

77 STRESS BUSTERS

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Simply put, if you are human you have stress. Some stress is healthy but chronic stress can lead to all sorts of things that we don't want in our lives ie illness, anger, sadness etc

I am founder of Holistic Healers Academy, have completed a Holistic Health Practitioner program which we now offer through HHA in conjunction with American Association for Drugless Practitioners for our students to attain board certification. I am a Certified Nutritional Consultant (C.N.C.) and a Certified Life Coach from Coach Training Alliance Inc. I have put together my years of experience into a simple list of 77 Stress Busters so that YOU can enjoy more of your life and become empowered to move in a forward moving direction *with ease*.

For Life Coaching services please write or call: 973-551-0097

empowerment.coach@live.com or www.eternaljoy.org

77 Stress Busters

If you look closely you will notice each first letter of my 77 Stress Busters creates an acronym! Be the first to tell me what it concerns and you will receive a free 45 minute Life Coach session! *hint: part of the answer is also written on every page.

1. Intentions create a force field which acts as a magnet for what it is that is felt within the heart. When you replace unproductive thoughts with productive thoughts and allow yourself to spend the time to truly feel them, you not only replace programs within your subconscious mind but this is also the secret for manifesting in the physical. For example; Intend a confident calmness

2. Care deeply about yourself, your wants, your needs. Address any as they come up or at least write them down and cross them off the list as they become attended to.

3. Ask for help if the list in #2 becomes overwhelming. Your spouse, sons, daughters, neighbors, friends...can all be asked for their assistance, however make certain not to demand. Try asking "Would it be possible to...etc" You will be amazed at how many on your list will be happy to help.

4. Neutrality – having a more neutral attitude when challenging events occur will certainly help one become less stressful. Having a neutral attitude also helps attract more productive thoughts and feelings, which as noted in Stress Buster #1, attracts positive manifestations instead of attracting unproductive events that can cause more stress. Learning to become more neutral is easy. I can teach you in coaching sessions. Write to Empowerment.Coach@Live.com

5. Meditation enables opening of the pituitary gland when in combination with desire. When the pituitary opens one becomes more intuitive because they are raising to a higher vibration (becoming enlightened which means 'in light of' or 'in knowledge of'). Having pure insight reduces stress to a manageable level.

6. Allow your desires to manifest after intending and meditating. Allowing is necessary! As you begin to learn more about who you really are as a divine being with choice, this incurs reaction from the universe, and stress dissipates.

7. NOW is the time to begin loving self. BE present about loving self in every moment. Also, learn to be more present in every moment of your life. What most don't know is that it helps to manifest your productive thoughts much faster.

8. Inspiration – what inspires you? Is it painting? Is it taking a walking nature? Whatever IT is, DO IT! Inspiration lowers stress and raises vibration in order to attract what you truly desire. You don't have to be an expert, just DO what makes you feel good!

9. Find the time in each and every day to do something for yourself. Take that long awaited bubble bath or curl up with that book you have always wanted to thumb through. Don't put this off, train your brain that you must take time for self. Do not feel guilty. Get a babysitter if need be. Swap with a friend sitting for the kids.

10. Express your feelings any way you can: For example - journal writing, poetry, short story telling, blogs, talk into a tape recorder about your creative ideas, sing a song etc. also, when explaining to another, don't blame... Instead say

“I feel hurt when you say sarcastic things in front of my friends.” This takes the blame off the person and allows them to think of what they did.

11. Spend precious moments with friends, spouse, son, daughter etc. make the time to be with these loved ones.

12. Trust in your intuition. Trust in God, creator of this universe; this spark within each of us that loves us tremendously enough to allow us free will.

13. Connect with folks you haven't spoken with that you would either like to make amends or that you feel you haven't caught up with in a while.

14. Open up your heart and mind to higher power. Open up to the possibilities in store for you. Did you know that there is a storehouse of information, skills, talents etc. that are available for the taking? These are our divine gifts.

15. Make time for your body; your nails, trim your eyebrows, get a haircut, a facial, acupuncture, a dental checkup, a physical etc. take charge of your health: enroll in a holistic course that can benefit you, your family or clients

www.holistichealersacademy.com

16. Enroll in a class, something you have put off, something to develop yourself or further your career or even your hobby. If you would enjoy helping others achieve wellness or if you are interested in life coaching, become an HHP (Holistic Health Practitioner) We offer over 40 courses to choose from and you can become a board certified HHP from home through AADP once you have completed five courses with our school. www.holistichealersacademy.com

17. Try - one will never add to their knowledge base of experience unless they make that step and try! TRY is one of the words focused on by ancient wisdom teachers to help awaken an initiate. Try with a knowing, and you shall succeed.

