

QUICK & EASY

Relaxation Techniques



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FOR STRESS RELIEF

Table of Contents

Introduction: Understanding the Stress Response.....	3
Relaxing the Mind.....	5
Mindfulness & Deep Breathing Meditations	5
Visualization.....	5
Progressive Body Scan.....	6
The Relaxation Response.....	7
Relaxing the Body.....	9
Yoga	9
Tai Chi	9
Walking	11
All Exercise Relaxes Your Body	11
Tips for Getting the Most Out of Relaxation Techniques	13

*Presented by Diana Walker, Swiss Bionic Lifestyles Consultant.
Below is a photo of me with my
Swiss Bionic PEMF Omnium1 OmniMat, providing Beneficial EMFs
and Relaxing my 70 Trillion Cells, every day!*



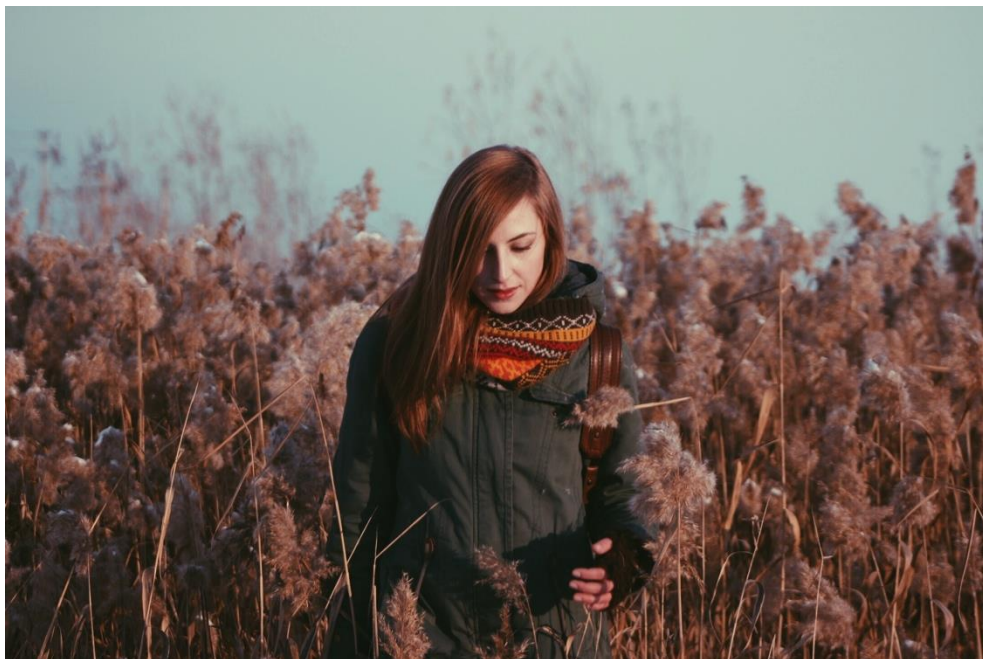
Introduction: Understanding the Stress Response

Do you know one of those people who always seems cool under pressure? They never seem to have a stress-filled day. **The same things that would have you scurrying about, maddeningly full of anxiety, do not seem to affect them at all.** What is their secret? How do they remain calm and in control when everything around them is seemingly falling apart?

The answer is in how they respond to stressful situations.

Now let's look at their polar opposite. This person may seem more familiar to you. Chances are you know him or her as well. **You know, that person in your life that seems to attract stress and drama.** Whenever you talk to them, their entire world has been turned upside down.

Stress is everywhere, and they don't understand why they seem to get more than their fair share. The reason why they are constantly jittery, anxious and usually suffering from some stress-related disorder or health condition is simple – **their physical and mental health is directly related to the way they respond to stress, just like the “cool as a cucumber” person we just met.**



Newsflash – you are going to have stress in your life.

