

22 SECRETS TO REDUCE YOUR STRESS!

Move from *STRESSED*



To *RELAXED*



Follow our 10 minute positive shift secrets

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22 SECRETS TO REDUCE YOUR STRESS!

- This is a free resource to help you manage stress through stress management relaxation techniques and methods. ➤ Ideas for time management, problem solving and more.
- Read it on the fly – then go back again and read at your leisure.
- Free advice for simplifying your life, 10 minutes at a time.

Stress – We all have it...If you don't have stress – you're dead.

Good stress gets you enthusiastic and excited, it's positive, it's creative. It gets you up in the morning.

Bad stress or dis-stress causes 75-80% of illnesses. Does that number shock you as much as it did me?

Stress saps your energy, your health and your happiness.

Everyone today seems to talk about their stress. Seriously, doesn't it seem like everyone you talk to tells you how stressed they are? It's become the norm. More people are popping pills for their stress or the symptoms of their stress. But it doesn't seem to be helping.

75-80% of illness are stress related – years ago reports put that number at 60%...are we more stressed? Or is it just that it's being recognized more?

Does it matter? It's still killing us.

Stress affects you on all levels, Physical, Mental, Emotional and even Spiritual.

Here are just a few descriptions of how stress can be affecting you.

Physically stress manifests in many ways in your body.

- High blood pressure
- Muscle tension
- Headaches
- Insomnia
- Ulcers
- Rheumatoid arthritis
- More frequent illnesses, colds, or flu
- Even cancer

These are just a few of the symptoms of stress.

Mental stress fogs your brain.

- Do you ever feel brain dead
- Have you ever been reading a page and realize you didn't understand or absorb a thing?
- Do you have days when you just can't seem to think, or remember anything?
- Do you feel, literally, like you're not clear or focused?
- Can't make a decision?

That's mental stress.

Emotional Stress.

- Do you sometimes feel overly emotional?
- Are you depressed?
- Completely shut down?
- Are you easily angered, frustrated or feeling out of control?
- Do you have trouble sleeping?
- Are you just having a hard time getting excited about anything? These are signs of emotional stress.

Spiritual Stress.

- No this isn't about religion.
- Do you ever feel helpless?
- Hopeless?



- Do you ask "is this all there is"?
- Do you feel like you want to completely change your life? ➤ Quit your job?
- Leave your marriage?
- Move to an island?

This can be spiritual stress.

Okay so that's the bad news....You're stressed.

What can you do about it?

Yes, you could just take a pill or two and that may help you cope with the stress...but it's still there.

What if you could actually do something to feel more alive, relaxed and productive?

I can hear you already – "I'm stressed, I'm overworked, I'm already overwhelmed and you want me to do something more? !"



When normal means being stressed and overwhelmed, it's time to stop being "Normal" and find another way.

Gain a new lease on life in just 10 minutes a day!

Are you ready for a positive shift?

It probably doesn't make sense to quit your job, move to the South Seas or a cave in the mountains or join an ashram, there are easier ways.



Follow Our 10-minute Positive Shift Secrets

1. Play!



You're brain dead, and the fog has set in. You feel like you couldn't make a decision to save your life.

Take a 10-minute game break - play solitaire, Scrabble or Majong on your computer, or break out a deck of cards. I'm serious, I've done this for years. The complete change of mental activity allows your brain to reboot itself.

If you're an accountant, play Scrabble. Moving from numbers to words shifts your brain and allows the area that deals with numbers to rest and reset.

If you're a writer or working with words and concepts, play Majong, Solitaire or even do a Sudoku.

The key here is to do something completely different than what you've been doing.

What if your boss comes up and finds you happily Scrabbling away? Explain what you're doing, and that you've actually found it to increase your productivity. I have to confess, I usually turned my screen so no one could see...it's easier not to explain, if you can get away with it. After I got caught a time or two, my boss started laughing when she'd find me playing Scrabble instead of working on that tax return. I even caught her playing once or twice.

Here's a caution, though...set a timer, and don't spend more than ten minutes on your play break. It's not about taking the afternoon off; it's about a short break.

2. Have a Ball

Keep a balance ball in your office and several times a day trade your chair for the ball. You'll feel like a kid.

