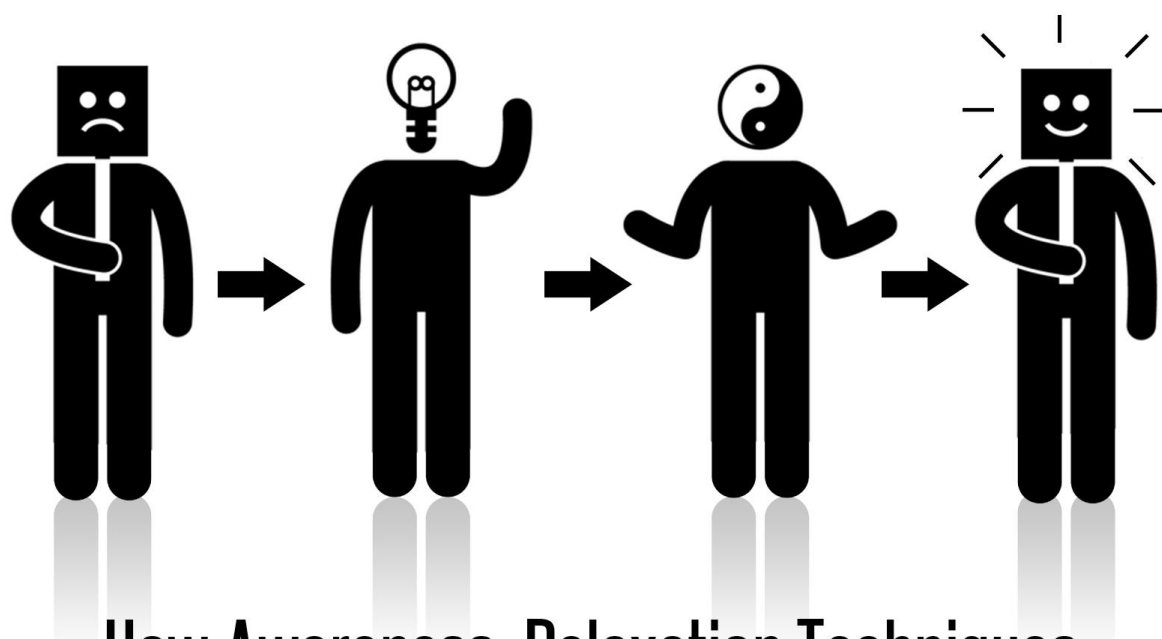


# MINDFULNESS

## BASED STRESS AND ANXIETY MANAGEMENT TOOLS



How Awareness, Relaxation Techniques,  
Neuro-Linguistic Programming and the Right Attitude  
Will Help You Find Inner Peace

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**IAN TUHOVSKY**

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# **Mindfulness Based Stress and Anxiety Management Tools:**

*How Awareness, Relaxation Techniques, Neuro-Linguistic Programming and the Right Attitude Will Help You Live Peacefully and Happily*

[Positive Psychology Coaching Series](#)

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# **Introduction: A Few Words About Stress And Anxiety**

Are you sick of being a victim of circumstance and your environment?

Tired of being a slave to your emotions?

Do you feel like stress has taken control of your happiness?

Are you sick of me asking you questions?

If you answered yes to anything but the last question, you have found the answer you are looking for in this read.

This book contains a virtual toolbox that will enable you to **remain calm in the chaos around you**. You will learn techniques and the right attitude that you can use **every day** to manage the stress in your life. **Stress encountered in life is inevitable; feeling stressed-out is not**. In most cases, stress is totally useless in our lives. It makes it harder to cope with many situations that could be comfortable otherwise – job interviews, relationships, public appearances, stage-performing, quick pace of living, challenges that we fear to accept and crush.

The body and mind are designed to under-go a certain amount of stress, which when kept in balance, is good for us. It allows us to maintain self-control, keep up with deadlines and adapt to change more efficiently. It keeps us on our toes and allows us to continually develop ourselves. Remaining stagnant in an ever-changing world would be harmful! On the other hand, too much stress can be debilitating, if not lethal.