No matter who you are, where you live, your age, your cultural upbringing or socioeconomic demographic, there are going to be plenty of stressful, high-anxiety situations you will encounter. Some can't be avoided. That means you must deal with them. And exactly how you respond to the stress in your life can actually determine your level of physical health as well as your mental well being, good or bad.

Unfortunately, when you give stress permission to rule your life, your odds of developing the following conditions increase dramatically:

- High blood pressure
- Ulcers and upset stomach
- Chronic acid reflux and heartburn
- Elevated blood sugar levels and high blood pressure
- Weak immune system, making you susceptible to colds, flu and dozens of other infections
- Rapid heartbeat, heart palpitations
- Cardiovascular issues
- Diabetes
- Backaches, headaches and migraines
- Problems sleeping correctly
- A constant feeling of being tired
- Respiratory and circulatory problems
- Multiple skin conditions

Those issues are honestly just the tip of the iceberg when doctors and health professionals talk about the physical and mental problems stress sufferers develop. If you happen to suffer from **chronic emotional stress**, medical professionals now understand that you can negatively affect all of your major organs.

Stress truly can kill you, if you give in to it.

Simply by changing how you respond when you find yourself in a stressful situation puts you in charge. You recognize the stress, you just don't let it bother you. That's what this short report is about, revealing proven methods that give you absolute control over stress and anxiety, so you don't fall prey to the dangerous and possibly deadly physical and mental conditions that the incorrect response to stress can cause.

Relaxing the Mind

Mindfulness & Deep Breathing Meditations

Mindfulness brings you into present time. You cannot relax your mind if you are worrying about things outside of your control, such as your past and future.

When you want to relax your mind, breathe deeply and fully, with your eyes closed. Do not "think" about anything. Just focus on your breathing; deep, full breaths. You are recognizing nothing more than your present state of being.

There are wonderful piece of mindfulness meditation MP3s, CDs and downloads for purchase online proven to help you reach this relaxed state.



You can also use controlled breathing to de-stress, improve your circulatory system, and mental health. Reaching that elusive state is possible with Sama Vritti, also known as equal breathing.

Inhale deeply, using a count of 4. Take a full 4 count to breathe in through your nose, then breathe out for that same 4 count, again through your nose (or mouth). Use this any time and any place, and this technique is especially beneficial right before bed when you have problems falling asleep.

Visualization

The old saying that *"you can do anything once you set your mind to it"* is definitely the truth. Using visualization for stress relief works because your subconscious accepts whatever you tell it to be true.

You can use this programmable aspect of your wonderful brain to your advantage.

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There are 2 ways you can choose to do this.

- 1) You can practice visualization for relaxation yourself, or
- 2) experience guided visualization.

For a dose of mental health and brain relaxation, place yourself in a comfortable environment. You may choose to lie down or sit in a comfortable chair, and in either case keep your spine straight and do not cross your legs. Take deep, slow breaths and fill your environment with soft music.

Music should be instrumental only. When you feel yourself calming, visualize a peaceful natural setting. You may want to try repeating positive affirmations of peacefulness and success. You can take these simple steps yourself whenever you have a few free minutes in your day.

To take the next step, purchase a guided visualization CD or download an MP3 file. There are excellent resources available online, which deliver a calming, guiding voice and specific music proven to successfully walk you through the process of visualization for a stress free mental state of being.

Progressive Body Scan

You are going to use the power of your mind to "scan" your body, beginning with your head and slowly stripping stress from every body part as you move down to your feet.

This is much more successful in a quiet, calm, dimly lit setting. Lie on your back, arms at your side and your legs straight in front of you. Close your eyes and breathe simple, calm breaths. Understand that with each breath you are becoming more relaxed and peaceful.

Mentally scan and de-stress your body, beginning at your head and working down. Imagine this mental scan automatically and fully pushing stress and anxiety from your body. Once you get to your feet, begin again at your head, once again working down.