The balance ball really helps to limber up your spine and reduce the stress in your lower back and shoulders.

Roll your neck, stand up and touch your toes, bend, reach for the sky, be a rag doll.

Bounce a little on your balance ball.

It can't help but make you smile just a little.

3. Reach out and Call someone

Pick up the phone and call that person you've been putting off calling.

This works for two reasons. One you get something off your mind. No more worrying about the need to make that phone call. Two, talking to someone, connecting with them, actually increases endorphins and creates a positive change in your body.

What if this is a stressful call? Someone you're dreading talking to. Is there an issue that needs to be dealt with?

Before you make that call, spend just two to five minutes and think about what the issue is. What's your deepest truth? What's the real issue? What can be done to make this a win win situation? Visualize getting to the end of the conversation and having had a positive outcome. Feel how relaxed your body is, let that sink in.

Now, from that space make the call.

4. Be a Control freak.

Take control, one piece of paper at a time.

Organize your desk.

Take ten minutes and sort through all the papers on your desk.

Toss, file or shred everything that's already been dealt with.

Put the urgent items in one pile, and the, "gee I'll get to it sometime" items in another.

Organize by putting things in clearly marked folders.

If you don't have a desk, or it's already in order, pick a drawer, closet, or some other area in your office or home that needs a little help.

5. Get Cross.

Update your to-do list. Cross off what's done. Write down what needs to be done. Prioritize it using colored markers, stars, numbers, whatever system works for you.

Don't put your list on post-it-notes. Write it in your day-timer, online task system, calendar, someplace that is easy to organize, and re-organize.

I prefer systems that let me cross things off. There is nothing that feels as good as crossing something off the list.

Now, take another look at that list. Does everything on it really need to be done? Can you delegate? How long does each task take?

Right now, take care of one of those to-do's that takes ten minutes or less.

I've found that when I write it down, it gets it out of my head. I don't have to worry about remembering it all. I feel mentally more clear and focused.

6. Walk on the Wild Side. Go for a 10-minute walk.

I know, just ten minutes may not boost your heart rate or be an aerobic workout, but it can give you back more energy and relieve some stress.

If the weather permits, go outside. Walk around the building or down the street. If there's a park or at least a little greenery nearby, head for it.

Go soak in all the nature you can find. If there's a doggie park, go watch the dogs play. Always relaxing and entertaining.

The weather sucks? Fine, work with it. Walk up and down the hall, take the stairs or walk around the parking garage.

Get up and move. You'll be surprised how much clearer your mind feels. Oh yeah, and those aches and pains should be better too.

7. Shake Rattle N' Roll.

Rock n' Roll that is.

Have you seen the videos of people dancing and singing in the [train station](#) in Belgium? Seriously, you can't watch those and not feel uplifted.

Depending on where you work, see if you can get some of your co-workers to take a 10 minute dance break with you. It's sure to liven up everyone's mood and energy level.

The additional benefit here is that your co-workers are in better moods too and it may lighten up the entire atmosphere of the workplace.

8. *Write down everything you did right today.*

Take ten minutes to write down everything you did right today.

I mean everything. Really think about it.

Wow, that list is a lot longer than you would have thought, isn't it?

Now give yourself a pat on the back and feel appreciation and love for yourself.

9. *Try some heavy petting.*

Gotcha.

Pet a cat or dog. If you don't have one, adopt the one next door just for a few minutes a day. There are lots of studies showing the stress reducing qualities of petting an animal.

Hey...if your mind went immediately to a different kind of petting, that might not be a bad idea either.

10. *Have a belly laugh.*

Laughter *IS* the best medicine. Laughter ups your endorphins, promotes relaxation, lowers your blood pressure, aids in healthy relationships, reduces conflict, gives you more energy, gives your body a physical workout, and literally shifts your energy field into a much brighter place.

So you don't feel like laughing. Yet.

Open up some of those stupid jokes friends send you.

Watch a funny YouTube Video. Watch two.

Call a friend who always makes you laugh.

Have something silly on your desk that always makes you laugh.

