercise balls’, are also known as Chinese exercise balls, Chinese meditation balls, Chinese medicine balls, and healthy balls.

They are a traditional product of Baoding in China, and are thought to have been created during the Ming dynasty.

Two or more Baoding balls are rotated repetitively in the hand to relieve stress, induce relaxation, improve manual dexterity and strength, and assist in injury recovery.



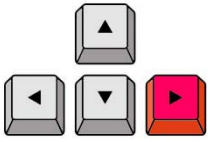
Overlay: Visit a Farmer's Market

Not only will you benefit from eating locally grown produce, you'll also be surrounding yourself with people that are taking a simpler approach to life.

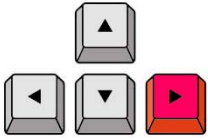
This can be very relaxing, and many of the folks you meet will be happy to talk about their trade and their goods.

It's nice to interact with someone living so closely to the earth and each one specializes in their own crop or product.

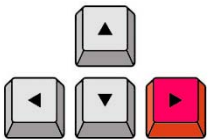
Eating those foods will make you feel good, not just because they have less preservatives, but because you're putting a face to the food you eat. Anything that feels good helps with relaxation.



Overlay: Visit a local body of water, picnic alongside and watch the birdlife.



Overlay: Visit an awe-inspiring monastery, church, temple or piece of architecture

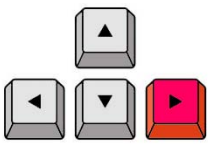


Overlay: Visualization/Imagery

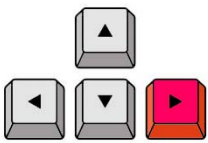
According to Life Coach Natasha Lindor, “The brain can’t distinguish between reality and imagination, so visualization can be a powerful tool to help you unwind in a snap.”

She suggested visualizing yourself at a favourite spot. Be as specific as you can. Note what’s around you. Are you by the ocean? Is it a calm current or are the waves

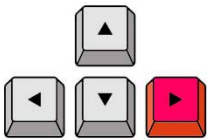
crashing? Are there kids playing?
Are they making sand castles or
playing in the water? Is the sand
white and smooth? Or is it a
sparkling black like the Muriwai
Beach in New Zealand?



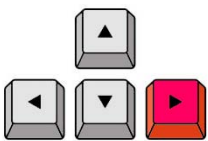
Overlay: Walk around the office



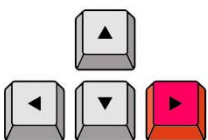
Overlay: Walk in the rain
(umbrella optional)



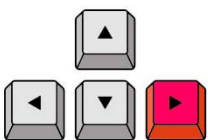
**Slide – 34: 250 Ways to Relax
(Continued)**



Overlay: Watch a sunset



Overlay: When you buy something
new, get rid of something old



Overlay: Write a letter to parents

Answers provided during seminar Question Time



“You said that adequate sleep is good for relaxation. Can you elaborate on that please?”

There is a great amount of research on sleep and its impact and there are many resources available for those seeking it.

However, what you probably most need to know in relation to today’s seminar is that adequate sleep (an average of 7-9 hours per night) has been linked to positive impacts in a number of areas:-

Learning and memory: Sleep helps the brain commit new information to memory through a process called memory

consolidation.

In studies, people who'd slept after learning a task did better on tests later.

Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.

Safety: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.

Mood: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness.

Too little sleep can also leave you too tired to do the things you like to do.

Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.

Disease: Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

Not surprisingly, there are many documented consequences for sleep deprivation. Among them:

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span

- Increased risk for weight gain, depression, diabetes and cardiovascular Disease
- Reduced alertness
- Poorer judgment
- Reduced awareness of the environment and situation
- Slower than normal reaction time



“When is the best time for me to to take supplements such as Vitamin D so it doesn’t effect my sleep?”

The best time to take Vitamin D is in the morning.

Some researchers advocate taking Vitamin D in the morning due to reports that taking vitamins at night interferes with sleep.

While studies have found a connection between supplement use and disrupted sleep patterns, there is no conclusive evidence that general supplementation at night actually causes sleep problems.

However, in the case of Vitamin D, the link between taking a Vitamin D supplement and disrupted sleep may be more convincing.

Here's why: Melatonin is the hormone responsible for our circadian rhythm, controlling our sleep and wake cycles. Studies suggest that Vitamin D may hinder the production of melatonin, confusing our circadian rhythm and reducing the quality of our sleep.

This makes sense, given our body naturally produces Vitamin D from sun exposure – a luxury we only experience during the day.

I seem to recall that Emily Sayes of Ora Organic (www.28merivale.com) advises that some people experience adverse side effects when taking supplements.

Although this is not usually the case when taking vitamin D, if you do experience any unwanted side

effects, taking the supplements at night may mitigate those sensations.



“You mentioned using Baoding Balls for stress reduction. I had a little hollow set gifted to me when I left China a few years ago. How is it best to use them for relaxation?”

From my research, I believe that the basic exercise consists of rotating a pair of Baoding balls in the palm of the hand, ensuring even and constant contact is made between the balls.

Once this has been learned, the rotation speed can be gradually increased until the balls separate in the hand.

Eventually one can learn to rotate them completely without the balls making contact with each other.

Exercises have been developed involving two, three, four or more balls.

Balls come in a variety of sizes and it would probably be best to start with a smaller size, starting with perhaps a 45millimetre (1¾ inch) diameter ball, moving up to the regular 60millimetre (2½) size as your hand muscles get accustomed to the activity.



