



De-Stress & De-compress to Re-focus & Re-energize

“I have been through some terrible things in my life, some of which actually happened”

– Mark Twain

This quote is one of my favorites of all time. If you have worry-wart tendencies, you can probably relate. It is stressful, frustrating, and draining to have your mind racing with thoughts of what might happen and what could happen. It takes a tremendous toll on your mental and physical health.

I have found two things to be extremely helpful in managing your worries, stresses and negative thoughts. The first is the realization that most of the things we fret over, never actually occur. The second is that it does no good whatsoever to simply worry. **The faster you can move past “worry” and into “action,” the more in control you are of your life.** And, the more in control of your life you are, the more confident and powerful you are. That is what I want for you! For you to be your most proactive, energized, confident, motivated self! That is why I created this daily exercise.

Make a commitment to spend at least 10 minutes doing the following exercise and I promise **you will see a tremendous shift in your stress levels and in the amount of clarity that you have in your life:**

- Find a quiet spot to sit with a notepad or blank sheet of paper and a pen or pencil
- Begin listing your worries and/or concerns, leaving space in between them (Be specific but be concise and don't worry about using complete sentences)
- Now, go back to the top of your worries/concerns list and evaluate each one.
 - Ask yourself: Is this a reasonable concern, is it likely to occur?
 - ⊙ If it is reasonable, likely, and/or realistic, then mark it with an 'M' for maybe.
 - ⊙ If it is unwarranted, without justification, unrealistic and probably the result of some paranoia or worry wart tendencies, then mark it with a 'P' for paranoid and smile at yourself for getting all worked up for nothing.
 - Go back and review all those things that you marked with an 'M' and ask yourself “Is there any action that I can take to minimize the probability that this will occur or to manage the effects?”
 - ⊙ If yes, identify a specific action that you can take and begin to feel more in control of your future and more confident in your ability to handle whatever comes your way. Schedule time to take the action in your calendar.
 - ⊙ If no, take a deep breath and visualize releasing this particular concern since it is out of your hands and trust that things are happening exactly as they should.

- Write down at least five things that you are thankful for and experience the gratitude in your entire body as you write them down. There are no rules about what you can choose to be thankful for. Just begin writing without thinking too hard.
- Make a to-do list for the next day or for the remainder of the week or review your list if you already have one so that you will be mentally prepared for the day ahead and feel more organized and focused.

Doing this exercise and making this part of your daily ritual will help you gain perspective by bringing your awareness to all that you have to be thankful for and moving you forward and into action on the things that you have some control over. You will be amused by how many times worries that are totally paranoid and not backed up by any evidence show up for you and you will get better at recognizing them and they will lose control over you.

Other ideas to de-stress and de-compress:

- Try drinking some herbal tea while you do this exercise. Chamomile, Sleepy Time, or Calm Tea are all good choices.
- If you are feeling especially anxious or have trouble sleeping through the night or staying asleep, try one or two capsules of Inositol (you can find this at Whole Foods) or take [Natural Vitality Natural Calm](#) (can also be found at Whole Foods)
- Consider buying yourself one of the following books to help you manage your worries and negative thoughts:
 - Tame Your Gremlin by Rick Carson
 - Excuses Begone! by Wayne Dyer
 - The Power of Now by Eckhart Tolle

Please send me a note to let me know what benefits you get by committing to this daily practice!