

5 Simple Steps to a Happy, Healthy, Stress-Free Holiday

"It's the most wonderful time of the year..."

You have all heard those words sung, probably year after year, in this classic Christmas song. And with a little sarcasm in your voice, you may have said, *"Yah, right!"*



So let's make this a wonderful time of year with less stress and more of an ability to stay present and enjoy life. It only takes a few minutes each day to reduce stress and keep your energy flowing. Five simple steps can be incorporated into your life right now.

Step 1 -

If you are dreading going shopping, being around lots of people and are wondering how to protect yourself from disruptive energy, then this is the exercise for you. Once completed, you will be surrounded with an "energetic bubble". Negative energy will bounce off of or go around you, not through you.

1. Place your index and middle finger on or in your navel.
2. Place your other hand on your forehead.
3. Take several deep breaths and wait to feel pulsing under your fingertips and under the palm of your hand.
4. When the pulses are in sync, switch hands and repeat steps 1 to 3.

Step 2 -

Water, water, water. When you are stressed, you can immediately go into a state of dehydration. Your body becomes a poor conductor of neuro-electrical messages resulting in cloudy thinking, difficulty retaining information and frequent memory lapses.

Water also acts as a cleanser of toxins that accumulate in the body. The lymphatic system helps to remove toxic waste from the body. Its circulatory system is mainly activated by **muscle movement** so when you fill up with those holiday sweets or "junk food" you may find yourself becoming nervous and restless as the muscles in the body move in order for the over-worked lymphatic system to do its job.



Step 3 -

In our hurry to go places and get things done, we often forget to breathe deeply. This blocks the natural positive and negative ionization in the body.

We are designed very much like a battery with positive and negative charges throughout our body. If our breathing is shallow, it is as if we took the positive side of a battery, plugged it into the negative side and then expected the flashlight to go on.

To balance the positive and negative ions in the body, thus reducing stress, do the following exercise:

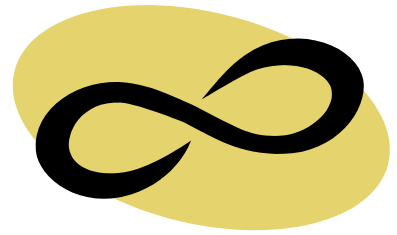
1. While holding the tongue to the roof of the mouth, hold one nostril closed and ***inhale deeply***.
2. Then hold the other nostril closed and **exhale**.
3. Do this pattern three times.
4. Reverse the process.
5. Repeat this several times as needed. Feel the relaxation that comes from the breathing technique.

Step 4 -

Frontal/Occipital Holding is the perfect exercise for any time that you feel stressed:

1. Place one hand on your forehead and the other hand on the back of your head.
2. Take several deep breaths.
3. Visualize how you would like a stressful situation to be resolved.
4. Use as many details and senses as possible.
5. Continue holding until you feel a release or you take a deep, cleansing breath.

Touching the frontal and occipital lobes of the brain brings blood, circulation and intention to those areas stimulating thinking, imagination, vision and CHOICE. The result: seeing new options.



Step 5 -

Stress of any kind leaves you feeling disconnected and unfocused.

The last exercise integrates the brain hemispheres, sweeping out the cobwebs and leaving you feeling present and aware.

1. With a pen in your **right hand**, draw an INFINITY symbol (a number 8 on it's side). Make it as large as possible. Trace this 6 or 7 times.
2. Repeat the tracing with the pen in your **left hand**, 6 or 7 times.
3. Repeat the tracing with **both hands** on the pen, 6 or 7 times.

When possible, make the tracing on large pieces of paper or in the air. Follow with your eyes to receive the full benefit.