18. Everyday fun: plan a 10 minute fun activity every day. For example: tossing water balloons in backyard, watch favorite show, play a word game, crossword puzzle, tag, hide and go seek, do a little dance, paintball, video game etc. this helps you balance out your fun time with other daily activities.

19. Read something either informative, enjoyable, inspirational or educational. Learn to have either a joyous or neutral attitude (PRACTICE the ATTITUDE!)

20. Nutritional choices can certainly relieve or add to stress levels. Refraining from coffee, chocolate or high sugar products and fast foods can help reduce stress in challenging times. These types of foods only aggravate and add to stress. Dark green vegetables have calcium and magnesium which help to balance an acidic body. Slightly cooked or even 2 ounces juice can help one lead to a more satisfying physical presence. A good multivitamin without additives or fillers is recommended. Choose fruit over sugary junk foods. Eating right frees up energy which allows you to do more of what you love to do in life.

21. Affirmations put you in a positive state of mind. They also feed your subconscious mind. If your vibration is one of joy, your affirmation is manifest in the physical rather quickly; if not, it takes longer. Create positive affirmations.

If it is weight you want to lose, simply state "I am becoming more fit, muscular and trim every day"

22. Laugh at yourself, your mistakes, your joys, and make jokes, watch something funny, check out some of the latest comical additions to UTube.com. Laughing eases tension and releases endorphins which are healing in their nature. Laughter is also contagious and infects others positively.

23. Joy – did you know that our purest state is one of Joy? Why do we allow anything less? Beginning today, choose joy! It's that easy. For life coaching sessions contact Kristen at www.eternaljoy.org

24. Organize your priorities on paper. What is important to you? Where do you see yourself in five years, two years, one year? Organize your paperwork, your files, your space and your life even if five minutes a day! It all adds up!

25. Yes – take a moment and close your eyes. Take a deep long breath and let it out slowly. Take another deep breath and let it out slowly. Take a third deep breath and picture the word YES as you let out the breath. Feel what YES feels like as you breathe in and breathe out. Now take a moment to do the same for the word NO. What difference did you feel? Most people feel expansive and free with the word YES and contractive or tense with the word NO. Try to practice what it feels like when you experience YES. If you can wake up in the morning and maintain this feeling, you will become more intuitive each and every day.

26. Outline your major concerns first. When you go over them a second time write down what it would take to achieve each step of the outline. What attitude would it take? What steps would it take? Then narrow it down to

smaller steps. If you want to learn how to manifest, decide upon what it is you want to manifest and create an outline. It would look something like this:

I. Master Manifesting

A. Begin with something believable

- 1) Practice knowing I will see an act of kindness
- 2) Practice manifesting objects believable to me

B. Meditate

- 1) Practice 10 minutes a day
- 2) Practice 20 minutes a day
- 3) Combine A and B
- 4) Note in journal the manifestations

C. Get a Buddy to Work With

- 1) Practice sending messages to one another

D. Manifest Desires

- 1) I want to experience PURE INSPIRATION

A. Before bed, remember to ask what it is that I want to experience and then look for it the next day! *this works, as long as you do not have resistance to what it is you are asking for

27. Resting is not only important for the physical body but it is also important for your mental and emotional bodies. If you need a break, don't hesitate to take five minutes for yourself. Walk away from your desk or from an argument, or from turmoil... and just center yourself in neutrality.

28. Gratitude – an attitude of gratitude is the most important key to raising vibration. Express gratitude for yourself and for your family, friends and associates. Start your morning thinking what you are grateful for, what you appreciate in your life. What most people don't realize is that this

vibration puts you in alignment with that of your inner desires.

29. Universal Laws are immutable. In #28 above, that vibration aligns you with universal law. There are many universal laws; law of attraction is one. This law suggests that whatever it is you are thinking and feeling is manifested in the physical. There are many more universal laws which you can learn by taking our course called, Know Thyself: Universal Laws and the Enlightened Observer Enroll here: www.holistichealersacademy.com This will be very helpful in reducing your stress, as you come to know who you really are and what you are capable of.

30. Tapes, CD's, DVD's – purchase these on the topic of stress busting or relaxation. While learning who you really are, which is a divine being, it is relaxing to listen to and follow along with meditation or relaxation techniques. Eventually you may even want to make your own. Once you know how to de-stress with your mind, these are not necessary.

