4 Quick Tricks to Instantly Banish Stress

1. GET PRESENT AND PRIORITISE

This exercise is great for when you're feeling overwhelmed.

- Stop and simply notice your breath. This gets you out of the thoughts in your head and into the present. Breathe slowly and deliberately in and out through your nose and focus only on this.
- Now ask yourself, "What's really important right now? What really needs doing today?"
- Imagine yourself at the end of this day feeling happy with how you spent your time. What would you have done?
- Now write those things down and focus only on those things.
- Remember that you always have time for the most important things!

2. HEART EXPANSION EXERCISE

Ideal for when you're not feeling good about yourself or others around you.

- Imagine a beautiful green glowing ball of light in the middle of your chest.
- Imagine breathing love for yourself into this green light.
- Now imagine that loving light filling your whole body.
- Then imagine this light expanding out of you, to all those around you (you can expand this out as far as you wish!)

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3. THE GRATITUDE RAMPAGE

Perfect for when you're feeling generally stressed, anxious or unhappy with your life.

- Stop what you're doing and simply think of something right in this moment that you're grateful for.
- Keep it simple. You might start with the life-giving air that you're breathing, your well-functioning body, aspects of your surroundings…
- Expand it out – think of more things you're grateful for.
- Notice how quickly you feel better.

4. HEART REPLACEMENT THERAPY

Ideal for something in particular that is causing you stress or worry.

- Breathe slowly and deliberately. Bring your awareness out of your head and down into your body. Notice where in your body you're feeling the problem. Bring your awareness into that part of your body and just breathe into that area. Keep doing this for a few breaths.
- Now imagine bringing the problem into your heart. Describe the problem clearly to yourself
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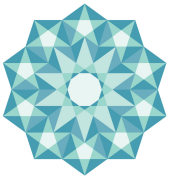
- Now think of something that makes you happy and bring that into your heart.



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