

7 Quick Tools to Overcome Anxiety and Stress

1. Over-Energy Correction Technique for Stress Reduction and to Decrease Mind Chatter:

This is a quick technique that takes 2 minutes or less to do and rapidly calms fear or anxiety when you are feeling stressed, confused, or overwhelmed. Cross the left ankle over the right ankle; extend arms with backs of hands facing each other, bring right hand over left, clasp fingers together, fold arms and hands inward and rest the hands on the chest under the chin; place your tongue on the roof of your mouth behind your front teeth, breathe deeply for 1-2 minutes. It is very calming for most individuals and can be used to promote sleep as well as to reduce acute anxiety.

Stimulate Acupressure Points on Hand:

2. Hegu Point – This is a dime-sized spot located on top of the hand in the thick fleshy part between the thumb and forefinger. Put a thumb on this fleshy spot between the thumb and forefinger of the opposite hand. Place your forefinger on the other side of the hand to create a pincer grasp of the spot and press or massage firmly. It may be a bit tender when you do this as the energy here is often blocked. Stimulating this point helps with relaxation, headaches and constipation. It can also balance bowel issues for some people.

3. Gamut Point – This is a point located on the back of either hand about an inch above the space between the knuckles at the base of the ring finger and the little finger. When you tap or lightly massage this point, you are stimulating the Triple Warmer meridian which is responsible for turning on and off the fight or flight stress response when we feel stressed or threatened.

4. Rhythmic Breathing Exercise for Stress Reduction and Muscle Relaxation:

Rhythmic (or Box) Breathing is a helpful technique for rapidly decreasing stress, anxiety, heart rate or blood pressure. It also is centering and prepares you for a meditation or a peaceful night's sleep.

Think of your breathing pattern as if it were a box or square drawn on a piece of paper with the breathing in being the left upward drawn line, holding your in-breath as the line on the top of the square from left to right, breathing out as the line going downward on the right side, and then the holding of the out-breath being the line from right to left on the bottom side of the square.

You slowly count the length of your breath going in, being held, or going out that is right for you. The length of your in-breath and out-breath should be the same count; just as the length of the held breath at top and bottom should be the same number of counts. As you practice your breathing, you might find that your square is actually a rectangle. Each person may find they have a different count from another person; and that is fine as we are all unique individuals. Just make certain that you are not strained in your breathing in or out or with the breath holds at top or bottom; if you find you are strained, then change the length of your counts for different sides of your "box" of breathing.

Once you find the pattern of your square or rectangular box that works best for you, go through 4 to 5 complete circuits of the rhythmic breathing box and notice how your body and mind respond.

5. Inner Humming:

Make a low "Nnnh" inner humming sound that is so quiet that people around you cannot hear it. The note or tone is not as important as just feeling the inner vibration within your body. The vibration is very calming and relaxing. You can play with different vibrations of humming and see where you feel it in your body to relax or balance various areas.

6. Activating Your Natural Joyful Energies:

Our bodies have a natural joyful energy flow that we can tap into to experience peace and joyfulness. However our chaotic, stressful lifestyles and the high pressures we often experience in Western society has contributed to us

shutting down these joyful energetic circuits. The good news is that we can intentionally reactivate them at any time we choose. Certain body motions can readily open these channels once more. These simple movements can assist you with reawakening your inner natural joyfulness. Create **Figure Eights**: Any body movement that creates figure eights (or infinity sign shapes) will create joyful flows in the body's circuitry. You can do this while sitting or you can dance around the room while moving your arms in front of you, either tracing a figure eight or an infinity sign with your body or your arms. Put on your favorite music, relax, and sway your body to the rhythm as you do your figure eights.

Another approach is to trace figure eights on your body or doodle them on paper. When you are feeling stressed out and you are not in a circumstance where you can move, this is a simple solution. Not much equipment is necessary to accomplish this, just the desire to feel joy.

7. Loving Compassionate Benefactor Mindfulness Meditation:

Find a comfortable, seated position on a chair or cushion and allow your body to settle into position. Close your eyes and begin to focus your attention on your breath, following your cycles of inhalation and exhalation. Notice the rising and falling sensations in your belly as you breathe in and out and follow this for a few cycles.

Now try to bring to mind a heartfelt sense or image of someone whom you believe embodies the qualities of unconditional love and compassion. This person can be a friend or relative, a religious or historical figure, a spiritual being or just someone who embodies these qualities to you. Picture this person as if they were sitting or standing right in front of you.

Look into their eyes and feel the absolute unconditional love and compassion from your Loving Benefactor flowing towards you. Now, radiate feelings of love and gratitude back towards this person. Whenever you feel your mind wandering, gently bring your attention back to the image of the loving friend, historical or spiritual image and once again practice radiating love, empathy and compassion towards them. Feel their love, empathy and compassion radiating back even more strongly towards you. Now look even deeper into their eyes and become aware of the depth of their love and compassion for you. By now you will likely feel a sense of warmth or fullness in the center of your chest or feel your heart expand. When you feel or sense this, you are in your Loving Self. It is impossible to be in your fearful, angry, guilty, unworthy or judgmental self when you are in your Loving Self.

Now sense that your Loving Benefactor continues to send you Love as they slowly move around your left side until they are now standing behind your left shoulder, still sending love and compassion to you. Stay with your Loving Benefactor and feel their love flowing to you as long as you would like. With practice you can go about your day with your Loving Benefactor following you around and constantly sending you love. If you are interacting with another person, you may notice that your Loving Benefactor will not only send love to you – they will also send love at the same time to whomever you are interacting with and assist with the interaction and communication going more smoothly. Know that this Loving Benefactor is sending you love every minute of every day. (Note: The true meaning of having a Heart to Heart conversation would be that both people would be communicating while in their Loving Self. If everyone did this everyday, there would be no wars.)



Hope this helps.

Keep shining your Inner Light brightly by staying in your heart rather than in fear and you will indeed become a trail of Light for others to follow!

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