The substances in our body called catecholamines are responsible for the so called 'good stress'. It helps us hustle, makes us feel optimistic, motivated, gives us initiative and keeps us at our peak performance. The 'bad stress', on the other hand, is when the stress hormone, cortisol, is released. It usually occurs during the 'flight or fight' response. It triggers the 'protection mechanism' and usually makes you feel tired, overwhelmed, bored, frustrated and impatient, which makes it rather hard to do anything constructive and move forward at a reasonable pace.

The key is to maintain a lifelong balance. You need enough 'good stress' to stay motivated, yet at the same time, be able to relax when necessary and not be overstressed. Finding your own balance will allow you to live a life full of confidence with minimal insecurity. A relaxed countenance and a peaceful spirit are within reach. The art of mindfulness, Neuro-Linguistic Programming (NLP), relaxation techniques, the right attitude, and the smart strategies I'm going to tell you about will help you reach out and grasp them. Become one of the few, the proud... the 2% who decide to actively change their life.

Minimizing your stress levels will allow for many things in your life:

- You will be healthier. People with high stress levels are prone to metabolic syndromes or endocrine abnormalities, which can cause obesity and hypertension. You will minimize your chance of heart disease. Lowering your stress level will give your immune system a huge boost, preventing everything from allergies to cancer.

- You will be able to improve all of your relationships. Being stressed out takes away from the energy that you put into others. Also, people close to you may be having to walk on eggshells due to high stress levels. You will be a much more pleasant and attractive person to be around.
- Stress can keep you from accomplishing your goals. Without distractions and energy displacement caused by stress, you will be free and clear to achieve that which you desire.
- You will definitely sleep better, which will improve your overall temperament, not to mention work performance and health.

I was always stressed to the max. When I was young, I was called a worry-wart and told that I would have a heart-attack, ulcer or be bald by the age of 16. Being called “Debbie-downer” in high school is NO fun for a 17 year old *boy*. I was consistently anxious and worried about what everyone thought throughout my young adult years. I looked ten years older than I do now, and that was so long ago! Bags and dark circles under the eyes were ever-present on my sleep deprived face. Countless hours of sleep were lost due to worrying. My blood pressure was through the roof and I was at risk of a stroke, simply because I was stressed out. My health was poor. I was an accident waiting to happen. Not to mention, I was alone and miserable. Who wants to be around someone known as ‘Type A’ (that is what they called me at work)? I was stressed out, dangerously underweight and waiting to be the newest member of the “I Have Heart Disease” club, until I started



practicing relaxation techniques, [meditation](#), [mindfulness](#) and NLP tools regularly, every single day.

The important thing here is how you feel about the whole ‘stress and anxiety management’ topic. When I write about stress reduction, I’m not talking about some kind of TV-magazine or everything-for-a-dime-store-type relaxation ideas. Those provide little attempts to sort of calm people down and make them feel a little bit better to make them work a little bit longer, but without need of taking any action or real effort themselves. I’m referring to the idea of genuine **inner transformation** of how you relate to yourself, to your life, to your body, to other people and to all the events around you (that’s what the “[Positive Psychology Coaching Series](#)” books are all about). I’m giving you effective tools that will help you regain control of your mind, body and emotions, as well as give you the right attitude, which is the only way to access the deep inner peace and big calm to live the life of balance and deep satisfaction.

I think that, often, when we don’t take proper action to change our lives for better and to find the balance for ourselves, we just ‘go with the flow’ or follow the crowds, and that’s when society entrains us into severe imbalances that can sometimes be unbelievably addictive and toxic - looking wonderful at the surface but draining your blood without you even noticing at deeper level, until it’s too late and you hit rock bottom. Then, your doc prescribes you ‘happy pills’ which, of course, will magically solve all of your problems overnight, will never make you obese, sleepy, cut-out from the reality, dull or addicted to

them. They are always for free, waiting for you to shove down your throat and never mind the side effects.

