



**Stress Free Life**  
*From Stress To Stillness*

# THE FAST *Stress Relief*

**GUIDE**





# THE 5 ESSENTIALS TO MASTERING STRESS IN YOUR DAILY LIFE

These are 5 highly effective quick and simple actions to dealing with High Stress and Lowering Your Daily Stress Levels.

We all have days that are considerably more challenging and stressful than others. It's important to develop some techniques that help you relieve stress and strengthen your self-soothing abilities.

If the hustle, bustle, and challenges of everyday life are making your stress levels inch up each day, you must find a way to break free! Holding onto the stresses of yesterday will simply add to the tension of today and tomorrow. Soon the amount of pressure you carry around inside you from this stress may become unbearable.

You work hard to provide a good life for yourself or your family, but stress can prevent you from enjoying that life. Don't allow stress and worries to rob you of the happiness you deserve!

---

## **FOLLOW THESE EASY STRATEGIES TO HELP YOU MASTER BANISHING DAILY WORRIES AND STRESS**

**NO. 01**

# **ASK FOR HELP**



If you're constantly running on empty, your mind, body, and soul will suffer the repercussions of your tenacity. There's no shame in asking for a helping hand. Sometimes, you will be able to lean on a spouse, coworker, or friend, but other times you may have to hire help.

Most people are delighted to be needed and will be more than willing to help you. If housework is the culprit of your stress, divide the tasks equally amongst the family members in your household.

If your mounting responsibilities are barely allowing you the necessary time to eat and sleep, you may have too much on your plate. Streamline your responsibilities by creating a time-effective plan for crossing the items off of your to-do list in less time.

What areas in your life can you allow yourself to receive help by asking for it?

**Example:** Asking for help from a family member to help in cleaning the house. Asking for help from a coworker to help you finish a project, or even asking for a helping hand from your neighbor to help cut your grass.

**How about you?**

---

---

---

---

---

---

---

---

**NO. 02**

**SET ASIDE TIME  
FOR YOURSELF**



Take a day off and lose yourself in activities that you enjoy. What do you enjoy doing? Knitting, relaxing in a bubble bath, drawing, lounging in bed watching reruns of the Golden Girls? Indulge yourself in your favorite lazy activity a few times each week.

- » Carve out a few hours each weekend to indulge in your favorite lazy activity. Choose at least one weeknight to relax after work. Sitting in a candlelit bubble bath while listening to your favorite CD and reading a magazine is an effective treatment for washing the day's stresses away. Watch your favorite comedy on television or rent a funny movie
- » Refrain from feeling selfish for taking time for yourself. You may be a busy professional, a spouse, a parent and have a home to maintain all at the same time; however, taking two hours now to de-stress will save you from going into overdrive and possibly stressing out your loved ones later.
- » Distract yourself for a few minutes. It might not solve the root of your troubles, but surfing the internet on sites you enjoy or calling a friend for a few minutes can provide a little relief from your stress. Sitting outside and enjoying your surroundings will do the same. Find a relaxing spot with pleasant scenery. Pay attention to what's going on around you and keep your mind off your challenges. Keep track of the time so you don't get behind schedule.

**Write down a few ways you can begin to set aside time for yourself everyday and every week by doing activities you enjoy?**

1.)

2.)

3.)

4.)

5.)

# NO. 03

# SOCIALIZE!



Making time for socializing with friends and family is a vital aspect of managing your stress levels. Friends and family make you laugh and they provide you with a shoulder to lean on. Hang out with people that are fun. It's easy to get caught up in our own little world. Being with others can jolt you out of that perspective. This, in itself, will deplete your stress levels exponentially.

- » If possible, designate one day per week (like Sundays) to spend time with extended family and friends or go out for an evening with your partner. You could host a neighborhood barbeque in your backyard, host a Sport Sunday gathering, or simply have coffee with your closest pals.
- » Living far away from friends and family can truly dampen your ability to socialize. You can meet friends at church, neighborhood gatherings, at the park with your kids, or on the community meeting site, MeetUp.com to find a group of like minded folks.
- » When hosting events in your home, avoid fretting about the details. This will counteract your efforts to de-stress! Have a simple plan, such as using paper plates, napkins and plastic utensils for easy cleanup. Perhaps you can order pizza rather than cooking.
- » It is also helpful to talk to someone about your stress. Verbally processing your stress with a trusted and supportive family member or friend can help you relieve yourself from the emotions of that stressful circumstance and provide you with relief and clarity on how to move forward.

**Make a list of specific days and specific ways you will begin socializing throughout the week with friends, family, and people you enjoy:**

1.)

2.)

3.)

4.)

5.)

**NO. 04**

**TAKE A NAP**



Take a nap. What happened before your nap is in the past! Now you can deal with it and move on.

- » If you don't want to take a nap, Close your eyes. With your eyes closed, it's easy to allow your imagination to wander to a happy place. Give yourself a needed break by imagining yourself at the beach or in another peaceful setting.
- » Get some extra sleep. Limit your caffeine late in the afternoon and head to bed an hour early. Ensure that you won't be disturbed. Turn your alarm clock around so you can't see the time. A midday nap is a great way to reduce stress. If you're fortunate enough to have the option of sleeping for 30 minutes in the middle of the day, consider yourself lucky.

**Write down two portions of your day where you can take the time to close your eyes and relax, take a nap, or get some extra sleep?**

---

---

---

---

---

---

# NO. 05

# UNPLUG



**Turn off everything that connects you to the outside world so you can really relax.** Leave the TV off. Put your phone on silent and stick it in the drawer. Keep your laptop closed. Spend an evening without any electronic devices. Consider an evening spent with a good book and a glass of wine. A fire wouldn't be a bad idea.

- » **Use visual imagery to watch your stress drain from your body or float up, up and away.** Visualize yourself being set free from your stress and in your happy place enjoying life and living free.
- » **Journal your feelings.** Taking the time to physically write down your stressful feelings and frustrations inside a journal is a great way to release stress from your mind and emotions. And will help you understand yourself more clearly and why you feel certain ways about certain things. This will help you place your stressful feelings onto a piece of paper and leave it behind once you are done expressing yourself.

What ways can you begin to unplug from the world and relax?

**Example: Everyday I get home from work I spend my first 30 minutes unplugging from my phone and all other technology distractions and take a nap or go on a walk around my community park.**

**What about you?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Stress seems like a normal part of life, but it doesn't have to be that way if you're willing to put your sanity first.

Most of the time there's a simple fix to the challenges that are causing you stress. Simply read just the way you perceive the issues and how you address them. Because the truth is both beauty and stress are in the eye of the beholder!

General stress can't be avoided in life, but how much you suffer is under your control.

Apply these five stress-busting tips to your psychological tool belt, and use them whenever you start to feel stressed. The best time to address stress is in the early stages. The quick application of these essential techniques can increase your happiness and productivity.