“Can you tell us, please, about the eye pillows that you mentioned in passing during today’s seminar?”

As this question has come up in previous seminars, let me quote from a handout that I have written that is available among the collection of resources on the back table.

Eye pillows are soft, weighted bags which place even and gentle pressure on your forehead and eyes.

They help the facial muscles release tension.

To make your own eye pillow, take an eight- to ten-inch square of soft fabric and sew two opposite sides together.

Sew a third side and turn inside-out to make a bag.

Fill with flax or similar seeds. Mix in some lavender, or cinnamon and dried orange peel...whatever scents appeal to you.

Sew the final side. Don't overfill it or it might be too heavy for you. Before sewing the final side, use safety pins to close it and try it to gauge how it feels.



“One of your handouts is a CD on progressive and full-body relaxation. How is it best to use these CDs?”

Firstly, never use them while driving a motor vehicle!

Instructions for each exercise are on the CD.

Try to practice whichever exercise you prefer at least once or twice a day. Expect your ability to relax to improve as you continue practicing, and expect to practice two or three weeks before you become genuinely proficient.

Once you learn how to do one of the exercises, you may no longer require the recorded instructions, and you can tailor the exercise to

your own liking.

Avoid practicing within an hour before or after a meal (either hunger or feeling full may distract you). Also avoid practicing immediately after engaging in vigorous exercise. Never practice after using any intoxicants.

Remove your shoes and wear loose clothing. Sit or lie quietly and in a comfortable position, with your legs uncrossed and your arms resting at your sides. This is especially important when you are first learning the exercise.

Adopt a calm, accepting attitude towards your practice. Don't worry about how well you're doing or about possible interruptions. Instead, know that with repetition your ability to relax will grow.

When you are ready, close your eyes, begin listening to the recording, and follow the directions. As you complete the exercise, you can expect your mind to wander a bit—when this happens you can simply re-direct your focus back to the recording.

If you fall asleep, give yourself credit for the work you did up to the point of sleep. If you practice in bed at night, plan on falling asleep before you complete your cycle. Therefore, consider a practice session at night, in bed, to be in addition to your basic practice.

Once you've finished, stretch, look around and remain still another minute or two. Get up slowly. (Orthostatic hypotension—a

sudden drop in blood pressure due to standing up quickly—can cause you to faint.) Some people like to count backwards from 5 to 1, timed to slow, deep breathing, and then say, “Eyes open. Supremely calm. Fully alert.”

As you become skilled with either of the exercises, try applying them to specific situations that might otherwise be anxiety provoking, such as tests, oral presentations, difficult social situations, job interviews, insomnia, and so forth.



“What massage would be best for beginners? My wife has asked me a couple of times for a head massage, but I wouldn't know where to begin.”

Although a foot massage can be very relaxing for some, an ‘anytime’ head massage is probably the easiest massage for beginners.

A head massage should last at least 8 to 10 minutes. Perform each action for at least 1 minute.

By the time you've run through each step twice, your spouse should feel considerably relaxed.

Have her lie on her back on the floor. You sit cross-legged at her head.

Gently press your fingertips all over her scalp - top, back and sides - *without pulling her hair if possible*. This relaxes the muscles that contract during stress.

Have her turn her head to the left. While applying LIGHT pressure, slide your thumb down the right side of her neck from behind her ear to the tip of her shoulder.

Do this several times, then have her turn to the right and repeat this on her left side.

VERY lightly pinch her upper right *trapezius* muscle (it's just above her shoulder, under her ear) with your thumb on top.

Apply LIGHT pressure and GENTLY pull the muscle toward you. Repeat on the left.

Be gentle. Ask her and she'll tell you if she wants you to press harder.

Then have her turn her head to the right. With your thumbs and forefinger, gently knead the large muscle that runs down the side of her neck (the *sternocleidomastoid* muscle).

Repeat this on the left side.

(You can also use this exercise to ease your own headaches.)

Now let her relax for a while and change places if you choose.