The United States is the world leader in heart disease, stress and obesity<sup>1</sup> (many times caused by stress<sup>2</sup>). Heart disease is the number one killer in the US, according to the Center for Disease Control, and stress is directly related to heart disease.<sup>3</sup> **Heart disease kills about 1 million US men and women every year; the equivalent of a '9-11' type tragedy happening every day, all year round.** Notice that in our society everyone knows that, for example, cigarettes can cause cancer, hypertension, cardiovascular disease, gum problems, heart problems; or that too much alcohol can also be extremely harmful to your liver, brain, entire psychology and nervous system. In the meantime, stress is somehow still considered as something that “has always been around” and “it’s just the way it is”.

A couple of years ago, at University of California, San Francisco, Elissa S. Epel, Ph.D., did a study looking at the so called telomeres<sup>4</sup> (repetitive nucleotide sequences at each end of a chromosome, which, in the most simple words, protect your organs from getting cancer), which are necessary for every single cell division in our body that divides<sup>5</sup>. It turns out that long-term chronic stress can accelerate the

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<sup>1</sup> Adam T. C., Empel E. S. Stress eating and the reward system.

<sup>2</sup> Spruill T.M. Chronic psychosocial stress and hypertension. *Curr Hypertens Rep*, 2010; 12(1), 10-16. 5. Kyrou I., Tsigos C. Hypothalamic-pituitary-adrenal axis, cytokines and metabolic syndrome. *Obesity and Metabolism*, 2006; 2, 116-126.

<sup>3</sup> Lambert G, Schlaich M, Lambert E, Dawood T, Esler M. Stress reactivity and its association with increased cardiovascular risk: a role for the sympathetic nervous system? *Hypertension*, 2010; 55(6):e20.

<sup>4</sup> <http://www.news-medical.net/health/Telomere-What-are-Telomeres.aspx>

<sup>5</sup> [http://www4.utsouthwestern.edu/cellbio/shay-wright/intro/facts/sw\\_facts.html](http://www4.utsouthwestern.edu/cellbio/shay-wright/intro/facts/sw_facts.html)

rate of telomere degradation enormously...so every time you have a horrible experience and tell yourself, “Oh, that one just took years off my life.”, it’s actually true. Once the telomeres degrade, the cells can’t divide anymore, so if stress and anxiety increase the rate of telomere degradation, it means they literally increase your aging and the possibility of getting a cancer - it’s that serious.

What’s really interesting - they did this study on parents of children with chronic medical problems that are not going to get any better. It just doesn’t get any more stressful than that kind of thing. There's no release from the constant stress of life, like cool summer vacations, or hope for things to suddenly change for the better by the problem evolving in one way or another. These people have to accept things the way they are for years, or for life. Why am I telling you this? Well, they also did the study on another group of parents of healthy children, and what they found was that they were also showing telomere degradation, besides the fact that they were objectively under much less stress than the parents of chronically ill children! Further research showed what really mattered was the amount of stress **they thought they were under – if you think you are under absolutely intolerable amounts of stress, you create that harmful reality for yourself and your body literally hurts.**

On the other hand, that’s a very positive lesson because if you change your attitude and your perception of the stress, you can potentially reduce the rate of telomere degradation and literally live longer and happier. I will tell you more about the right attitude and the so called ‘inner-game’ later in this book.

I think in the modern times, and in the so called ‘Western society’, we seem to more and more long for some authentic portal into ourselves, in the way that’s bigger than what normally defines us. We want to be held into some kind of awareness, clarity of mind or maybe even higher consciousness that we lack, but we were never taught about it in school or by our parents... that requires some kind of intimacy and cultivation in order to be able to have it more at our disposal.

The truth is it’s not really about spirituality, mysticism, living in the cave for years on a diet composed of water and roots; it’s not about any sort of “woo-woo cult” stuff, nor about the East and the West; it’s simply about **paying real attention** to your thoughts, your body, your mind and all the reality around you. I could give you hundreds and hundreds of medical and scientific studies I read about how relaxation techniques, [mindfulness](#), NLP, visualization and meditation help cure anxiety, post-traumatic stress disorder (PTSD), cardiovascular disease, depression, psoriasis, digestive problems, insomnia, nervous tics or even many other more serious psychological and physical problems. Since the title of this book is not “All the Medical Evidence I Have Ever Found That Relaxation, Mindfulness and Stress Management Work” and I don’t want to make another boring university medical read out of it, you will have to stay with the examples I already gave you or take a look at the footnote references I provided.