I used to have a couple sure-fire laugh things in my office. I had a Giggly Wiggly ball that rolled around the floor giggling and making silly noises. I also had a silly little smiley-face bean bag with an insane laugh. It was impossible to listen and not start laughing. I gave one to every person in the CPA office I worked in. Deadlines, stress, tax season – suddenly someone would start their laugh-bag going, then someone else would join in and within two minutes the entire office was laughing and back to work with a smile and a lot less stress.

Find something that brings a smile to your face – then pass it on. Spreading the joy rebounds back to you ten-fold.

11. Breathe.

Take deep even breaths in and out. Allow your body to relax.

Don't worry about "not thinking". I know they keep telling you to meditate and "release all your thoughts", for most of us that's really impossible.

Simply allow your thoughts to go by, observe them, but keep breathing.

Back to the previous petting idea...you could do a little "heavy" breathing too.

12. Go on a Rant.

Scream – Cry – Rant – Rave

Probably best to do this if you have a quiet private place. If you have to, drive to a quiet area and vent in your car. Rant, rave, cry. Let it all out.

If that's not practical, try writing.

WARNING: Don't do this on Facebook or anywhere online...seriously, once it's out there you can't take it back. So keep all this to yourself. This sounds obvious, but trust me, I've seen things people have written on Facebook like

"Gee I'd like to stick a number two pencil in my stupid boss's eye." Yep, the boss saw it. Luckily in this case he was able to laugh and let it go.

NOTE: Remember, things you write and leave on the company computer aren't private. If there's something you don't want other people to see, either password protect the file, or better yet, just write in a journal you keep in your purse.

The point of all this is to vent – but to not vent it on anyone else.

13. Eat Drink and Be Merry

Go out for a meal or drinks with friends.

Order some great food, preferably either an old comfort food favorite or something completely new and adventurous.

Pop a bottle of wine to share – remember, life is too short to drink bad wine. Order something nice, it doesn't have to be \$100 a bottle, but should definitely be over \$10. There are some really good wines out there that aren't expensive.

Get some friends together and go to a wine tasting. They're usually inexpensive, sometimes even free.

Check out www.thejuice.com for wine and food events in your area.

14. Practice Random Acts of Kindness

Do something nice for someone else.

It doesn't have to be large, time consuming or expensive.

Start by expressing a sincere compliment to at least one person a day. Even someone you don't like is sure to have at least one admirable quality. Share your appreciation with them. If you're too shy to say it, write a nice note or send a card. Need ideas <http://www.actsofkindness.org/>

15. Stick Your Head in the Sand.

Break the news habit. Don't watch the News!

News is probably the most angst ridden activity around. It's all about fear, stress, violence, economic collapse, wrong doing...just plain negative.

There is so much sensationalism and purposeful preying on your fears; it's enough to reduce even the most positive person to tears.

If you just have to get a news fix, read a paper instead. When you're reading a paper you aren't getting the same over-the-top emotionalism that is often put out on the news these days.

Even just the teasers before a story can be emotionally stressful...and often misleading.

Here's an example – recently they ran a teaser all day long “Are your unemployment benefits going to dry up? Is the state out of money? Find out tonight if you're going to get paid.” The actual story, “Well the state may run out of money, but don't worry the federal government will loan money to the state, so you won't be affected.” How many people were unnecessarily scared and stressed?

Find a positive news story. Watch a video of Sharon Boyles singing on England's Got Talent. Good stories are out there if you just look.

16. Day Dream

Live Your Dream.

Okay, in this economy (or ever) it may not make sense to dump your job and make a complete career change. However, you can find ways to bring your passions into your life.

What do you love? Have you forgotten what you really love to do? Don't worry it happens to a lot of "responsible adults". Think back to what you loved to do when you were a kid. Do you like to sing, make jewelry, take pictures, write, play guitar, use your imagination, and find your passion.

Make a list of the things you're good at, the things that make you really smile.

Make another list of the things you haven't ever tried, but have always wanted to. Take a class. Do an online tutorial. Join a group.

Can you find a way to incorporate your passions and interests into your life? Can you do this part time? Can you take classes, teach, volunteer, join a club, start a business on the side?

Get creative. Find a way to bring your dream to life even in small ways.

17. Stop "Shoulding" on yourself

Is your inner voice a constant litany of "I Should....do this. I Should....do that. I Should.....".

I call that being "Should" on. No one can do it to you but yourself.

