



Open-Ended Circle

Dedicated to Life's Sacred Circle

OpenEndedCircle.com

Stress Reduction Tips & Tools

Relaxation Techniques to Reduce Stress

Experts say relaxation techniques can bring you back into balance -- some in five minutes or less. Try these simple activities:



- ☯ Imagine Yourself Relaxed
- ☯ Breathe Deeply – In through the nose, out through the mouth
- ☯ Meditate – See back for easy technique
- ☯ Take in Nature
- ☯ Enjoy Hot Tea
- ☯ Listen to Relaxing Music
- ☯ Show Some Love (Hugs work!)
- ☯ Take a Time-Out – Just a few minutes to sit or lie down
- ☯ Appreciate Something – Shifts heart rhythm to a relaxed one in 30 seconds!

Deep Relaxation Technique

If you have a little more time, try this deep relaxation technique:

- ∞ Sit comfortably in a chair or lay down
- ∞ Take your attention to your feet
- ∞ Tighten or tense the muscles in your feet for about 5 seconds
- ∞ Release and relax for 30 seconds
- ∞ Imagine your tension / stress melting down into the earth
- ∞ Continue to tense, release and send the stress into the earth up your body
- ∞ Repeat for your legs – the calves, thighs, buttocks, hips, etc
- ∞ Move progressively up the body to the head
- ∞ They scan the body for remaining stress areas
- ∞ Relax comfortably several minutes imagining a quiet and peaceful place

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Helping Masters Master Life

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Meditation Made Easy

Meditation isn't as mystical or complicated as we may think. It's simply a way to relax, set your thoughts aside and find your inner calm using a specific technique. Here are some guidelines for you to begin a meditation practice. As little as 5 – 10 minutes a day can produce significant physical, mental and emotional change!

- Identify a quiet time that you can use each day to sit in silence – like just before leaving for work ... or after returning from work ... or at 10 am ... whatever works for you – but make it the same time every day.
- Find a comfortable chair to sit in – a chair is good to start with. If you lay down you might just fall asleep – but if you fall asleep in the chair, well that's ok too! In the beginning you may think that you are falling asleep.
- Sit down with the *intention* of relaxing and meditating or sitting quietly the same time in the same place every day, feet flat on the floor (or sit in the cross-legged position), hands resting comfortably in your lap.
- Close your eyes and start with slow deep breaths. Breathe in through the nose, exhale through the mouth, imagining any stress or tension flowing out on the breath. Relax your body as you breathe.
- Create a focus in your mind that you can always return your attention to like a black board or a tree or even just focusing on your breath going in and out.
- When you catch yourself thinking about something, anything, just return your mind to the blank board or whatever your focus is.
- Be gentle to yourself. Catching yourself thinking a lot is the first phase of retraining your mind to relax a bit.
- The more you practice the same time, same place every day, the easier it will get. Your subconscious will kick in and say, “Oh! It's that time and place. Time to relax.” And it will get easier. After a while you will be able to do it anywhere, even if there's noise around!

Enjoy your new inner peace!

More resources and a guided meditation can be found on our website at <http://OpenEndedCircle.com/meditation.html>

Wishing You Health & Wellbeing... Linda