31. Ideas – there is an idea within everybody! Take some time either in meditation, nature or brainstorming to find out what creative ideas are within your own mind. You would be surprised. In fact, there are probably at least seven e-book ideas on the tip of your tongue right now.

32. Let go and relax. Is it so difficult to just understand that you have choice? But you say, "Kristen, you don't understand, I've got this problem and that problem"... and I would say to you "You always are at choice", no matter what situation you find yourself in. Your attitude is what will alters your reality.

33. IF - Increase your confidence by acting as IF. Whatever it is, whether it is more money you want, love, help, certain type of job... act as IF you have it! This is another ancient wisdom secret to attracting the life you desire.

34. Zealous (Means actively and unreservedly enthusiastic) – Intend to be ZEALOUS about your life and your choices. Catch yourself when you are not in this vibration and quickly correct it.

35. Involve yourself in what it is you wish to learn. If you want to know more about fishing, go to the library and check out a book on fishing. If you are on the internet, google it! Unresolved dreams can also creep their way into adding stress to your plate! EAT it up by devouring words on how it's done!

36. Navigate your life. On the fitness program I have (P90X) it says Decide, Commit, Succeed. I couldn't agree more no matter what the dream. Your energy system is like a magnet. When you decide and commit... you will attract to you ways to complete this internal mission. This in itself reduces stress when you are on the road to accomplishing something you've only until now thought of. Also visualize the dream and feel it in your heart as if it already occurred.

37. Give someone some love. Give a hug or your help to someone in need, or even a letter or card, just do it. Giving comes back to you on a spiritual level and correlates in a peaceful feeling physically. Especially if the giving comes from your heart.

38. Smile at someone today. If you are able, smile at everyone you see. This comes back to you. The act of smiling has been noted to alter one's state of being, thereby

making them feel friendlier and more relaxed, not to mention brightening up someone else's day.

39. Exercise is critical for the stressed-out person. Choose a level appropriate for you and your conditions. You might want to begin with mild stretching, or perhaps a short walk, or take up yoga. Once your strength builds you can increase your activity or begin an exercise program. Exercise is widely known for its effects on reducing stress.

40. Value yourself highly. Low self-esteem leads to shying away from including yourself in social activities. It is known that having friends or a support group helps one to feel better about themselves thereby reducing stress levels. Listen to our talk show on self-esteem:

www.blogtalkradio.com/attractthelifeyoudesire

41. Eliminate stressful people from your life or limit the number of times you see them monthly. If you cannot talk to them write them a letter, sharing your thoughts in a positive manner. If this doesn't work let them know you are serious about wanting to lower your stress in your life. If they cannot comply, simply remove them from your list of people you associate with. This is assuming you have tried to create a positive light when you think of them (before sleep if you can). Normally when one finds they are able to manifest they realize they can affect their relationships. So before going to extremes of removing someone from your list of people you see, try picturing them as peaceful as you can for five to ten minutes. THEN try seeing them and tell me what happens! When done more than once and consistently and with high intentions, you WILL notice a difference in the person in question.

42. Notice the small delights in life. Take a walk in nature, notice the beautiful trees no matter what season. Notice the sounds of the birds, or notice children laughing, people talking. Notice how your friend or spouse or child or mother moves. Watch their face as they form their sentences. Listen to what they are saying. Listen closely. Take notice of your environment.

43. Talk to someone when the desire is there. If no one is available, and you have a challenge or problem, hire a life coach www.eternaljoy.org or Take out your recorder and record yourself. When you play it back, listen objectively. What would you say to this person asking for your help?

44. Yearn to have compassion for all around you. Have compassion for self, friends, neighbors, family, animals, bugs, trees, and those you see on TV or in magazines, newspapers, books etc. You are connected to all...it is understood by scientists and quantum physicists that something connects us all. Some call it the ether, some call it a field... Zero Point energy etc. it has been called many things.

45. Stop the negative self talk. If you only knew what the negative self talk does, not only on a physical and emotional level, down to your DNA, you would think twice. Scientists have recently discovered that the brain is not as hardwired as they thought. In fact, we can create new neural pathways as well as un-create them. The point is, whatever we focus on expands but it is also true that whatever we focus on consistently, is recorded in the subconscious mind.

46. Entertain some friends. If it is impossible to have them over, invite them out. For example: movies, lunch, dinner or

a ride. If this is not appropriate at this time, entertain yourself. The point is, learn to take time to do things you like to do.