The tools I’m showing you in this book helped me practically erase stress and anxiety from my life and pushed my life to an entirely different new level. The only important thing here is – **you have to**

**practice them regularly!** The sole fact of reading a book or attending to a seminar or watching a DVD **doesn't change anything** at all – moreover, if you don't act upon the advice you have been given, it's just a waste of your precious time and energy, which would be better spent sleeping or taking a walk. Remember – the key here is **persistence & taking action**. You have to take one baby-step at a time, every day, and then repeat it again, again and again until you get where you want to be. There are no magic pills and working 'get rich/fit/handsome/calm' overnight schemes in the real life. That's the only way possible. You should ideally try all of these techniques, ideas and strategies, pick a few that prove the most effective for you and then practice them regularly and never stop until you see the real results. They will come soon enough.

Having that said, let's start!

# Chapter 1: Relaxation Techniques

The most effective techniques are about introducing your body into the state of deep relaxation, in which your brain operates on alpha waves (just like a moment before you fall asleep, waking up after good sleep or high concentration). This condition is conducive to deep recovery of the whole body and mind, and it is achieved through appropriate visualizations and affirmations.

Regular use of these techniques brings many both instant and long-term benefits. These techniques and exercises are crucial when you want to get rid of stress and anxiety in your life, improve your memory, health, sleep better or even learn much more effectively:

- The most important advantage is a significant **reduction in the level of cortisol** (the stress hormone) in your body, and not only in the short time after you're done relaxing. If you do these exercises regularly, you will develop your immunity to stress and you will be able to feel the results every single day. Disappearance of stress from your life is very noticeable and brings great relief. After a longer time, the stress and anxiety will practically disappear from the most of your life's situations. Relaxation will also cleanse your mind from negative thoughts and worries gathered thorough the day.
- **Better concentration.** During relaxation, you will be focusing exclusively on one image created by your imagination, which will allow you to disable all the other thoughts. Regular practice will give you supreme control over the continuously babbling inner dialogue

and untamed thoughts. It will be much easier for you to concentrate on your tasks.

- **Real rest.** The state of deep relaxation lets your body (and mind) REALLY rest and recover<sup>6</sup>, as opposed to such actives as sitting in front of TV or playing computer games. If you're tired after a long and hard workday, even a 15 minute session will give you a huge energy injection. Besides, it's really pleasurable – every single cell in your body will be relaxed.
- According to **multiple various scientific research studies**<sup>7</sup>, people who apply relaxation techniques regularly are enjoying their lives much more, have an optimistic attitude, and are calmer<sup>8</sup> and healthier<sup>9</sup>. Moreover, they cope with challenges much more effectively, **they learn quickly and memorize much better.**

All these benefits come from regular practice of relaxation techniques. Below I'll show you two of my favorite techniques. There's no such thing as 'the best relaxation technique ever', as everyone reacts differently to different stimuli. You can modify the techniques I give you by changing the sequence of activities performed. The best idea would be to try these techniques first in their original form and then

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<sup>6</sup> Jacobs G.D. The Physiology of Mind–Body Interactions: The Stress Response and the Relaxation Response. *Journal of Alternative and Complimentary Medicine*, 2001; 7(1), 83-92.

<sup>7</sup> Pawlow L. A., Jones, G. E. The impact of abbreviated progressive muscle relaxation on salivary cortisol. *Biological Psychology*, 2002; 60 (1), 1-16,

<sup>8</sup> Gaines T., Barry L.M. The effect of a self-monitored relaxation breathing exercise on male adolescent aggressive behavior. *Adolescence*, 2008 43(170), 291-302

<sup>9</sup> Sheu S., Irvin, B. L., Lin, H.S, Mar, C. L. Effects of Progressive Muscle Relaxation on Blood Pressure and Psychosocial Status for Clients with Essential Hypertension in Taiwan. *Holistic Nursing Practice*, 2003; 17 (1), 41-47

tweak them if you need it. As soon as you find what works for you, stick to it and use it systematically.