250 Ways to Relax & reduce stress

www.lrhartley.com/seminars

1. Add a little comfort to your life
2. Alarm clocks are rude
3. Allow time to yourself
4. Alter your environment
5. Backup important computer files
6. Be alone
7. Be realistic
8. Become a better listener
9. Break large tasks
10. Break out the bubble wrap
11. Breathing
12. Brew a cup of camomile tea – use a saucer
13. Brush your hair
14. Brush your teeth, and wash your face
15. Buy a beanbag; Fall asleep watching TV
16. Buy a box of chocolates
17. Buy a pen on a cord
18. Buy yourself a bouquet of flowers
19. Call your mother
20. Change your attitude
21. Chew gum
22. Choose a coloured light-bulb
23. Choose not to stress
24. Choose your thoughts.
25. Clean your desk
26. Complete a jigsaw puzzle
27. Count backward
28. Count your blessings
29. Create a list of relaxation tips to share
30. Create a YouTube playlist
31. Cross something off your to-do list
32. Cut down on sugar
33. Deep breathing
34. Delete all the emails in your inbox
35. Determine your budget and go shopping
36. Detox your body
37. Do a crossword puzzle
38. Do an 80–20 analysis
39. Do not depend on the opinions of others
40. Do not expect too much of yourself.
41. Don't waste time on what you can't change
42. Do one thing at a time.
43. Do something 'mindless' and repetitive
44. Do something goofy
45. Do something to make your life simpler
46. Do something that only younger people do
47. Do something you love
48. Do the "work of worrying"
49. Don't allow others to make you feel pressured
50. Don't watch television
51. Don't watch the news, especially when you are eating
52. Don't gossip at the company water cooler or coffee pot
53. Don't procrastinate
54. Don't rely on physical/chemical sources
55. Doodle
56. Download favourite songs from yesteryear
57. Dress comfortably
58. Drink a fruit milkshake
59. Drink more water
60. Drink warm liquids
61. Drip cold water on your wrists
62. Eat more fruit
63. Eat outdoors
64. Eat super-foods
65. Enjoy a candlelit three-course meal
66. Establish a routine
67. Exercise – anything that's fun for you
68. Explore your artistic side
69. Find a support system
70. Find something/someone bigger than yourself to believe in
71. Find somewhere quiet
72. Fix Something
73. Forgive yourself
74. Forgive others
75. Get a big Chinese noodle soup for lunch
76. Get a bird feeder
77. Get a haircut that saves you time
78. Get a hobby
79. Get a pet
80. Get active
81. Get better sleep
82. Get fishy
83. Get help on the matter
84. Get horizontal
85. Get organized and take charge
86. Get rid of odd socks
87. Get some friends together for sport
88. Get the kids off to a friend's house for a sleep-over
89. Get together with some friends to chat
90. Get your kids to put their dishes in the dishwasher
91. Give a spare key to your neighbour
92. Give yourself a nice manicure to pamper yourself
93. Go all day without makeup or wearing a tie
94. Go for a drive at dusk – music optional
95. Go for a walk in the city
96. Go get two hot drinks: one for you, and one to share
97. Go on a boat ride
98. Go on vacation
99. Go outside
100. Go somewhere high with a vast view
101. Go to a concert
102. Go to a lake and skim rocks on the surface
103. Go to bed with a ritual
104. Go to the beach
105. Go to the city library and just sit down
106. Go to the park and swing
107. Go to your local botanic gardens
108. Go with baby steps
109. Have a long conversation about nothing
110. Have a hug
111. Have or give a massage
112. Have a picnic
113. Have a sleep in
114. Having a change is as good as a rest
115. Head down to the beach
116. Help someone less fortunate
117. Hire someone to come clean your home
118. If it's winter, sit by a fireplace
119. If you have pets, cuddle and play with them
120. If you're alone, wear loose fitting clothes
121. Imagine you won a few million dollars
122. Join a fun group

250 ways (Continued)

123. Keep a journal/diary; read last year's entry
124. Keep blood sugar in check
125. Keep important documents secure
126. Kick the caffeine
127. Laugh, use humour
128. Lay off the alcohol
129. Learn a new language
130. Learn relaxation techniques
131. Learn to play an instrument
132. Learn to say "No."
133. Learn to whistle
134. Leave stressful relationships
135. Leave your laptop closed
136. Let your feet hang down
137. Lie down in an open area outside
138. Light some candles
139. Listen to soft, soothing music
140. Look out the window
141. Look through old photo albums
142. Lose weight
143. Make a duplicate set of keys
144. Make a gratitude list
145. Make a 'today' to-do list
146. Make some 'comfort food'
147. Make some popcorn; watch a movie
148. Meditate
149. Memorize a joke and share it at the dinner table
150. Monitor your environment
151. Never rush through a meal
152. Now is the only time that is important
153. Only add to your "to-do" list after crossing something things off
154. Open up windows and let fresh air in
155. Peruse the Self Improvement section
156. Picture perfect posture
157. Plant a garden
158. Play a board game with your children
159. Play a video game with your child
160. Play catchup: Borrow free DVDs from the Library
161. Play Games
162. Practice preventive maintenance
163. Pray
164. Prioritize
165. Procrastinate
166. Productivity not procrastination
167. Progressive Relaxation
168. Put a do not disturb sign on your door
169. Put away suspicion and resentment.
170. Put on comfy clothes and snuggle up with a stack of good books
171. Read a biography
172. Read national geographic or travelogues
173. Read or write a poem or prayer
174. Reflect on recent accomplishments
175. Refuse to indulge in self-pity
176. Rest on a Sabbath
177. Ride your bike to work
178. Rub your feet in the sand
179. Rub your feet over a golf ball
180. Run in place
181. Say something nice to someone
182. See your doctor
183. Set appointments in advance
184. Simplify meal times
185. Sing in the shower
186. Sit in the sunshine
187. Slow down
188. Smile
189. Soak in a fragrant bubble bath
190. Stand up and stretch your body
191. Start a blog – or follow a blog
192. Start making your dream real
193. Stay away from social media outlets
194. Stop a bad habit
195. Stop and smell the roses
196. Stop saying negative things
197. Stretch your mind
198. Study a non-work-related topic
199. Surround yourself with beauty
200. Take a 10-minute power nap
201. Take a bubble bath
202. Take a different route to work
203. Take the challenge: go to bed early
204. Take a quick walk
205. Take a sauna
206. Take a shower & sing
207. Take a walk in the park
208. Take an entire night to be a couch potato
209. Take breaks, give yourself "me" time
210. Take good care of yourself
211. Take some allotted time to do nothing
212. Take your car to be detailed
213. Take yourself out to dinner
214. Talk with a Trusted Friend
215. Teach your child how to ride a bike
216. Tell the people you love how you feel
217. Tickle someone – eg. Your spouse
218. Tidy your room and make your bed
219. Tie up loose ends
220. Track your activity
221. Train your brain
222. Transform the negative
223. Trust
224. Try a brand new perfumed soap
225. Try acupressure
226. Try affirmations
227. Try nature's own inversion table
228. Try drinking warm milk
229. Try the hormonal release of sex
230. Try to avoid negative influences
231. Try whole body vibration
232. Turn off the lights
233. Turn off your phone or leave it in your car
234. Upgrade something little but practical
235. Use aromatherapy
236. Use binaural beat sounds
237. Use some bath salts & candle lit bath
238. Use a stress ball or Baoding balls
239. Visit a Farmer's Market
240. Visit a local body of water
241. Visit an awe-inspiring monastery, church, temple or piece of architecture
242. Visualization/Imagery
243. Walk around the office
244. Walk in the rain
245. Watch a sunset
246. When you buy something new, get rid of something old
247. Write a letter to parents or family member
248. Write whatever comes into mind
249. Write down all the things on your mind that are stressing you out
250. Write things down that you need to remember
251. Zzzzzzzzzzzzz