There are multiple relaxation body scan techniques. To help with the process, you may want to imagine a colour or peaceful "beam" moving down your body as it effortlessly strips stress away. The process works differently for everyone, so spend 5 to 10 minutes each day developing a progressive relaxation body scanning technique that works for you.

(Type "Progressive Body Scan for Relaxation" into your favorite search engine for body scanning relaxation tips and techniques.)



The Relaxation Response

The Relaxation Response is the title of a book written in 1975. In it Doctor Herbert Benson reveals a technique that allows you to use stress and anxiety as triggers that actually promote mental health. That is right, you can use stress to actually make yourself feel better and think more clearly.

Doctor Benson is the founder of the Mind and Body Medical Institute at Massachusetts General Hospital in Boston, USA. The graduate of Harvard Medical School and author of 12 books has sold more than 5 million copies, focusing on using the power of the mind to deliver predictable and guaranteed results.

The Relaxation Response is a meditation technique that uses your mind to create a response in your body. Your metabolism slows, as does the beating of your heart and your rate of breathing, and your mental activity slows down to a stress-free level by using this technique. Here is what you do.

Set aside 10 to 20 minutes a day for 2 to 4 weeks. You will use this time to program your mind to respond in a healthy manner to stress and anxiety. Sit comfortably in a quiet environment and close

your eyes. Beginning at your feet and moving up your body, feel your muscles relaxing. Breathing through your nose, become very aware of every breath you take. When you breathe out, say the word *"one"*.

You can alternately speak some other calming word like *"peace"* or *"love"*. Breathe naturally like this for 10 to 20 minutes. Do not set an alarm clock, as the loud noise may disturb whatever relaxation you have created. It is acceptable for you to open your eyes every few minutes to check the time and your progress.

When you are done, remain seated quietly for a few minutes. Slowly open your eyes. Rise from your seat after a few minutes, and don't worry about whether or not you created a sense of peace. With practice, over time, this simple technique can automatically deliver the stress-free, anxiety-proof mental state you are looking for.

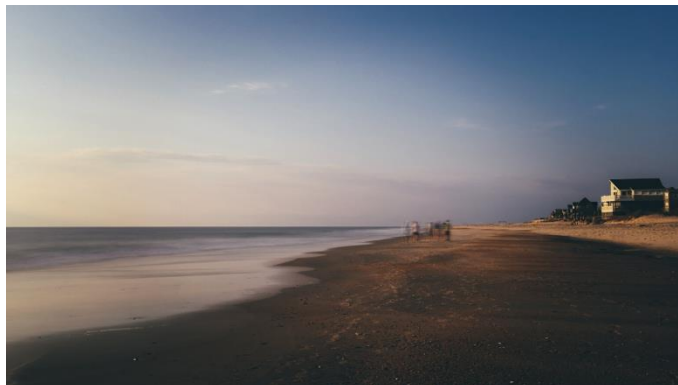
Then, whenever you see stress taking over, you immediately counter with this peaceful, proven mental health booster. The Relaxation Response book is available as a digital download and paperback on Amazon and elsewhere online.

(Just be sure not to attempt within 2 hours of eating, as your digestive process can interfere with your success.)

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Relaxing the Body

Yoga

There are plenty of books and DVDs for purchase online that show you how to use yoga for stress relief. As registered yoga teacher Dr. Terri Kennedy reminds us, *"Yoga helps us slow down for a moment and tune into the breath. Simply the focus on one thing -- which is the very definition of meditation -- allows us to decompress."*

She also points out that different asanas (yoga poses) release tension in different ways. For instance, the simple **Child's Pose (Balasana)** **quickly puts you into a meditative state, allowing your body to feel calm and relaxed.** The following yoga asanas are also perfect for calming your mind, relieving stress and relaxing your body.