**Tip:** Before you start practicing any of these techniques, you may want to stretch your body a little bit first. It will help you concentrate and relax.

### ***Diaphragmatic Breathing***

Now, this is HUGE, so read carefully and be sure to use this knowledge. Most people breathe through their chest. That causes them to have shallow breathing and in return they need to increase breathing to get the same amount of oxygen. In order to breathe better and healthier, you want to use your diaphragm, which is the primary muscle for respiration in human body. It is located right under the chest cavity, at the upper part of your stomach. When you breathe through the diaphragm, your chest will barely come out. It allows you to have much more oxygen in your blood. That's how most sportsmen, martial artists, singers, actors or Buddhist monks breathe. If you want to learn how to meditate, you will also need this skill. This technique will allow your brain to function optimally and lower your stress levels. Breathing through your chest often causes headaches, insomnia, anxiety disorders and overall it's lowering your physical and mental performance. Ultimately, you want to always breathe using your diaphragm. This is great technique used for relaxation as well as for



pain management, something that you definitely have to learn **TODAY.**

Here's exactly how to do it:

1. Start by lying down. You want your knees bent with your feet firmly on the table/bed or on the floor.
2. Take one hand and place it on your chest. Place another hand on the stomach.
3. Take a deep breath into your nose and exhale out with your mouth. Do it 3 times.
4. At this point I want you to think which hand (or hands) is moving. You should feel that your stomach is moving when you take a deep breath into your nose. However, if you feel that just your chest or both hands are moving, that means you're using your neck muscles (or other muscles) to help with the breathing process instead of using your diaphragm.
5. Now, I want you to take another deep breath into your nose and imagine that you're getting all the air going into your stomach. I want you to visualize it as you go: you're taking a deep breath into your nose, the air coming down past the back of your throat and into your chest, down into your stomach and expanding your stomach.
6. At this point I want you to think about letting that air getting out of your stomach, back up into your chest, into the back of your throat and exhale through your mouth.

7. When you breathe, there should be only your stomach moving, not your chest.
8. Once you've mastered the basics of diaphragmatic breathing, the next progression is sitting up. Here you have to work against gravity to hold yourself upright.
9. What you want to make sure of is that your feet are firmly planted on the floor. Sitting nice and tall, place one of your hands on your chest and one hand on your stomach.
10. As you breathe in, again, you should feel your stomach expanding, and as you exhale your stomach should be deflating.
11. Again, taking a few deep breaths, I want you to notice which hand (or hands) is moving.
12. So again, take a deep breath into your nose, visualize the air go down to your belly, make your belly expand, deflate it and exhale through your mouth. That is diaphragmatic breathing.
13. Now that you know the technique, this is a great thing you can do when you're at the office, driving your car or anytime you will find yourself in the stressful situation, it will help you relax and get your diaphragm to work instead of your neck muscles.

**Make sure to master it fully.** Ultimately, you will be able to breathe through the diaphragm when you're asleep, it's going to give you much better overall performance (especially when you're doing sports or studying), better recovery and great control over stress and anxiety.

## ***Countdown Affirmation Technique***

I've invented this technique a few years ago and it's been serving me very effectively since then. See how it works for you and if there's a need, modify it however you want.

### **Here's how you do it:**

1. Sit comfortably or lie down (preferably on your back) so that no muscle in your body has to be tight. Choose the most satisfying position. Before you begin, make sure no one will disturb you. It's important to do it in a silent place in which you feel good.
2. Close your eyes and take a few deep breaths. Imagine, that from your feet up there's a cloud (make it your favorite color) embracing your body and making every single muscle in your body relax. Feel as the tension leaves every part of your body. Focus one after the other on your feet, calves, thighs, abdomen, hands, etc. The single fact of paying attention to a particular muscle group will make them much more relaxed.
3. When you're finished, start counting down from 20. Visualize each number in a different ways. Make every digit look original, imagine it made from a different material. Engage all of your senses. Make your imagination vivid and full of colors. Spend 5-10 seconds on every single number.
4. Use this affirmation while you're counting down: every few numbers, tell yourself in your mind that you're becoming more and more relaxed, and you're getting deeper into this state every single