Welcome to

Learning to Relax

With **Lionel Hartley, PhD**

250 Ways to Relax & reduce stress

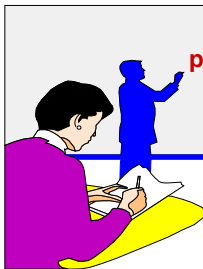




Who is your seminar author? ²



Lionel Hartley, author, radio broadcaster, public speaker and retired sociologist. He was a Lifestyle Educator and Family-life Counsellor for over three decades. He is a grandparent, married to Rosemary with three grown children.



We welcome your participation in today's seminar.

Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy, PsyPaed, Admin, Nutn), DipBusLaw, DipEcon, DipAccy, BA (Lit), MA, PhD [etc.]

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Why relax?

3

✓ It is pleasurable

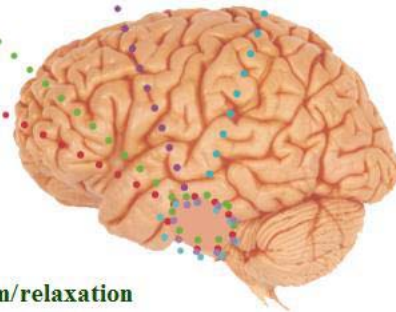
Relaxation releases “feel-good” chemicals

Dopamine

Serotonin

Oxytocin

Endorphin



Side-effects Warning:

Enjoyment, smiling, laughing,
unable to worry or be anxious

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The “Feel-good” Chemicals

4

The release of:

- ✓ **Dopamine** results in the good feeling you get when you approach a reward
- ✓ **Serotonin** results in the good feeling of getting respect
- ✓ **Oxytocin** results in the feelings of trust & bonding
- ✓ **Endorphin** results in the euphoria that masks physical pain.

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250 Ways to Relax & reduce stress

4

**A calm and undisturbed mind and heart
are the life and health of the body...**
(Proverbs 14:30 Amplified Bible)



250 Ways to Relax & reduce stress

6

- Add a little comfort to your life
- Alarm clocks are rude
- Allow time to yourself
- Alter your environment
- Backup important computer files
- Be alone
- Be realistic
- Become a better listener
- Break large tasks



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250 Ways to Relax & reduce stress

7

- Break out the bubble wrap
- Breathing
- Brew a cup of camomile tea – use a saucer
- Brush your hair
- Brush your teeth, and wash your face
- Buy a beanbag; Fall asleep watching TV
- Buy a box of chocolates
- Buy a pen on a cord
- Buy yourself a bouquet of flowers



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250 Ways to Relax & reduce stress

8

- Call your mother
- Change your attitude
- Chew gum
- Choose a coloured light-bulb
- Choose not to stress
- Choose your thoughts.
- Clean your desk
- Complete a jigsaw puzzle
- Count backward
- Count your blessings



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250 Ways to Relax & reduce stress

9

- Create a list of relaxation tips to share

1. SIT
ON A CHAIR...

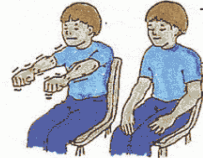


2. "SCRUNCH"
UP YOUR
FACE...



THEN...
RELAX
IT...

3. TENSE
YOUR
ARMS...



THEN...
RELAX
THEM

Anytime Mini Relax Routine

4. TENSE UP YOUR
SHOULDERS
AND CHEST...



THEN...
RELAX
THEM

5. TENSE UP
YOUR LEGS...



...THEN RELAX!

6. BREATHE
IN
RELAXATION...



...BREATHE OUT
TENSION



250 Ways to Relax & reduce stress

10

- Create a YouTube playlist
- Cross something off your to-do list
- Cut down on sugar
- Deep breathing
- Delete all the emails in your inbox
- Determine your budget and go shopping
- Detox your body
- Do a crossword puzzle
- Do an 80-20 analysis



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250 Ways to Relax & reduce stress

11

- Do not depend on the opinions of others
- Do not expect too much of yourself.
- Don't waste time on what you can't change
- Do one thing at a time.
- Do something 'mindless' and repetitive
- Do something goofy
- Do something to make your life simpler
- Do something that only younger people do



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250 Ways to Relax & reduce stress

12

- Do something you love
- Do the "work of worrying"
- Don't allow others to make you feel pressured
- Don't watch television
- Don't watch the news, especially when you are eating
- Don't gossip at the company water cooler or coffee pot
- Don't procrastinate
- Don't rely on physical/chemical sources



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250 Ways to Relax & reduce stress