Standing Forward Bend (Uttanasana) – If you have been practicing yoga for any time, you will recognize this as a transitional pose. It can be used as a physical stress reliever when practiced as its own pose, however. **Your hips, hamstrings and thighs benefit by reversing your blood flow, which immediately begins to relax your legs.**

Corpse Pose (Savasana) – Even if you have never practiced yoga, you can probably imagine what this pose looks like from its name. Some yoga practices will finish with a few minutes of this restful pose. Your body completely relaxes, and in many cases, you can even reach a state of sleep **because your entire body is calm and peaceful.**

Cat Pose (Marjaryasana) – This is an excellent yoga pose for relaxing your back and spine. This is another transitional pose, which should be practiced by itself when you want to **soothe and stretch your lower back.**

Tai Chi

Type *"tai chi for stress relief"* into an internet search engine and you receive hundreds of thousands of results. That is because there is plenty of medical research that shows that practicing tai chi is a simple and effective way to reach a physical state of relaxation.

This is a very popular physical fitness practice among those recovering from injury and senior citizens, because it **uses non-impact**

movements. Your knees, back, elbows and shoulders don't feel the aches and pains that they get from traditional exercise.

The slow moving forms you practice in tai chi **stretch your ligaments, tendons and muscles. This is a slow stretching process, gently increasing your physical abilities in a non-stressful way.** This "*healthy stretching*" releases tension in all parts of your body. Tai chi is also a wonderful mental stress reliever, while at the same time smoothly relaxing your body from your head to your toes.

A couple of excellent yoga resources for stress relief available on Amazon are listed below:

- Yoga: Yoga for Beginners - Quick and Easy Guide for Weight Loss, Stress Relief, Stretching and Relaxation: (Yoga, Meditation, Chakras, Yoga for Beginners, Yoga Poses, Yoga Postures) available for immediate digital download, boasting a 4.8 / 5.0 star customer satisfaction rating.
- Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness (Yoga for Beginners Books, Yoga for Dummies, Yoga for Beginners Kindle) available in digital download and paperback, has received a perfect 5.0 star customer satisfaction rating.



Walking

Yes, you can truly walk away your stress. Both mentally and physically, walking an extended distance improves your mindset and de-stresses your body.

(Walking also helps keep obesity at bay, and reduces your risk of contracting heart disease.)

Walking for just 20 minutes per session, 3 to 5 times per week, boosts your energy and helps you walk off the aches and pains that come from a sedentary job or lifestyle.



This low-intensity exercise caused a 65% reduction in fatigue and a 20% boost in energy in test subjects during a 2008 study at the University of Georgia in the United States.

Walking is a simple way to stretch out your legs and engage your core. As you walk, you can also pump your arms and roll your shoulders, helping your upper body relax as well. If you can fit a couple of 20 minute sessions of walking into your daily routine 3 days each week, your body will feel more relaxed, you will suffer fewer minor aches and pains, and your mental well-being will benefit too.

