

# 7 Self Care Tips That Will Vanquish Stress and Change Your Life



Are you losing sleep at night because someone you care about is criticizing you at a nauseating rate? You toss and turn with bitterness.

Has someone decided to point out mistakes you make, maybe even ridiculing you in front of others? It burns you up inside.

Do you focus on the negative things about yourself because of these other people having something to say about you? Your life is bittersweet.

These stressful attacks may be coming from your boss at work, or a teacher, or your mother may be doing what she always does, namely, adding her two cents worth.

You may feel unloved at a deep level and have come to rely on others' input to provide direction and to give you value.

You've heard it all your life. You have formed beliefs about yourself that may resemble low self-esteem, low self-worth, or even self-loathing.

Stress is an internal mechanism. It can be triggered by outside influence or can be generated internally by negative thoughts and self-talk.

It can cause physical, mental, and emotional pain. It can cause dis-ease. Let's turn that around, okay? Let's GO...

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There are millions of ways to get healthy with nutrition awareness and disciplined exercise, to be more vibrant and energetic, to get happy, joyful, and blissful, etc...

I'm going to focus on 7 of those millions. These tips or steps will put you on the path of self-love and self-care. You will learn to love yourself so that you can love your neighbor (and love your mother again!). You might even learn to love your boss (in a, "love your neighbor" kind of way!)

1. **Start a thought diary.** This is where your authenticity may come forward so you can discover yourself and your life-changing potential. How delectable is that? Regular free time writing will boost your creativity, connect you with your emotions, and WILL relieve stress.

*Dear Diary...*

\*Put yourself on the calendar for free time writing. There are online writing apps with privacy locks/passwords, or, get the good old-fashioned kind to use with paper and pen that has a physical lock and key. This writing is private and personal, *for your eyes only*.



2. **Focus on your strengths.** Are you kind, have patience, and exude goodness and self-control? Do you have leadership qualities (like bringing out the best in others)? Do you have enthusiasm (despite the negativity that surrounds you)? *How about YOU celebrate YOU?*

\*When you build on your strengths as a practice, before you know it your great big heart will be feeling joy again! How is that for a stress buster? *Brilliant!*



**3. Change Your Thoughts, Change Your Life (and vanquish stress!).**

When you stop absorbing the negativity that surrounds you (it isn't yours), then you will stop with negative thought habits. An example is to change thoughts of nervousness or self-doubt to excitement and self-confidence. *Believe in yourself!*

**4. Look in the Mirror.** Look deeply into your eyes, the windows to your soul. Recognize the *Magnificence* within you, as who you are. Your feelings are justified, your emotions are valid. *Stand tall and be counted.*

**5. Live, Love, Laugh.** Live your best life; be the observer and take note. Love like there is no tomorrow; let Love serve as your purpose and Love's purpose will serve you. Laughter kills stress! It also strengthens your immune system, it's anti-aging, it's an aerobic exercise, it releases your endorphins (your body's natural pain killer), it helps dump raw anxiety and debilitating depression, and it just makes you feel good. *Seen a good comedy show lately?*



6. **Commit To and Explore Inner Transformation.** Be a change agent, for your change. Contemplate, pray, and focus your attention with an intention on your habits, ideals, and values. A deeper knowledge of yourself will help you take charge of your life and define your character. *Get to know the power that resides within you!*



7. **Breathe, Move, Smile.** There are several techniques for **breathing** that aid in the reduction of stress. There is deep breathing, which is simply breathing in through the nose and out through the mouth. Or shallow breathing, using a **therapist-assisted** technique called *Holotropic Breathwork*. A really easy method is to breathe with a focus on the diaphragm, watching it rise and fall with each breath. The research and discovery of which technique is right for you is part of the adventure! The same goes for body **movement**. There are so many ways to get that body of yours moving! The exploration of infinite possibilities is yours for the taking. And, **Smiling** is self-explanatory: *The more you do it, the better you get at it and it may just catch on as a trend, lol.* Try it you'll like it!



## Life Balance, the Holistic Way- Body, Mind, Soul

In seeking to vanquish stress and to change your life, it requires a commitment to life balance. In a Holistic Health practice, one tends to three aspects of self each and every day; the needs of the Mind, the Body, and the Soul. This way of being assists in a *bright, colorful, creative, happy, joyful life*. With mindful attention to life balance, one discovers inner strength and resilience to negative outside influences. This is a life lived in vanquishing stress. *Life Forever Changed with Radiant Grace!*