13

- Doodle
- Download favourite songs from yesteryear
- Dress comfortably
- Drink a fruit milkshake
- Drink more water
- Drink warm liquids
- Drip cold water on your wrists
- Eat more fruit
- Eat outdoors
- Eat super-foods



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250 Ways to Relax & reduce stress

14

- Enjoy a candlelit three-course meal
- Establish a routine
- Exercise – anything that's fun for you
- Explore your artistic side
- Find a support system
- Find something/someone bigger than yourself to believe in
- Find somewhere quiet
- Fix Something



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250 Ways to Relax & reduce stress

15

- Forgive yourself
- Forgive others
- Get a big Chinese noodle soup for lunch
- Get a bird feeder
- Get a haircut that saves you time
- Get a hobby
- Get a pet
- Get active
- Get better sleep
- Get fishy



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250 Ways to Relax & reduce stress

16

- Get help on the matter
- Get horizontal
- Get organized and take charge
- Get rid of odd socks
- Get some friends together for sport
- Get the kids off to a friend's house for a sleep-over
- Get together with some friends to chat
- Get your kids to put their dishes in the dishwasher
- Give a spare key to your neighbour



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250 Ways to Relax & reduce stress

17

- Give yourself a nice manicure to pamper yourself
- Go all day without makeup or wearing a tie
- Go for a drive at dusk – music optional
- Go for a walk in the city
- Go get two hot drinks: one for you, and one to share
- Go on a boat ride
- Go on vacation
- Go outside



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250 Ways to Relax & reduce stress

18

- Go somewhere high with a vast view
- Go to a concert
- Go to a lake and skim rocks on the surface
- Go to bed with a ritual
- Go to the beach
- Go to the city library and just sit down
- Go to the park and swing
- Go to your local botanic gardens
- Go with baby steps



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250 Ways to Relax & reduce stress

19

- Have a long conversation about nothing
- Have a hug
- Have or give a massage
- Have a picnic
- Have a sleep in
- Having a change is as good as a rest
- Head down to the beach
- Help someone less fortunate
- Hire someone to come clean your home
- If it's winter, sit by a fireplace



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250 Ways to Relax & reduce stress

20

- If you have pets, cuddle and play with them
- If you're alone, wear loose fitting clothes
- Imagine you won a few million dollars
- Join a fun group
- Keep a journal/diary; read last year's entry
- Keep blood sugar in check
- Keep important documents secure
- Kick the caffeine
- Laugh, use humour



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250 Ways to Relax & reduce stress

21

- Lay off the alcohol
- Learn a new language
- Learn relaxation techniques
- Learn to play an instrument
- Learn to say “No.”
- Learn to whistle
- Leave stressful relationships
- Leave your laptop closed
- Let your feet hang down
- Lie down in an open area outside



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250 Ways to Relax & reduce stress

22

- Light some candles
- Listen to soft, soothing music
- Look out the window
- Look through old photo albums
- Lose weight
- Make a duplicate set of keys
- Make a gratitude list
- Make a ‘today’ to-do list
- Make some ‘comfort food’
- Make some popcorn; watch a movie



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250 Ways to Relax & reduce stress

23

- Meditate
- Memorize a joke and share it at the dinner table
- Monitor your environment
- Never rush through a meal
- Now is the only time that is important
- Only add to your “to-do” list after crossing something else off
- Open up windows and let fresh air in
- Peruse the Self Improvement section
- Picture perfect posture



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250 Ways to Relax & reduce stress

24

- Plant a garden
- Play a board game with your children
- Play a video game with your child
- Play catchup: Borrow free DVDs from the Library
- Play Games
- Practice preventive maintenance
- Pray
- Prioritize
- Procrastinate
- Productivity not procrastination



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250 Ways to Relax & reduce stress

25

Progressive Muscle Relaxation

While no longer tensing any muscles, allow **attention** to drift back up through legs, abdomen, chest, arms, and back to the face.

1. Tense **face** muscles including forehead, cheeks, mouth, upper neck. Release.
2. Gently **roll head** from side to side, with awareness of the tightening muscles. Release.
3. Tighten **shoulders**. Release.
4. Tense **right arm**, from shoulder to fingers without making a fist or lifting arm off of floor. Tense **left arm**. Release.
5. Gently tense **chest** muscles and abdomen, without holding the breath. Release.
6. Tense **right hip and buttock**. Release.
7. Tense **right leg** down through feet and toes. Release.
8. Tense **left hip and buttock**. Release.
9. Tense **left leg** down through feet and toes. Release.
10. While no longer tensing any muscles, allow **attention** to drift back up through legs, abdomen, chest, arms, and back to the face.



250 Ways to Relax & reduce stress

25

- Put a do not disturb sign on your door
- Put away suspicion and resentment.
- Put on comfy clothes and snuggle up with a stack of good books
- Read a biography
- Read national geographic or travelogues
- Read or write a poem or prayer
- Reflect on recent accomplishments
- Refuse to indulge in self-pity
- Rest on a Sabbath



Free printable door-hangar available from our website



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250 Ways to Relax & reduce stress

27

- Ride your bike to work
- Rub your feet in the sand
- Rub your feet over a golf ball
- Run in place
- Say something nice to someone
- See your doctor
- Set appointments in advance
- Simplify meal times
- Sing in the shower



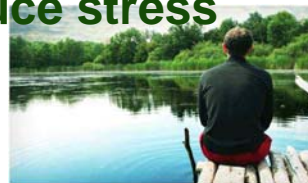
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250 Ways to Relax & reduce stress