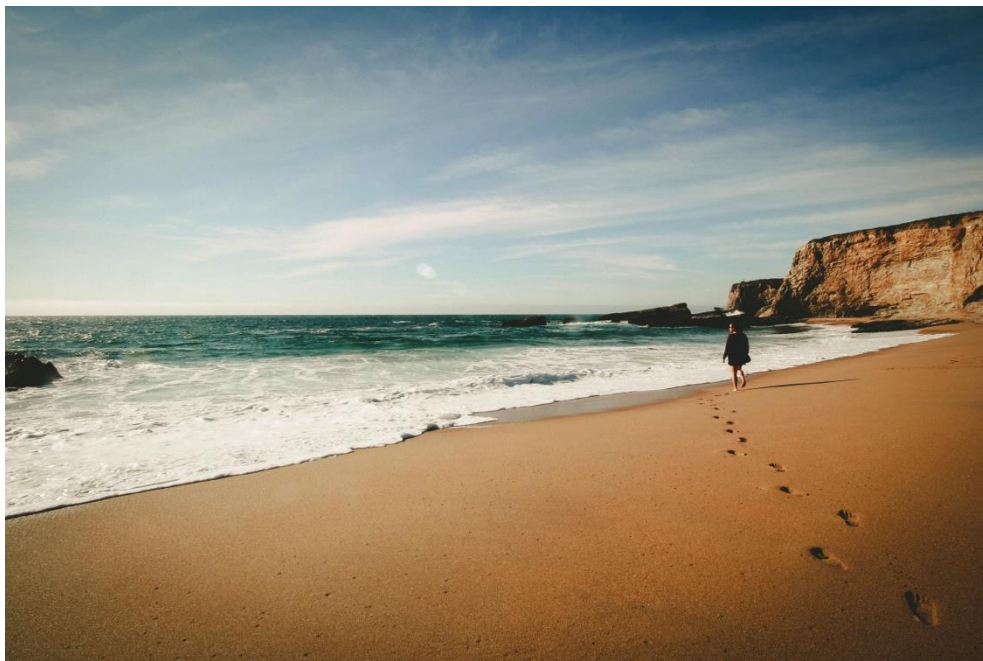
All Exercise Relaxes Your Body

Any exercise you perform, any physical activity at all, helps to soothe your body and mind. The complex response to physical exertion rewards the pleasure center in your brain. Dopamine is a "feel good" chemical that your body creates whenever you experience moderate to intense physical activity.

Your brain's pleasure center rewards your body by soothing and relaxing it. The endorphins and other pleasurable chemicals that course throughout your body make you want to exercise and physically exert yourself more often. So a wonderful cycle of health, mental rewards and physical relaxation becomes an enjoyable process you receive when you exercise.

You do not have to use traditional exercises, either. As we just mentioned, simply walking can produce physical and mental stress relief benefits. Playing with your grandchildren, taking a hike with a friend, cleaning up around the house and bicycling on a beautiful spring or summer day – these are all forms of exercise.

Add multiple sessions of physical activity to your schedule starting today. As your body heals after you have experienced "exercise", it relaxes. This physical stress relief is accompanied by mental rewards, making any form of moderate to intense physical activity healthy for your body and brain.



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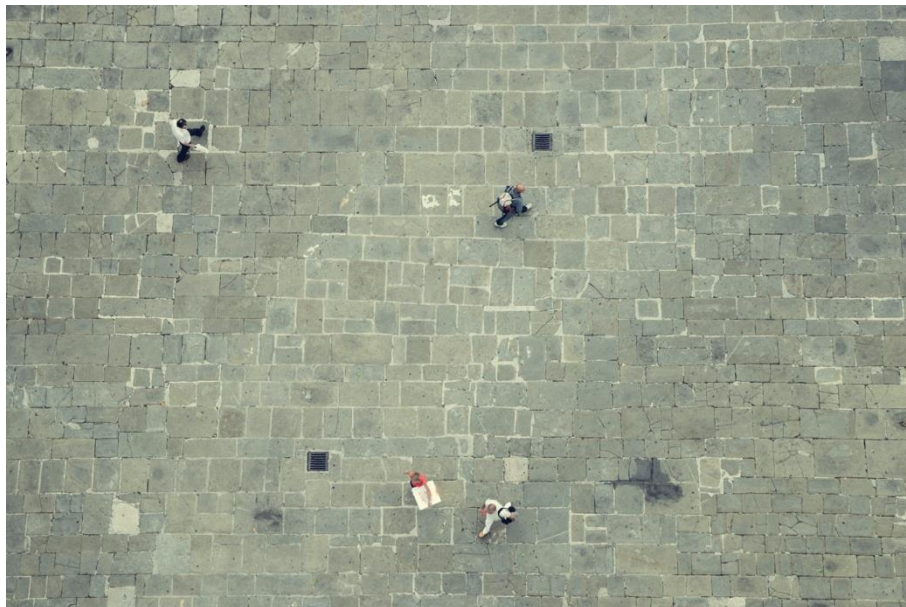
Tips for Getting the Most Out of Relaxation Techniques

The physical and mental stress relieving methods we just covered really work. So start putting them into practice today. Just remember, in many cases you may have allowed stress to control you for years, or even decades. **That means it is going to take some time to effectively learn and use those anxiety-busting techniques.**

Don't expect miracle changes overnight. And don't quit after a couple of weeks of no results, allowing damaging stress to creep back into control. Use the following tips to get the most out of the mental and physical relaxation techniques you just learned.

