

QUICK FIX: Stress Less Tool Kit

We are busy people! Life can be overwhelming and chaotic if we let it! Learning to stress less is an art. It begins with knowing the self, our own boundaries, capacities for coping, stress triggers and on the flip side, what makes us happy what feels good, what do we want more of in our lives.

From here, this point of inner knowing, we can make intelligent informed choices that sustain us and our lives, rather than create dis-ease, disharmony and destruction. When we are not in alignment with our inner guidance and knowing, stress happens. How you deal with stress depends on what you have in your 'Stress Less' toolkit! There are number of strategies that you can include in your "**STRESS LESS TOOLKIT**". Have these handy for potentially stressful moments:

- **GUIDED RELAXATION CD** - have a cd / audio file to play in the car, at home, whilst on a work/study break OR a weekly class to top up your inner reservoir of calm. Light candles, incense or something that you feel gives your brain and body the trigger to relaxxxxx.
- **RESCUE REMEDY** - an acute homoeopathic remedy for shock and trauma. Great to relieve anxiety, use before and after stressful situations.
- **BODYWORK** - See your favorite massage therapist, osteo, chiro, counselor for a bit of TLC. Often they will be able to release stress that is lodged in your physical being as well as your emotional body.
- **SAY NO!** - I know, I know, easier said than done! But this is a very important tool in your toolkit! I don't mean tell everyone where to go when you feel stressed out. This 'no' is more about listening to your authentic self and saying 'no' when the decision you're about to make is not in alignment with your inner voice. Take it back to basics and ask yourself "*what is the highest good that I want to see eventuate in this situation*", then make your decisions based on the underlying value.
- **PHYSICAL ACTIVITY** - Get out there and run it off!! Alternatively, go for a walk, jump, skip, swim, clean the kitchen, dance punch a bag (not your mum! ;) ... any physical activity brings you back to the now and shakes all that stress loose.
- **LAVENDER ESSENTIAL OIL / CALMING ESSENTIAL OIL BLEND** - blend yourself or find one already combined. Put a few drops in a spritzer of water and use when you feel you're getting wound up, burn around the home to de-stress the family, use with a plain body cream or massage oil to rub into skin around the heart, solar plexus and feet before bed for restful sleep.
- **GET BACK TO NATURE**
Our natural environment is the greatest healer there is. Go sit on the grass, hug a tree, look up at the stars, watch the silent dappling of light through the trees, literally STOP and smell the roses, and BREATHE LIFE in.

So our **STRESS LESS TOOLKIT** helps us deal with all the crazy daily stuff that we just can't avoid... it crops up to throw us off our centrepiece, but it doesn't have to knock us over completely if we have our toolkit handy!

For more ways to feel better, think better and do better in life, contact us:

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