

No Stress 2022 Toolkit

InterVitalize

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Introduction

A career can be a challenge. I compare performing at the higher levels to top sport.

Like an athlete, you need to stay sharp, in shape, react instantly, be strategic, predict the next steps and act accordingly. Athletes work a lot on state control, keeping their mental game together even when things look bleak. They must stay cool as a cucumber.

How do you manage the stressors in your life? Are you able to maintain your high-performance state at all times, or do you sometimes find yourself overwhelmed, lacking energy, lashing out to your loved ones, jumpy and on edge?

A lot is learned behavior. Learned behavior means we can change it. We can bring the stress reaction down through practicing effective interventions.

Here is your medical aid kit to deal with overwhelm. Yes, I explicitly ask you to deal with overwhelm, that means identifying the stressors before it becomes anxiety, burn-out, or more physical indicators like heart disease, stomach, or chronic back pains.

Now, note that you should not treat the practices below simply as distractions – there is sometimes confusion about this. Instead, in order to effectively rewire your brain, continue with your practice till your feeling of overwhelm, anxiety, stress or phobia is down to 0, on a scale of 0 to 10 (10 being the worst). Find out which exercises works best for you. We're all different & some may not work with the way you're wired.

Switch practice when the one you're doing is not getting you down to 0.

1. Havening

Check out the YouTube video by Paul McKenna. <http://bit.ly/HaveningPmck>

This is the bazooka method. It's bi-lateral stimulation to create positive brainwaves and dissolve the negative ones. It's been demonstrated to work for depression, for PTSD, accept losing your job, being diagnosed with a chronic illness, to release abuse trauma, losing one's parents. So, use it.

For yourself, a parent or a partner, when dealing with grief.

For your teenager, when they go through a break-up with their first love.

For your kid, after a bad nightmare.

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2. Bi-lateral stimulation

Same principle, less obvious. Pass a bottle or ball from the right hand to the left hand in the middle, then swing your left arm far left, back to the middle, pass the bottle to your right, swing your right arm far right. Works well to engage your brain through cravings for your addictions.

3. Stop The World: peripheral vision training

Focus and keep your eyes steady on one spot, while gradually expanding your peripheral view till you can almost look behind you.

Imagine going from focusing on the tiger in the shrubs to the relaxed stare from your deck chair on the beach. Very useful, 30 second practice for an office setting.

This practice is a.o. used by martial arts practitioners to increase their awareness skills and is also useful to train your meditation skills, with all its health benefits.

4. Psy-Tap

Acupressure points feed back info to the brain, thus impacting your health or emotions.

To release stress, worry & tension: clench your dominant hand tightly around your non-dominant thumb. Babies know this very well! 😊 If you sense you may have a panic attack: clench your index & middle finger together with the other hand, hard.

In both cases: make sure you put pressure on the tip of the fingers or thumb.

For anger: pull your little finger out so you cannot make a fist and relax your lower jaw.

5. Loving-kindness meditation & inner smile!

Positive Psychologists found that just 10 minutes loving-kindness meditation a day for 8 weeks will visibly change your brain, as demonstrated by brain scans.

I recommend to start with the Self Love meditation via <http://bit.ly/LoveKindMeditation>

Or check out Tara Brach <https://www.tarabrach.com/guided-meditations/>

6. Heart breathing

When you think of someone or some situation that really annoys you, check in with yourself what you'd want to say or do. Then put your hand on your heart & breathe into your heart, while thinking of someone you love dearly, or imagine stroking your pet. Take three, four deep breaths, while keeping that image.

Then, test again: how do you feel now about this person or situation?

For more info on the power of the heart: <https://www.heartmath.org/>

7. Focus on the positive

Set your intentions with positive goals only. Because if I say: “don’t think about a pink elephant”. What did you see? Right. So, replace “I don’t want to feel this stressed, I can’t take it anymore” with “I feel relaxed & calm today, tomorrow, the day after”.

“I don’t want to be overweight anymore” will become “I am ready to be lean & fit”. Instead of “I should stop drinking this much”, think “I am happy with just one drink”. Visualize yourself, hear yourself, feel yourself as if you’ve reached your positive goals, every day for 20 days, and find yourself a changed person.

8. Breathing practices

Breathing affects your body posture, body posture affects your emotional state.

The main point is that you slow down your breathing & your heart rate. Belly out as you breathe in, belly in as you breathe out.

Relax your jaw, let your lower jaw hang, relax your face muscle & focus on your breath. Imagine your shoulder blades opening like two big sliding doors, imagine what material these doors are under your hands, what sound they make as they open up.

Square breathing: 4 counts in, 4 counts hold, 4 counts out, 4 counts hold & repeat.

Sleep breathing: 4 counts in, 7 counts hold, 8 counts out, repeat as long as you can.

Yoga practice: e.g alternate nostril breathing or breathe cycling through the chakra’s, down the front on the outbreath & up on the back on the inbreath.

Meditative breathing: use the Pranayama app on your phone or tablet.

9. Change your little masochist

Change the words you use in your thoughts and conversations.

Replace sentences that start with “I have to ...”, “I should...”, “I must...” with these three different sentences: “I will...”, then rephrase into “I can...”, then rephrase into “I want to...”.

What impact does each rephrased sentence have on you?

Also, check out Byron Katie’s process on <https://thework.com/>

10. Zooming out

See your issue, like grain of sand, which color does it have, where is it? Ah, there on that beach, notice that beach, between the village & the ocean. The village & the ocean there in that country.

That country, on that continent. That continent, on the globe. The globe, earth, spinning in our universe. How small is your issue now, looking from here?