When you find yourself "shoulding" on yourself, step back and ask if you really need to do this thing? Is this an old tape running in your head that may not even be necessary or appropriate any more. Whose voice is it? Do you hear your mother, father, sister....?

Take a few minutes and listen for your own voice. Let the "Should" go and do what needs to be done.

Even better, do what you Want to do.

18. Go on a Rampage - of Appreciation.

Up your gratitude quotient.

You may not be feeling particularly thankful or appreciative at the moment. Spend ten minutes thinking about all the things that are good or right in your life.

Think about every single positive thing in your life.

Make the list as long as you can. Be silly with it. Include the little things.

Some of mine at the moment:

"I am thankful my computer is working."

"I am grateful that I can type."

"I am grateful that the sun is out today."

"I am happy that I can shake rattle n'roll"

"I love my Shield."

"I'm nice and cozy inside while the wind is howling."

"My husband is emptying the dishwasher."

"There is a yummy smell coming from the kitchen.....I am thankful that my husband can cook."

"I get to write fun articles."

"I get to connect with really interesting people."

Have fun – appreciate yourself and all that you do.

19. Be awestruck, find the Magic.

Reconnect with something Magical.

When we're children everything seems amazing, awesome, and magical. As we grow up, we lose that magic and look at life much more analytically. Be childlike, allow yourself to feel awestruck.

Believe for just a moment that crazy video on YouTube is really showing fairies, flying saucers, or some other strange phenomenon. Don't let your analytical mind automatically tell you why it's not real. Take a few minutes to hang out in the possibilities.

Find a way to re-connect to something that's inspirational, soothing or magical, something that reminds you of a different kind of "reality". For me – one of those inspirations is to look at the stars, or even beautiful pictures of space from [Hubble](#).

20. The perfect holiday usually isn't.

Streamline the holidays. Do you really need to do it all?

All holidays have the potential to be joyful and fun or extremely stressful. There's always so much to do, so many expectations, so many opportunities for overload or disappointment.

Set realistic goals and be flexible, but not so flexible that you give up your own personal time and space.

Some of us are energized by being social, others need more personal reflective time. Know how much social and personal time you need.

Let go of the image of the "perfect" holiday or "but that's the way we've always done it".

Make some new traditions or change your expectations and goals if necessary.

Also be aware that other people may be feeling the need to do the same. Don't take it personally if they also change plans or don't do it the way they've always done it.

[For more holiday tips.](#)

21. Work it out.

No I don't mean go to the gym.

I know you thought I was going to talk about actual physical work. Nope.

Years ago I learned a valuable phrase and have used it over and over in my life. "Gee, that just doesn't really work for me."

When someone makes a request of you that is going to require you time, energy or money, take a moment to think and "feel" your reaction.

Do you have an instant "Yes", or is it a "Maybe" or even a definite "No"?

If it's No or Maybe, the answer is really No. If it's not Yes, it's No. Trust me on this.

Whenever you agree to a "maybe" you leave yourself open to the additional stress of having to decide, then call and get out of the commitment. Instead say, "Gee, you know I don't think that really works for me. If things change, I'll let you know."

You'll be amazed at how much this simple technique will reduce your stress.

22. Get your Shield on.

Wear your BioElectric Shield.

This probably should have been number one, it is in my life. But I didn't want this to sound like a sales pitch. Your BioElectric Shield is one of your most potent protections against stress.

When you're wearing the Shield, you are protected from the invisible energy drains that cause additional stress:

EMF (electromagnetic radiation) from all our technology
Other people's negativity and stress.

The pervasive energy of fear on the planet.

The Shield also helps your boundaries remain clear so it's easier to realize if you're being "Should" on or pushed into doing something that's not right for you.

Additionally the Shield helps your energy to be more balanced so you'll find it easier to release your owned negative thoughts and recognize and change old patterns.

If you don't already have a Shield go to <http://www.bioelectricshield.com>

Just ten minutes a day will make a difference.

If you want even bigger results, start there and then move to ten minutes twice or even three times a day.

Start your day with one of these activities, take a mid-day break, and then end your evening with gratitude.

The more you do this, the more you'll have to be grateful for.

**Just 10 minutes a day will bring a noticeable shift in your life.
Enjoy!**