

Title:

An Easy Way To Soothe Stress

Word Count:

601

Summary:

Getting into a deep state of relaxation induces calmness to soothe your body, your mind and yo

Keywords:

relaxation, relaxation exercise, how to relax, reduce stress, beat stress

Article Body:

Hey,listen up. It's time to relax, chill out, and release those pent-up physical, mental and e

Think of stress as a silent enemy. It can sneak up on you at any time and get you down before

So, what do you do?

You take action, that's what. Your very first line of defence is to establish a habit of perfe

And what is a state of calmness?

It's the exact opposite of stress and anxiety. As a matter of fact, you could call it the anti

Start using this antidote. Take time out at least twice every day to do the relaxation routine

Relaxation Routine

1. Lie down, or sit in a comfortable armchair or recliner.
2. Take a deep breath and hold it for about five seconds. Release that breath slowly, and imag
3. Repeat this cycle of breathing a number of times until your breathing falls in a nice long,
4. As you maintain the relaxing rhythm of your breathing, bring your attention to the top of y
5. Feel the warm hands massaging around your ears and down along the back of your neck to the
6. Now bring your attention to your forehead. Feel those invisible fingers smoothing away any
7. Next, focus on your eyes. Imagine the warm fingers gentle massaging all around your eyes. F
8. Think of the soothing hands massaging the rest of your face. Notice how your lower jaw rela
9. Check your breathing once again to make sure it's rhythm is long and slow.
10. Now bring your attention to the invisible hands and imagine them massaging and loosening y
11. Those massaging hands now work on your back. They soothe and loosen the muscles on either
12. Imagine what it would be like to feel a state of deep relaxation seeping downwards into yo
13. Allow feelings of deep relaxation and calmness to immerse your body and your mind.
14. Feel yourself drifting deeper and deeper into pleasurable feelings of calmness and tranqui

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