

5 Simple Steps to Relieve Stress & Discomfort



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HI! I'M DIANA SMITH!

I AM A WIFE AND A BUSY SMALL BUSINESS OWNER. BY DAY I AM A LICENSED MASSAGE THERAPIST, CERTIFIED REFLEXOLOGIST, MASTER LIFE COACH AND NASM CERTIFIED PERSONAL TRAINER. OUT OF THE OFFICE I AM A WIFE OF 29 YEARS, MOM TO TWO CATS AND HAVE A SERIOUS DRAG RACING HOBBY.

I HELP CLIENTS LEARN HOW TO OVERCOME LIFE'S CHALLENGES AND THE PAIN THAT COMES WITH ALL THE STRESS OF TRYING TO JUGGLE EVERYTHING. MY SPECIALTY IS TAILORING REAL LIFE SOLUTIONS TO CHRONIC STRESS AND PAIN.

I WAS ONCE BURNT OUT AND FEELING LIKE I WAS A FAILURE WHILE TRYING TO FIT EVERYTHING "IMPORTANT" INTO MY SCHEDULE. I'M A WOMAN, I CAN DO ANYTHING! FAST FORWARD TO A DIAGNOSIS OF CHRONIC FATIGUE SYNDROME AND NO REAL ANSWERS GIVEN BY THE DOCTORS.

TIME FOR A CHANGE!

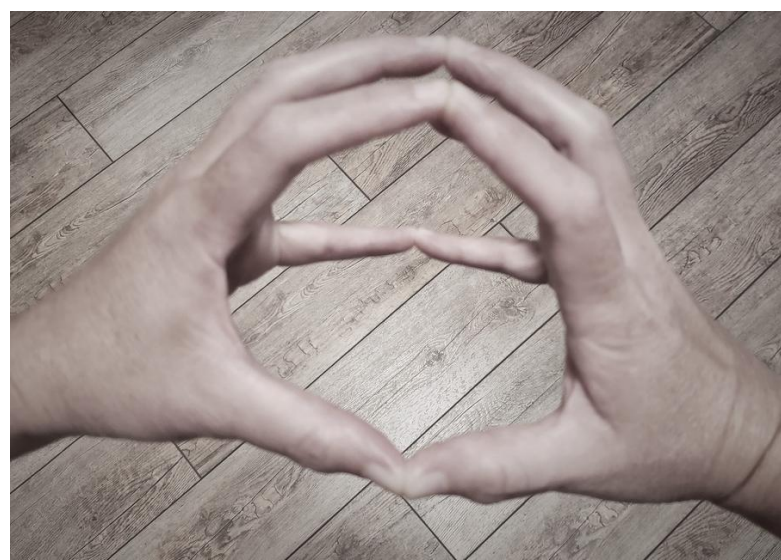
THAT IS WHEN I STARTED TO LOOK AT MY PAIN AND THAT OF MY CLIENTS. IT ALL CAME DOWN TO STRESS. THE 5 SIMPLE STEPS TO RELIEVE STRESS & DISCOMFORT IS THE SIMPLE TRICKS THAT I USE AND HAVE TAUGHT COUNTLESS CLIENTS OVER THE YEARS.

NOW TAKE A DEEP BREATH AND READ ON!

5 Simple Steps to Relieve Stress & Discomfort

Reflexology

You read that right, reflexology! This ancient form of manipulating the hands, feet and ears means you always have the right tools literally in your hands. The fingertips of each hand and tips of toes are the brain reflex area. If you are sitting at your desk or in a meeting and feeling a little stressed simply place your fingertips together or tap them together. This stimulates the brain for better focus. Look at the palm of each hand. Now bend your hand to form an L. In the bend of the palm is your diaphragm reflex line. Rub that area to help calm your breathing in times of stress.



Write it Out

Get those frustrating thoughts out of your head! Grab a pencil and paper and write. Therapeutic writing is one of the best ways to deal with stress. It doesn't have to be fancy, a simple bulleted list is just as good as a 3 page journal entry. Having trouble with a spouse or coworker or friend? Write a letter explaining everything you are feeling. Even if you never read or send it to them, the act of writing it down frees the mind to handle more important things. Are those thoughts really that important, are you stressing for no reason?