second. **Make your inner voice calm and fully trust what you're saying.**

5. By the time you're done counting down, you will find yourself in a state of a deep relaxation. Now, pick any item of your choosing and visualize it for a few minutes. Pay attention to every single detail, be focused on that single object all the time. For instance, it can be an apple. Feel its smell, weight, the sensation of touching it. Peel it and feel the taste. Once you're more experienced, you can choose more complicated objects.
6. When you decide to finish your relaxation session, start counting from 1 to 20. This time you can count much faster, but you will also use affirmation – tell yourself that you're slowly awaking and by the time you count to 20, you are going to be completely relaxed, refreshed and ready for action

Let me now show you another way to relax your mind and body.

### ***Jacobson's Relaxation Technique***

Let's begin with a little experiment:

Sit on a chair leaned forward and hunched. Clench your muscles and sit as if you were experiencing a big stress. Make a sad and concerned face expression. Start breathing fast and shallow. Think about something stressful, imagine a stressful situation and get into this thought as much as you can, to really feel stressed.

Now, suddenly, change the physiology of your body at once – sit as comfortably as you can, relax your muscles, smile and start breathing slowly and deeply. With your eyes closed, continue thinking about the stressful situation. What happened?

Let me guess- stress disappeared completely, at once?

As you probably know, the negative thoughts are source of major stressful emotions. The way you think about the things in your life determines the emotional state you're in. Stress is purely a physiological reaction – muscle constrains, and a secretion of cortisol, the stress hormone. Your thoughts cause given reactions of your body. However, as you have just experienced...

....it also works the other way around!

**The change of you physiology also changes your emotion and your way of thinking!**

You're not really capable of stressing out when all your muscles are relaxed. Hence, relaxation of your body helps you get rid of negative and stressful thoughts from your mind. This time, we won't be working with your mind to change the way you feel. We will be working with the physiology of your body, to change your thoughts and emotions.

This is what Jacobson's relaxation is all about. It was created by Edmund Jacobson, in the 1920's. He came up with a conclusion that psychical calmness comes from physical relaxation.

**“An anxious mind cannot exist in the relaxed body.” – Edmund Jacobson**

This effective exercise will allow you to significantly lower your stress levels and tension throughout the day. Your concentration and ability to cope with difficult situations will increase. You will be more peaceful and relaxed. If you exercise regularly, after about two weeks, the effects won't only last for some time after the exercise, but for the entire day, every day. The positive effects of such relaxation techniques are very easy to notice and you will be able to see them soon enough.

It's a very simple exercise. It comes down to clenching certain muscle parts in your body for a few seconds, and then relaxing them. Every time you release the tension, give yourself enough time to notice how pleasant this feeling of relaxation raising in your body really is.

**Before I start describing this technique, read these tips:**

The exercise should last about **20 to 25 minutes, but if you're really short on time, it can be 10 minutes.** Relaxation session longer than 25 minutes can make you fall asleep. Try to exercise daily. If for some reason it's not possible, exercise every two days. You can always wake up a while earlier to have your relaxation time. It pays off.

- Exercise systematically- it will help you establish relaxation as your new habit.
- Make sure that no one will disturb you. If there are any noises in your surroundings, [turn on calm music \(or binaural beats\)](#) or buy

ear-plugs. When you begin, even the lowest noise can knock you out of the state of deep relaxation.

- **Find a comfortable spot.** You can lie on your bed or sit in a comfy chair. Arrange your body so you can relax freely. If you're too tired, don't choose the bed option as you might fall asleep. It's about consciously experiencing a deep relaxation state, without falling asleep.
- Don't worry if you're doing it right or not. Just relax. **Abandon all thoughts and expectations about this technique.** Don't try to force the relaxation, don't fight with your thoughts, just let go and relax.
- If your thoughts get off the track during this exercise, don't worry. Just go back to relaxing your body. The exercise might not be the easiest one in the beginning, especially given the fact that you will have to continuously focus on just one thing at a time, so falling asleep and distractions might happen, but you will get better and better with practice. You will be able to get into deeper and deeper relaxation states in increasingly shorter timeframes and it will be easy for you to focus on one thing for a longer period of time.
- Clench your muscles for about 5 seconds. During this time, keep them strongly tensed (but don't overdo it). After 5 seconds let go and feel the muscles relax. Give yourself 10 seconds to feel all the sensations of relaxation.

