

**FREE: 7 Tools for Reducing Stress**

We are often told to “live in the moment”; however during stressful times our conditioned minds tend to go into overdrive, which takes us away from doing exactly that. We worry, become exhausted, suffer insomnia, and feel depressed and disillusioned with life. Unless we address the cause, eventually illness manifests within the body.

Whether the trigger of your stress is related to work, finances, relationships or health these tools are to help YOU cut through the chaos. If you put these tools into practise they will help you to reduce stress, become more present and empower you to take charge of your own happiness.

- 1. Spend Time in Nature and Exercise** – It is important to clear out stagnant energy and bring in fresh chi making us feel connected and alive. Energy often gets trapped around buildings and rooms so go outside! Go to the park or the beach! Spend time each day just being in nature allowing it to clear and revitalise you. Take your shoes off if you can. Feel the earth beneath your feet whether it is your feet on the grass or the sand between your toes. Feel the sun on your shoulders and the breeze on your face...

It is important to allow yourself to just be and it is equally important to get the blood pumping and muscles moving to help the body clear what is no longer needed. Go for a walk, do some Chi Gong, swim, dance in the rain, play with the children – it doesn't have to be arduous, just get moving. Open up and connect with the vibrancy of the great outdoors!

- 2. Listen and Connect** – Have you ever tried truly listening and thinking at the same time? You may be able to hear and think however you will not be truly listening. True listening is done with ALL of you. Try it when you are in nature. Become aware of the sounds within and around you and truly listen. Watch any thoughts, any labels that the mind throws up and let them go coming back to listening. Try the same when you are with other people. Listening helps you connect more deeply with yourself and others which reduces stress and gives us a deeper sense of happiness.
- 3. Allow Emotions** – E- motions are energy in motion. They are neither right nor wrong. By labelling an emotion wrong, you force yourself to ignore it and the energy is suppressed and stored in the cells of your body. So feel it, let it burn through you and ask yourself what it is really all about. Get a pen and paper and write it out until you empty the upset. In doing so you will gain a deeper understanding of yourself. Be free to feel, express, be honest with yourself and therefore everyone else.

- 4. Breathe** - During times of stress we will find that we shallow breathe. Why? What is it that we are avoiding? How can we turn this around? It is during stressful times that we need to connect with the essence/truth inside ourselves the most, yet we do the opposite. This is the mind's way of protecting us and it hasn't worked as it only leads to us feeling more overwhelmed and exhausted.

Breathing fills your body with light and opens your heart to love. It enables us to feel a close connection to the source of all life, each other and nature. It gives us a sense of peace and inner strength. As we breathe more fully we begin to feel more grounded, more able to cope, more in tune with our intuition and more creative. It opens us up to having the courage to follow our hearts.

Every morning take a few minutes to breathe deeply. Then as you go about your day become aware of your breath and consciously practise breathing more deeply throughout the day. Breath is life.

- 5. Clean Diet** – What we eat affects our mood! Highly processed, sugary foods feed cause imbalance in the gut flora and any imbalance in the body will consequently affect our thoughts and emotions. Gradually switch your diet to incorporate plenty of fresh produce. The vitality of the food you put in will be reflected in the vitality you feel and hence how happy you feel. We tend to use food for comfort so when you reach for food become aware of any emotion you may be subconsciously trying to avoid. Stop and feel it then support your body by fuelling it with what it needs.
- 6. Awareness of Thought** – Thought is energy and when left to 'run rampant' we allow it to use up so much of the energy we would otherwise have to do the things we enjoy. Become the observer of thought. Watch how the mind swings from past to future so often getting caught in a repetitive loop based on the judgement and negativity. Being aware of this is like shining a light on it, so see it without judgement and bring your awareness back to what you are doing in every moment. Focus on the task you are doing with ALL of you. Right now is the ONLY truth there is.
- 7. Practise Gratitude then Take Action** – We often feel stressed because we get caught up thinking that we lack something and then strive to obtain it. We forget to feel gratitude for what we have and take it all for granted. Our desires to be loved and to be secure keep us in this never ending battle to be better. We need to end it! How? Stop every day and feel gratitude for all that you do have. Appreciate the little things – change your focus. There is joy in the song of a bird, children laughing, a beautiful meal, the smell of fresh flowers. Notice them, feel grateful and let yourself laugh! Do what makes you happy and take action on what feels right for you, NOW!

Life doesn't have to be chaos, give yourself permission to be happy 😊

*Every Moment is another chance to understand your reactions...  
every day is another chance to change your life.*



[www.katiwebber.com](http://www.katiwebber.com)