47. Venture out and try something new! Simply put, is there a new class you would like to take? Is there some where you want to go? Is there something you want to see? Experience? Make a plan and do it! If you are experiencing fear, consider hiring a life coach to help you.

Empowerment.Coach@Live.com If you would like to listen to our radio show From Fearful To Fearless, please go to www.blogtalkradio.com/attractthelifeyoudesire

48. Enjoy your day! No matter what, DECIDE and COMMIT to ENJOYING your day. We have choices. DECIDE to feel joy. www.eternaljoy.org

49. No – what is it about this word? Why can't many of us say it when we want to? We spoke about having compassion for others, but this includes yourself. Learn to say no if you do not wish to carry out a certain task or function that you have previously committed to, don't be afraid to say no. This frees up your time to care for self. It is important to care for self, for if you don't respect and love self, you cannot respect and live another

50. Self Esteem – do you have it? If not, begin writing a list of qualities you have. Try to write at least 50. Remember to look at your list when in this state of mind to help lift you back up. If you need help, write to Empowerment.Coach@Live.com and I will get you on the right track.

51. Treat yourself to a massage! There is nothing better than being cared for in this way. If you cannot afford to do this,

ask your spouse. If this is not attainable, ask a friend. Otherwise, learn reflexology. There are books in the library or inexpensive ones you can purchase at the bookstore.

52. Reward yourself! Treat yourself to a walk in the park, lunch, a movie, dinner, spa treatment, a new shirt or something for the kitchen or bedroom.

53. Edit out attitudes that you want removed! Write down a list of attitudes you do not want. Rewrite the opposites and begin practicing. For example, let's say you have a dramatic attitude... where everything in your life your friends say you create drama. Turn this around into a positive. Write down something like, I am calm, relaxed, and confident in the present. Begin to override the previous attitude. Practice by imagining an event that caused you to express anxiously. Practice seeing yourself in a more calm, relaxed, and confident behavior. Continue and your subconscious mind will begin to program this attitude.

54. Success is only how you define it! Many feel that success equates to how much money they have. Others feel success is how many fancy objects they can collect. Truthfully the ultimate definition of success is subjective. Some feel success is when one has reached a state of tranquility and peace and joy in their everyday life, no matter what seems to be going on around them.

55. Self Hypnosis is a fabulous way to reduce stress and anxiety. Self hypnosis is based on autosuggestion when someone is in a relaxed state. Basically what this does is something we've been talking about throughout these 77 Stress Busters. What it does is re-programs the subconscious mind.

56. Breathing Techniques are very useful in reducing stress in the body and the mind. Begin by breathing in deeply through the nose and out the mouth. Breathe in for a count of four and out for seven. Do this for five minutes when feeling stressed or anxious. You may want to also visualize pleasant scenery. Another technique is to breathe as if you were breathing from the heart. Some say the heart acts as a second brain. In the Egyptian times the heart was considered of extreme importance in life and afterlife.

57. Understand that others have opinions too. Learn to allow another to be where they are at in their journey called life. It is understood in ancient wisdom that if you have to prove yourself, you've already lost the game. There is more to this on a vibrational level which correlates with the seven seals. The seven seals also correlate with seven frequencies. The seven frequencies correlate with dimensions. We live in a slower frequency than others on other planes, however what we think and feel and learn affects all frequencies and life on each of them.

58. Spontaneity is the spice of life. To be spontaneous is to allow oneself to remain in the present. Yes, it is good to be organized and create a to-do list, but spontaneity also adds to joy in one's life thereby reducing stress.

59. Take note of your accomplishments rather than failures. Remember the law: what you focus on expands. Focus on accomplishments, write a list and ask five friends to do the same. * or family, spouse etc.

60. Excel in something! What is it that you have as a burning desire within you to learn or do or experience? What are you waiting for? Begin today!

61. Review before sleep what it is you enjoyed about your day and what it is you would like to improve about yourself. Use this review time, not to criticize yourself but to aid you in growth.

62. Sleep is vital for rejuvenation of the physical body. Make sure you get a sufficient amount of sleep. Some people need 10 hours, some need about eight and yet if healthy and on a juicing regimen, you may only need four hours sleep. Energy comes from the sun. Green plants such as kale and spinach contain chlorophyll which traps energy within the cell walls of these plants. This energy when ingested, not only builds our blood but replenishes our cells thereby giving us freed up energy to do the things we like to do.