## **Here's exactly how to do the Jacobson's exercise:**

Read the instructions below two or three times, and do it!

1. Begin with taking two deep breaths. Inhale slowly with your diaphragm through the entire exercise. Now, tighten the fists of both hands. Feel the tension, keep it for 5 seconds... and release. Give yourself a moment to pay full attention to the pleasant feeling of relaxation.
2. Clench all the muscles in both your arms, pushing forearms to your shoulders. Hold... and release.
3. Clench your shoulders. Hold the tension... and release it.
4. Raise your eyebrows and wrinkle your forehead. Hold... and release.
5. Clench your eyelids and all the muscles around your eyes. Do it for a moment... and release.
6. Grit your teeth while strongly pushing your tongue to your palate. Hold...and then relax.
7. Lean your head back and clench the muscles of your neck. Wait a while... and let go. Do it twice, as neck muscles are usually tenser.
8. Strongly clench your back muscles. Hold... and release.
9. Take a deep breath, hold the air and clench your breast muscles. Hold, then release the muscle tension when you exhale.
10. Tense your abdominal muscles. Hold... and release the tension.
11. Tense your buttocks. Hold... and release.



12. Clench your legs muscles. Start with your thighs, then proceed to calves. Hold and release.
13. Tense all the muscles of your feet, aiming your toes in the direction of your face. Hold it...release it.
14. Clench your toes, strongly tensing all the muscles. Hold the tension... and let go.
15. Consciously feel the state in which your body is right now. Fully feel the deep relaxation you're in right now. If even a single muscle part is still tense - clench it strongly and release after a few seconds.
16. **Enjoy this pleasurable relaxed state** for a few minutes, imagining that you're on the beach, in the forest or on a beautiful hill. Focus on this imagination; see, hear and feel this visualization.

After a few minutes, inhale deeply and stand up, finishing this exercise.

If you practice this regularly, you will see additional interesting effects. Systematic relaxation will allow you to really feel your muscles after some time, and you will be able to relax them consciously, even without clenching them beforehand. Just like you can tense your muscles, you will be able to relax them. It's a skill like any other, which you can develop if you put some practice into it.

You will be able to use this skill throughout the day, not only when doing this exercise. When doing many different things, you don't even realize how many muscles in your body are tense – usually much more muscle parts than necessary. **When you're washing the dishes or sitting in front of your computer**, you just need to tense muscles

that are necessary. All the other muscle parts should be relaxed. Thanks to this, your body will waste less energy. Moreover, you will feel much more relaxed, at peace and your focus will be much sharper.

I encourage you to try this technique ASAP. You will gain new experience and I'm sure you will make use of it very frequently. Jacobson's relaxation is a great investment in a stress-free life.

### ***Autogenic Technique***

To use this technique, you need to learn how to breathe using your diaphragm. Please make sure that you have mastered proper breathing first.

Autogenic training has a fancy name, but it's been around since 1932 and it means 'to work autogenic', that is 'from within'. It's been brought up by German psychiatrist, Dr. Johannes Heinrich Schultz. His theory was we can learn to control when our physical responses distress us. It's a great technique that will help you reduce stress, control physical states and responses and can actually be used as a form of meditation or self-hypnosis. There are a number of different ways the autogenic training positively influences our nervous system – clinical research<sup>10</sup> has shown it can help people with ulcers and hypertension, it improves digestion and immune system response<sup>11</sup>. It can be also very helpful as

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<sup>10</sup>Schultz J. H., Luthe W. Autogenic training: A psychophysiologic approach in psychotherapy. New York: Grune and Stratton; 1959.