28

- Sit in the sunshine
- Slow down
- Smile
- Soak in a fragrant bubble bath
- Stand up and stretch your body
- Start a blog – or follow a blog
- Start making your dream real
- Stay away from social media outlets
- Stop a bad habit
- Stop and smell the roses



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250 Ways to Relax & reduce stress

29

- Stop saying negative things
- Stretch your mind
- Study a non-work-related topic
- Surround yourself with beauty
- Take a 10-minute power nap
- Take a bubble bath
- Take a different route to work
- Take the challenge: go to bed early
- Take a quick walk
- Take a sauna



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250 Ways to Relax & reduce stress

30

- Take a shower & sing
- Take a walk in the park
- Take an entire night to be a couch potato
- Take breaks, give yourself “me” time
- Take good care of yourself
- Take some allotted time to do nothing
- Take your car to be detailed
- Take yourself out to dinner
- Talk with a Trusted Friend
- Teach your child how to ride a bike



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250 Ways to Relax & reduce stress

31

- Tell the people you love how you feel
- Tickle someone – eg. Your spouse
- Tidy your room and make your bed
- Tie up loose ends
- Track your activity
- Train your brain
- Transform the negative
- Trust
- Try a brand new perfumed soap



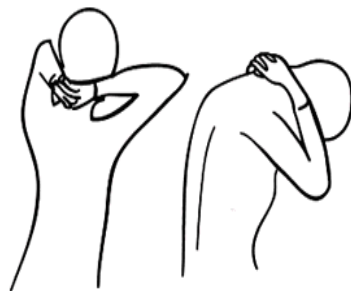
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250 Ways to Relax & reduce stress

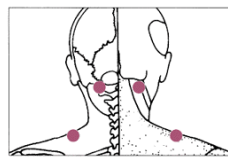
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- Try acupressure

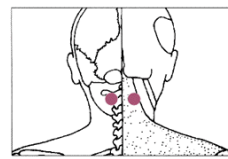


Neck press: interlace fingers behind neck, inhale—come up; exhale as elbows come forward

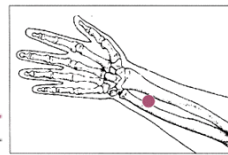
Traditional acupressure points



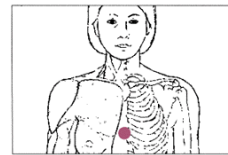
Top of shoulders and beneath base of skull



Press firmly into the upper neck muscles



Inner wrist point



Sea of Tranquility point at the center of your breastbone

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250 Ways to Relax & reduce stress

33

- Try affirmations
- Try nature's own inversion table
- Try drinking warm milk
- Try the hormonal release of sex
- Try to avoid negative influences
- Try whole body vibration
- Turn off the lights
- Turn off your phone or leave it in your car
- Upgrade something little but practical
- Use aromatherapy



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250 Ways to Relax & reduce stress

34

- Use binaural beat sounds
- Use some bath salts & candle lit bath
- Use a stress ball or Baoding balls
- Visit a Farmer's Market
- Visit a local body of water
- Visit an awe-inspiring monastery, church, temple or piece of architecture
- Visualization/Imagery
- Walk around the office
- Walk in the rain



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101 WAYS TO COPE WITH STRESS

101 WAYS TO COPE WITH STRESS

1. Get up 15 minutes earlier
 2. Prepare for the morning the night before
 3. Avoid tight fitting clothes
 4. Avoid relying on chemical aids
 5. Set appointments ahead
 6. Don't rely on your memory ... write it down
 7. Practice preventive maintenance
 8. Make duplicate keys
 9. Say "no" more often
 10. Set priorities in your life
 11. Avoid negative people
 12. Use time wisely
 13. Simplify meal times
 14. Always make copies of important papers
 15. Anticipate your needs
 16. Repair anything that doesn't work properly
 17. Ask for help with the jobs you dislike
 18. Break large tasks into bite size portions
 19. Look at problems as challenges
 20. Look at challenges differently
 21. Unclutter your life
 22. Smile
 23. Be prepared for rain
 24. Tickle a baby
 25. Pet a friendly dog/cat
 26. Don't know all the answers
 27. Look for a silver lining
 28. Say something nice to someone
 29. Teach a kid to fly a kite
 30. Walk in the rain
 31. Schedule play time into every day
 32. Take a bubble bath
 33. Be aware of the decisions you make
 34. Believe in yourself
 35. Stop saying negative things to yourself
 36. Visualize yourself winning
 37. Develop your sense of humor
 38. Stop thinking tomorrow will be a better today
 39. Have goals for yourself
 40. Dance a jig
 41. Say "hello" to a stranger
 42. Ask a friend for a hug
 43. Look up at the stars
 44. Practice breathing slowly
 45. Learn to whistle a tune
 46. Read a poem
 47. Listen to a symphony
 48. Watch a ballet
 49. Read a story curled up in bed
 50. Do a brand new thing
 51. Stop a bad habit
 52. Buy yourself a flower
 53. Take time to smell the flowers
 54. Find support from others
 55. Ask someone to be your "vent-partner"
 56. Do it today
 57. Work at being cheerful and optimistic>
 58. Put safety first
 59. Do everything in moderation
 60. Pay attention to your appearance
 61. Strive for Excellence NOT perfection
 62. Stretch your limits a little each day
 63. Look at a work of art
 64. Hum a jingle
 65. Maintain your weight
 66. Plant a tree
 67. Feed the birds
 68. Practice grace under pressure
 69. Stand up and stretch
 70. Always have a plan "B"
 71. Learn a new doodle
 72. Memorize a joke
 73. Be responsible for your feelings
 74. Learn to meet your own needs
 75. Become a better listener
 76. Know your limitations
and let others know them, too
 77. Tell someone to have a good day in pig Latin
 78. Throw a paper airplane
 79. Exercise every day
 80. Learn the words to a new song
 81. Get to work early
 82. Clean out one closet
 83. Play patty cake with a toddler
 84. Go on a picnic
 85. Take a different route to work
 86. Leave work early (with permission)
 87. Put air freshener in your car
 88. Watch a movie and eat popcorn
 89. Write a note to a far away friend
 90. Go to a ball game and scream
 91. Cook a meal and eat it by candlelight
 92. Recognize the importance of unconditional love
 93. Remember that stress is an attitude
 94. Keep a journal
 95. Practice a monster smile
 96. Remember you always have options
 97. Have a support network of people, places and
things
 98. Quit trying to fix other people
 99. Get enough sleep>
 100. Talk less and listen more
 101. Freely praise other people
- BONUS: Relax, take each day at a time...
you have the rest of your life to live!