And while you’re out there in space: if your issue were a cartoon – what would it be? What would it require to destroy it? Imagine applying that cartoon solution, now.

11. The space between

Change your state to *open focus* rather than closed focus (that deck chair on the beach rather than the tiger in the bush focus) using a “space between” meditation.

Its power & effectiveness is scientifically proven by Dr Les Fehmi from Princeton.

I recommend Elsie’s meditation for this: <http://bit.ly/ElsieYogaKula>

12. Drop through technique

Try to push emotions out & they’ll just come back to haunt you. C.G. Jung: “What you resist, persists.” Emotions have meaning & benefits. Working through them, at the right time, is more effective. So, if you’re facing a strong emotion, go there, feel it & ask yourself: what’s underneath this emotion? Breathe & let it dissolve in that big heart of yours. Then feel again: what emotion lies in the layer below this emotion? Feel that emotion, breathe & let it dissolve in your loving heart. Keep the process going till you’re all right again. Putting your hand on your heart will help you feel each emotion dissolve.

13. Control room

When you listen to your thoughts & feelings around this overwhelm you’re experiencing, first practice with an imaginary dial or lever or button in your own mind “control room” to make the feelings worse, say from a 6 to an 8 on the scale of 0 to 10.

Once you can do this easily by allowing yourself to feel worse for just a moment, do the reverse. Imaging touching that dial or lever or button you’ve just found in your imaginary control room & turn it down. Making the actual gestures will help you do this.

14. Shimi shaking

In the wild, when a prey animal gets chased, caught, but makes a miraculous escape, you’ll see them shake afterwards. They’re shaking out the stress & adrenaline. Peter Levine’s research into trauma showed we should do the same... rather than develop PTSD. Chinese practices, dance therapy, bio-energetics all advise to shake the body until it naturally falls still. An easy way is to waggle your knees very quickly, alternately, or together, shaking the muscles in the upper legs and buttocks, while imaging all tension flow through your heels or soles of your feet. Or just run it out, with intention.

15. Hold & release

Following the idea above, if you have a lot of uncalled for adrenaline & stress hormones, you need to get rid of them. Not by overthinking, but by using your muscles. A good practice is to tense all your muscles, for 10 seconds – keep breathing while doing this! – and release. Tense your fists, arms, legs, buttocks, back, facial muscles.

Do this 3, 4 times, till you realize you feel better.

16. Hang out

Sit in a straight-back chair & bend forward between your knees, letting your arms & head hang to stretch out your back & shoulder muscles for about a minute. Come back up & take 3 deep breaths to experience the release of tension.

17. The pillow under your butt

A lovely yoga practice is to put a pillow under your buttocks while lying on on your back. This straightens out the spine & allows the spinal fluids to flow back to the head more easily after a long day upright. It will help with a good night's sleep.

And, finally, some longer term change practices that many of my clients found useful.

18. EFT – Emotional Freedom Technique

EFT, or tapping, has you tap on acupressure points to release what you no longer want & rewire into what you do want. In chronological order, here are all 3 guru's. The last link will get you a free video training course upon subscription. Or check out Brad Yates on YouTube for guided tapping. Keep going till you reach 0 on the scale 0 - 10!

www.tfttapping.com, www.emofree.com, www.fastereft.com

19. Sophrology

Sophrology has yoga-based body-mind exercises to help you relax & get back in your body. Dorna Revie's practice is in Geneva & she shares this wonderful audio file for you to experience sophrology: <http://bit.ly/SophrologyDornaRevie>

20. Donna Eden's energy routine

Donna has amazing skills to give you your energy back & her husband David Feinstein provides the science behind her work. Experience her process – it's a daily energy routine, just 10 minutes each morning – here: <http://bit.ly/DonnaEdenDaily>

21. High performance states

Breathing & body posture are essential for state control (<http://bit.ly/AmyCuddyBody>). Decide what state you'd rather be in than your current overwhelm state.

Remember a time when you felt that desired, positive state. Make the images, sounds, feelings bright & vivid. Stand as you were standing then, see what you saw, hear what you heard, feel what you felt, feel your breathing change as you do this.

22. Restructure your brain

Now, all the above practices are all nice and well, but it's better to completely avoid getting in an overwhelm situation. How do you do that?

Imagine, you're like a bath, or a sink. If you keep the plug squarely put in, because you do not want to or do not know how to deal with your emotions, be it trauma, memories or current experiences, your bath or sink will keep filling up with each emotional event. Till you overflow. In rage instead of appropriate anger. In depression instead of sadness. In burn-out or anxiety disorder instead of stress. You must let the water drain regularly.

In conclusion

Would you like support to stop stressing yourself out, to combat the energy drains in your life, or do you carry trauma from a particular period in your life?

NLP, (self-)hypnosis & constellation work are very powerful.

- You train your positive, resilient states to become more constant, more beautiful, more powerful.
- You develop more options, more ways of reacting to situations or people, a sense of freedom in previously difficult situations.
- You release the energy drainers or negative impacts from bad memories & traumatic experiences.
- The neurological re-imprinting will generalize itself to improve your life in all areas, work, relationships, privately, as your neurology absorbs the learnings.

Explaining all the ins & outs of how this works stretches too far for this ebook, but if you'd like to go over & beyond, into perpetual life changes, I warmly recommend my "identity by design" process. You're very welcome to give me a call or drop me a note for a free consultation.

Have some of these ideas & practices here resonated with you?
Then do have a further read on my websites: intervitalize.com and afkevanmansum.com

In the meantime..... **enjoy your practice!**

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And the others named in this document, or whose links I provided.