



Six 60 second Stress Busters

Dr David Lewis

1] Before even getting out of bed, start your day with a slow, easy, stretch. Bend the toes of your right foot towards the instep. Inhale deeply while doing so. Hold for a moment and then curl the toes in towards the sole, breathing out at the same time. Repeat three times and then repeat this exercise with the left foot. Now lengthen your body in a long, languid, movement like a big cat lazily stirring from sleep. Push down with your left foot to stretch the leg muscles, and then repeat with your right foot. Stretch each arm at a time.

Now you are ready to get out of bed.

Stand upright and plant both feet side-by-side on the floor, about a shoulder width apart, so that you feel comfortably balanced. Now take two deep breaths. Curl the toes of both feet inwards while inhaling. Straighten and stretch them while exhaling. Repeat this exercise three times.

2] The next stage is to fully oxygenate your system. If the air is clean it is preferable to do this in front of an open window. Take a deep breath and feel your abdomen expanding as you bring your arms around in front of you and slowly up over your head. Stretch slowly as your palms reach up towards the ceiling and rock your body from side to side by shifting the weight between the right and left foot then back again. As you inhale image the clean, pure breath filling your body with light and energy, dissolving away stress and tension. Breathe out while slowly bringing your arms down. Repeat three times. Focus on any area where you feel tension. Imagine the inhaled breath moving into this spot and dissolving away the stress. Picture your whole body filling with energy.

3] Obtain a bottle of Clary Sage essential oil. First thing in the morning – or when you come home at the end of a stressful day – add a few drops of this essential oil to warm, not hot, wash water and splash your face.

4] Your ability to resist stress and enjoy optimal physical health, depends on the efficient functioning of your adrenals. Unfortunately chronic stress causes these vital glands to shrink. Boost adrenal functioning by eating foods rich in potassium and low in sodium. Your daily potassium intake should be between 3 and 5 grams. Suitable breakfast fruits high in potassium include bananas, cantaloupe melon, dried apricots, peaches, and apples.

5] Ginseng, an ancient Chinese and Korean tonic, protects you against mental and physical fatigue while increasing resistance to stress. Research shows it improves the ability to tolerate stress surroundings, increases alertness, enhances performance and boosts endurance. A dose of 25 to 50 mg of *ginsenoside* - the active ingredient of ginseng – should be taken each day.

6] Music has always been renowned for the powerful effects it has on our moods. Which makes it ideal for controlling stress, either by boosting energy levels or inducing a sense of calm relaxation. Choose fast tempo music when preparing for stressful challenges that will require vigorous action. Use slow tempo music to help you feel more peaceful and relaxed.

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