63. BE – learn to simply be. Understand what it feels like to BE rather than do. Being is conducive to staying in the present. When someone allows themselves to remain in the present, stress is reduced to a minimum. Why? When one learns to remain in the moment, one is aligned with Creator (Universal Law)

64. Educate yourself on a topic you are drawn to. If it is holistic or alternative medicine, read as much as you can on the subject. If it is caring for pets, read as much as you can on that. Care about your educational needs to KNOW something that you've been urging to know.

65. Create – when we create we are using more of our right brain. Expressing creativity is not only relaxing, inspiring, but also opens the door to allowing desire to manifest in the physical. Try to spend some time either singing, drawing, painting, writing, developing an idea, or simply designing or outlining a plan of action.

66. Opportunities abound. If you only knew what is in the storehouse of the collective mind of which you have access, you would be off creating and allowing it to occur in your life. Even quantum physicists state that we effect outcomes of experiments. They know for a fact that we cannot be an observer and be separate from an experiment and its outcome. Simply put, our thought effects outcomes. Princeton University and other schools and organizations have tested this phenomena on people as well as animals. Animals have also been tested to effect an outcome to an experiment. Bottom line? Watch what you think.

67. Money – what is your relationship to money? And do you have it? Do you want it? Are you without it? Or do you always have just enough? Your thoughts, beliefs and feelings create a specific paradigm you enter into concerning money. So what is it that you are resisting concerning money? Examine your beliefs. Were you told as a child that money didn't grow on trees? Were you told that what it is you wanted could not be had due to lack of money? Were you told you always had to work very hard for it? These are only beliefs. On my site there is a free e-book called Think and Grow Rich by Napoleon Hill. The principles within this book, when studied and practiced, will help you change your relationship with money. You can find this free ebook here:

www.holistichealersacademy.com/specialevents.htm

Scroll down to radio show #4 Stress Busters.

68. Envelope yourself in an atmosphere that brings you joy. Decorate your house, your apartment, your living quarters etc. as elaborately as you want or whatever speaks to your soul. Remember to add music to your life as well! Classical

music such as Mozart has been said to help one become more alert as well as improve mood and memory.

69. Energize yourself by taking a moment to re-live a special moment or create a beautiful brand-new one in your mind. Scientists have stated that our brain does not know the difference between what is thought and what is seen in the physical. So take yourself on a mini vacation, and watch the relaxation seep in. This is a most magnificent finding.

70. Manage your time. What is important to you? Make a list. Are these important ideas, events, experiences incorporated into your weekly schedule? A balanced life wheel harmonizes health, fitness, relationships, family, recreation and, alone time, work, spirituality and social life on an even keel. What is it in your life that is out of balance? If you would like to take a free test (several in fact), write to me at Empowerment.Coach@Live.com or visit www.eternaljoy.org for your free test.

71. Plan special outings, concerts, short trips or vacations. If you don't have the money at present, at least go pick up some brochures or do research concerning the events you are interested in. You will never manifest it if you don't at least take that first step.

72. Outcomes are irrelevant. Learn to think this way! Not only will you be more relaxed but you will also be in alignment with how this universe works. Remember, it is not your job to focus on outcome, however it is your job to create, intend and allow

73. Write – journaling helps you explore to clarify priorities as well as joys and creativity. It has been said that we are at our strongest point of attraction when we are putting

thoughts to paper. My suggestion would be to carefully choose what you write

74. Elevate your spirit by allowing yourself to experience fully. Go spend time with your pet: if you have a dog go to them and give them a hug and a kiss and look deeply in their eyes. They feel and react to your vibration. They know what your intention is. Elevate your spirit by doing something you love.

75. Rejuvenate your heart and soul by embracing pure love. Sit in a quiet space and contemplate love. No matter what is seemingly going on around you, when you do this consistently, your mirrors will come. What this means is, what you focus upon and your feeling towards it, mirrors back to you either through the person or thing you are focusing on or elsewhere in your life. If you focus on COMPLETE LOVE, this is what returns to you in your life. Do not take this lightly. Learn more by learning the Universal Laws *The course we offer is called: Know Thyself www.holistichealersacademy.com

76. Effervesce - (Means to be lively, have high spirited thoughts and feelings). When you are in this state of bliss, bliss is what returns.

77. Dream the impossible dream. Allow yourself to think outside the box, the possibilities are endless. What you have allowed in your life until now was limitation! (if you are new to manifestation you can NOW ALLOW yourself to learn what you didn't know before!) If you do at least this first step, you are creating a small crack in the limitations of your mind to allow unlimited thought. Congratulations, you are on your way to freedom!