1 - Develop a game plan – Successful sports teams study their opponents endlessly. That is what you need to do. Look very closely to **see if there are any stress patterns in your life.** You may find that your most stressful episodes occur at the same time, often in the same environment, every day.

This is actually great, because you can easily target the cause of your stress. In many cases you may not have control over it (*think a frustrating coworker or aggravating boss*). But if stress is caused at predictable times of day or night on a regular basis, you can begin to practice smart relaxation techniques minutes before you know stress will come calling.



2 - Eat right and get plenty of rest – This means staying hydrated too. The Institute of Medicine (IOM) in the United States points out that healthy adult women should get between 90 and 95 ounces every day (*total ounces, including drinking and eating*).

Men need roughly 125 ounces of water daily to maintain a healthy body. You should also get between 7 and 8 hours of rest each and every night. Cut back on salt, sugar and fast, processed foods. You can better combat stress when you practice successful relaxation techniques **and support them with healthy nutrition and plenty of rest.**

3 - Take advantage of the immediate "feel-good" exercise benefit – Physical exertion rewards your pleasure center in a healthy way, nearly immediately. Just 5 minutes of deep knee bends, walking the stairs, pounding out some sit-ups or push-ups, or brisk walking can deliver a positive mental boost and anxiety crushing feeling of confidence and mental health. **Exercise, moderate to intense physical activity, is one of the quickest ways to kick stress to the curb and feel better about any situation.**



So what are you waiting for?

Start training yourself to benefit from the Relaxation Response today. Get exercise and proper nutrition in your life. Implement a regular schedule of stress relieving relaxation techniques. Join a yoga or Pilates class, begin benefiting from visualization and mindfulness meditation, and just get up and moving. These actions will all cumulatively make stress a non-issue in your life, and both mentally and physically you will feel better, and your life will start to look like a wonderful place once again.

We are being "Wi-Fried"!
Relax and Reverse ElectroSmog with the Ommmmmmmmni Mat.

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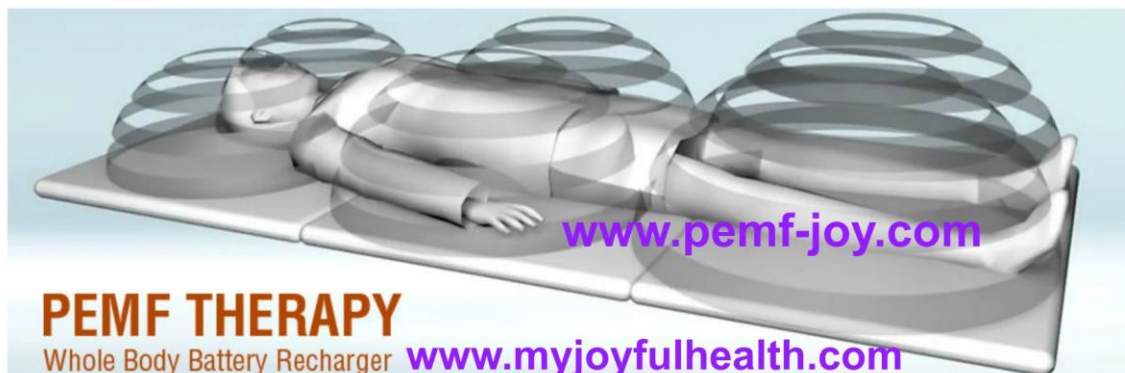
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