Courtesy of the Tripler Regional Medical Center,
Honolulu, Hawaii

AN A.B.C. OF COPING STRATEGIES

(A lighthearted contribution to becoming a person - an unstressed one)

- ASK** for what you need... expecting others to "mind-read" you isn't very helpful...
- BE** available... you might be worth knowing!
- CARE** for yourself... sanity begins at home.
- DO** something... rather than simmer in your own juices.
- ESCAPE** to somewhere good to be,... Hawaii... a warm bath... anywhere but here!
- FANTASIZE**... it's free, it's facilitative... and fun!
- GIVE** yourself permission... to change, to grow... to be a "process".
- HIVE OFF** some of your responsibilities.... you're far from indispensable!
- INVESTIGATE** your lifestyle... it may be a self-destructive script you're acting out, at someone else's direction.
- JUMP** for joy... well, who wouldn't?!
- KISS** a non-manipulator! Or a non-smoker... (...or even a smoker, if you're desperate!)
- LET** your clown out! "Cap-and-bells" is healthier gear than "ball and chain"...
- MONITOR** yourself... be aware of how your body-mind responds to a situation. It's the first step to choosing how you respond.
- NEED** or want?... knowing the difference can make a lot of difference.
- OPEN** up a little... if a butterfly can emerge from a chrysalis, you can emerge from the restrictions of a rigid life.
- PLAN** your recreation.... daily, weekly, yearly.... or you probably won't get any.
- QUICKEN** your sense... did you know you've got five of them? All rearing to go.
- RESIST** those people who would seek to undermine your self esteem.... and that includes you!
- STOP** blaming others... you alone are responsible for how you think, feel, and act.
- TIP** your accumulated psychological garbage out... Why be on strike against yourself?
- UNCLENCH** your mind... a mind like a fist punishes you and others.
- VALUE** yourself... it's a great feeling, and the first step towards valuing others.
- WIPE** old tapes... old unproductive ways of behaving... start a few new ones.
- EXTRAORDINARY!** I can't think of one for this one... but I'm not stressing myself for the inability to do so... Oh, I know... pretend every day is X-mas!
- YIELD**... when you feel it's appropriate. Flexibility (the old psychological Kung-fu) can be great for personal relationships.
- ZESTFULLY** enjoy being alive.

Stress Relief-Massage

About Massage...

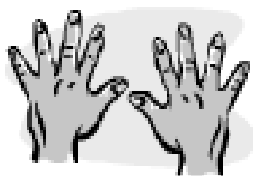
Massage is touch. It is used for many different reasons. The main reason that will be focused on in this handout is massage for stress relief. Simple massage techniques can be used anytime or anywhere in order to relax and relieve stress.

Self-massage

Self-massage is easy to do anytime and anywhere. Taking a minute or even a couple seconds here and there can provide relaxation to your muscles. In order to give yourself a massage you just rub little circles gently across the area being massaged. Here are some examples of areas to self-massage...

- * Hand massage
- * Forehead
- * Neck
- * Shoulder

Those are just a few examples. You can self-massage sore arms, legs or feet also. Next time you are sitting at a computer or desk your muscles will thank you for the relaxing break!



Simple Seated Partner Massage

This simple massage is used for stress relief. All you need is a partner, a nice relaxing and quiet atmosphere and a chair.

Here is an explanation of the techniques for giving a seated massage...

First, have the receiver sit on a chair and lean forward with their elbows resting on their thighs. Second, you will need to make sure that they don't have any back problems by asking them before you start. Then let them know that you are going to start.

Effleurage: Start by moving both hands over the back in a heart shaped motion.

Petrissage: Place hands on the top of the shoulders. Lift the muscle from the bone and lightly squeeze, then slowly release.

Friction: Perform circular movements with your thumbs along the sides of the spine. Make sure you are not touching the spine directly.

Tapotement: Use your fingertips, straight sides of your hands or cupped palms to rapidly strike the back. You will go above the shoulder blades and on each side of the spine. Make sure not to hit the shoulder blades or spine directly.

Lastly, end with a light effleurage!

Reminders for Givers and Receivers

Giver...

- Talk with your partner about any physical problems they may have.
- Let the receiver know when you are going to touch them.
- Make sure your touching is comfortable. Find out if the pressure is too hard or soft.
- Give the receiver your undivided attention.