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Declutter

Yep it's time to clean out the closet! Is there a pile of papers that hasn't been touched in months? Could someone confuse your car for a homeless person's? It's time to look at the space around you that may be adding to your stress. Many studies have shown clutter to cause stress, confusion, make you eat more and a host of other things. It's time to take control. Grab some boxes, have a yard sale, clean up and put away the laundry. Don't know where to start? Start with where you are right now! What is sitting around you that could be picked up, thrown away or put away?

"Start where you are. Use what you have. Do what you can."
Arthur Ashe

Roll Your Feet

Time for some stress and pain relief! Your feet has many reflexology and acupressure points for the whole body. Give all of those points a little love. Take a tennis ball or golf ball and place it under your foot. Roll your foot over the ball. Use ALL of your foot! Have a sore shoulder? Roll by the ball of the foot under your pinky toe. Have low back or sciatic type pain? Roll the heel of the feet. Don't worry about each area, just take a moment for yourself and roll the foot. Enjoy the sensation of letting your feet have time to recover from carrying you thru your day. Feels so good!

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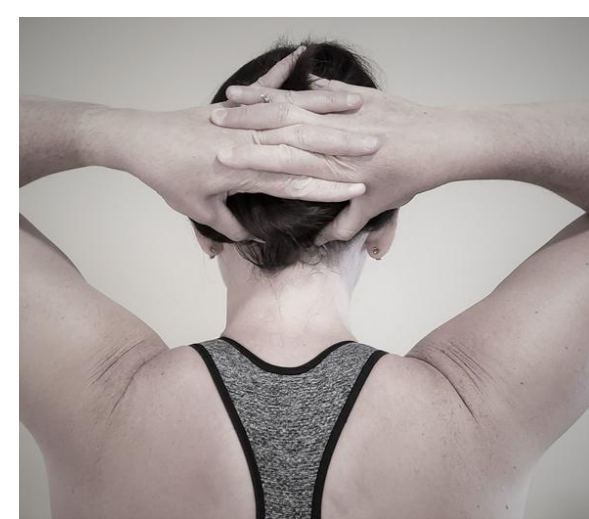
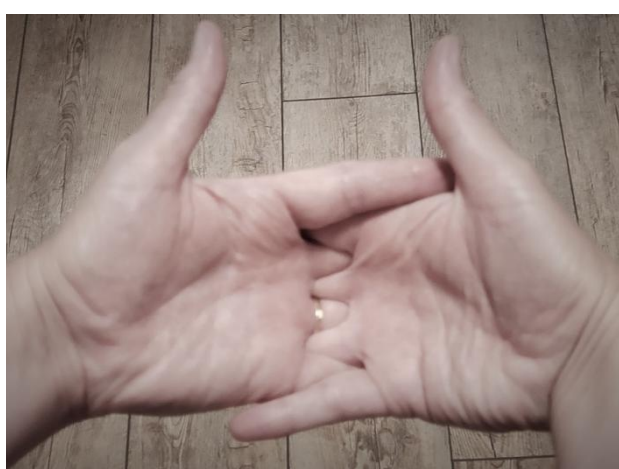
Sore Neck Relief

I have saved the best for last! Too much time on the computer or stuck in traffic and now there is that ugly pain in the neck?

Try this little technique- Grasp the hands together interlacing the fingers. Reach over your head and with thumbs facing down press along the bottom of your skull toward the spine. You should find a sore spot on each side. Rub this spot in a circular motion for a minute or two. This spot is great for headaches, low energy and fatigue.

For those pesky tight upper traps try this- Using your middle finger rub between the neck and shoulder. When you find a tender spot rub it lightly in a counterclockwise motion for about a minute. No need to use deep pressure! Breathe deep and give it a little time. When that area feels better keep moving your finger toward your shoulder to see if there are other spots.

IMPORTANT - If doing any of the above techniques causes additional pain stop immediately!



Live YOUR Best Life

The last thing we want is to add stress to our life. We are perfectly imperfect and beautiful just the way we are created. Do not think that the world will end if everything is not done perfectly. Do your best right now, laugh at the mistakes and move forward.