Receiver...

- Breathe deeply and regularly
- Keep your mind from wandering.
- Don't feel like you need to talk. Conversation is unnecessary because it is time for you to relax.
- Let the giver know what feels good and what doesn't.

So take time out of your busy day to relax and enjoy a nice massage!



One Hundred More Ways to Relax






With Lionel Hartley, PhD

Seminar supplement



www.lrhartley.com/seminars



One Hundred More Ways to Relax

1. Accept that everything takes longer than you think.
2. Actively interact with positive people as much as you can.
3. Adopt a stress-free attitude because stress is all about our perceptions.
4. Alarm clocks are rude, learn to wake up naturally.
5. As soon as you wake up, do a gratitude review. Especially thank God.
6. Ask yourself, 'Will it matter in three years time?' If not, let it go.
7. Be early for everything so you don't feel rushed.
8. Be realistic with the demands you put on yourself.
9. Be reasonable about scheduling your time.
10. Choose walking over driving whenever possible.
11. Consciously relax every muscle in your body at bedtime.
12. Control your over-expectations to avoid disappointment.
13. Count your blessings every morning and every night.
14. Counter stress with anti-stress actions like squeezing stress balls.
15. Do an hourly 'brain dump' for ten seconds. Let it all go.
16. Do one thing at a time. Finish it.
17. Do something nice *just for you* every single day.
18. Do something nice *for someone else* every single day.
19. Do things that connect you with nature and the Creator.
20. Don't allow others to make you feel pressured.
21. Don't compare yourself to others. Life is not a contest or competition.
22. Don't exchange sleep for work.
23. Don't get emotionally invested in every little thing.
24. Don't over-focus on potential or imaginary problems.
25. Don't pet sweaty things and don't sweat petty things.
26. Don't stress out trying to get everyone to agree with you.
27. Don't use words like 'stressed out', 'worried', or 'pressured'.
28. Don't watch the news, especially when you are eating.
29. Don't worry about things that haven't happened yet.
30. Eat for nourishment not for comfort.
31. Eliminate caffeine, nicotine, alcohol, pick-me-ups and pills.
32. Eliminate unnecessary commitments.

33. Exchange massages with someone.
34. Exercise every single day.
35. Express gratitude for the small things you appreciate.
36. Extend yourself – if it doesn't kill you it will make you stronger.
37. Find reasons to laugh out loud several times a day.
38. Find ways to express your creativity regularly.
39. Forgive others for their offences against you.
40. Forgive yourself for every mistake you've ever made.
41. Get a hobby that completely captures your focus.
42. Get an answering machine or message-bank service.
43. Get rid of anything or anyone (within reason) that makes you sad.
44. Give yourself some sincere approval.
45. Go to the beach or river and wade in the shallow water.
46. 'Hang out' with happy, light hearted people.
47. Harness the anti-stress power of your emotional vocabulary.
48. Help others whenever it is within your power to do so.
49. Identify and eliminate anything that drains your energy.
50. If it's not your problem, forget it.
51. Inhale calm, exhale tension.
52. Laugh at yourself. Laugh at a comedy DVD or humourous book.
53. Learn to say 'No' and really mean it.
54. Let go of trying to control everything.
55. Life isn't always fair; it is still a gift of God, so practice gratitude.
56. Lighten your material load. More stuff = more stress.
57. Listen to music that calms your soul and carries you away.
58. Live in the present instead of longing for the past.
59. Maintain an optimistic perspective.
60. Maintain your energy levels and you will stress less.
61. Make peace of mind a high priority in your life.
62. Multitasking creates stress and lowers productivity, don't do it.
63. Never argue with ignorance, it will only frustrate you.
64. Never complain. If something bothers you take action.
65. Never respond to or repeat gossip, it will backfire.
66. Never rush through a meal. Share a meal and savour every bite.
67. Only add to your "to do" list after crossing three things off.
68. Only project positive thoughts into your future.
69. Play with your children or pets every day.

70. Practice unplugging from the electronic world.
71. Pray – Give your worries to God – and don't steal them back!
72. Put up a bird feeder and become a bird watcher.
73. Quit agonizing over decisions you've made. It's a done deal.
74. Quit reacting like everything is an emergency.
75. Read for pleasure and relaxation.
76. Reduce spending and work toward being debt free.
77. Remember that almost everything is temporary.
78. Remember that negative life-lessons have great value.
79. Remember; first comes the fear; then comes the blessing.
80. Seize every opportunity to be encouraging to others.
81. Smile at everyone. Never look in a mirror without smiling.
82. Start every conversation with a positive thought.
83. Stay away from the negative 'what if' syndrome.
84. Stop being a perfectionist and move on.
85. Stop creating unnecessary drama in your life.
86. Stop judging what others do or don't do.
87. Stop obsessing over things you can't control.
88. Stop over analysing and start doing.
89. Stop taking things personally, it's not always about you!
90. Stop trying to do everything yourself. Get some help.
91. Take slow, deep breaths every hour on the hour.
92. Take breaks often to clear you mind.
93. Take care of your health, 99.9% of illness is stress related.
94. Tell the people you love how you feel daily.
Tell them you love them.
95. Think positive.
96. Turn off the "problem solving" hours before bed time.
97. Unchain yourself from conventional thinking myths
98. View 'challenges' as 'opportunities' to minimize stress.
99. When you buy something new, get rid of something old.
100. When you're feeling down take time to help other people.

101. _____

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