<sup>11</sup> Stetter F., Kupper, S. Autogenic training: a meta-analysis of clinical outcome studies. Applied Psychophysiology and Biofeedback, 2002; 27(1), 45-98.

a tool for behavioral change, pain management, anger management, as well as stress and anxiety management.

Now, I'm going to guide you through the process of autogenic training. I'm going to give you a series of directions and phrases. I want you to simply repeat them in your mind and create the experience of calm, warmth, heaviness and so on in your muscles and in your entire body. This is a process of relaxation, it's similar to Jacobson's relaxation, but a little bit different. You can do it either with your eyes open or with your eyes closed. Some people find that having their eyes closed helps them relax.

1. Find a quiet, silent and comfortable place where you won't be disturbed. Sit in a comfortable chair or armchair with your back straight.
  2. Simply take in a deep breath and then exhale. Breathe with your diaphragm during all the exercise.
  3. As you're focused on the muscles in your body, simply let them become loose and limp.
  4. Focus on your right arm and say to yourself, "My right arm is warm and heavy. My right arm is warm and heavy. My right arm is warm and heavy." Do it slowly, three times, with gaps between the sentences.
  5. Focus on your left arm and to the same. Say to yourself, "My left arm is warm and heavy".
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6. Now, focus on the legs and say to yourself, “My legs are warm and heavy...my legs are warm and heavy...my legs are warm and heavy...”
7. As you continue to relax, focus on your chest and solar plexus and say to yourself, “my solar plexus is warm...my solar plexus is warm...my solar plexus is warm...”
8. Allow yourself to simply feel calm by saying to yourself, “I feel calm and relaxed...I feel calm and relaxed...I feel calm and relaxed...”
9. Now, focus on your heartbeat. Say to yourself and experience it, “MY heartbeat is calm and regular...my heartbeat is calm and regular...my heartbeat is calm and regular...”
10. Now focus on your stomach and slowly say to yourself, “My stomach is warm and soft...” three times.
11. Focus the sensation on the forehead. Allow yourself to continue to feel calm. Say to yourself, “My forehead is cool and relaxed...my forehead is cool and relaxed...my forehead is cool and relaxed...”
12. And now the final affirmation, “I’m calm and comfortable... I’m calm and comfortable... I’m calm and comfortable...”
13. Take a deep breath and allow yourself to sit and relax for a few more minutes.

Now, what was your experience? Was it easy? Were you able to kind of create the feeling of warmth, heaviness and relaxation in your body?

The idea with autogenic training is to practice this each and every day (ideally three times a day) for a period of 60 to 90 days, so it becomes an automatic response and a new habit, so when you find yourself in a situation of high stress, or feel the physical effects of anxiety, pain or even hypertension, we can autogenically take self-control of these emotions and experiences. If you do it regularly, you will find it extremely helpful for experiencing states of deep and profound relaxation.

### ***Relaxation Response***

Let me now tell you about the so called ‘relaxation response’ technique.

It was found by Dr. Herbert Benson from Harvard University and described within his book *Relaxation Response*, which I highly recommend that you read. It’s a very thin and simple book to read that has been translated into probably almost any language around the world.

*“The relaxation response is a physical and psychological state of deep rest that changes the physical and emotional responses to stress... it pacifies the ‘flight or fight’ response.”* - Dr. Herbert Benson

They found that when we provide ourselves space to enter the state of non-judgmental awareness of our body, breath and mind, we elicit this relaxation response. When this happens, there is a deep sense of ease

within the body, but also we start releasing endorphins and relaxation hormones throughout the body itself, which provides a very powerful sense of healing<sup>12</sup>. The ‘Relaxation Response’ technique is kind of mindfulness practice, which is essentially providing yourself a space where you are not analyzing the present moment. You are just here and now, but what does that mean? Well, I’m going to guide you through it. Sometimes we say, “I tried to sit back and meditate, but it doesn’t work for me”. Well, you have to understand that mindfulness, [meditation](#) and full relaxation is not about repressing anything, but rather about viewing everything and just seeing it as it is, while being mindful of your emotions, feelings and physical sensations. You need to abandon any sense of attaining; we are not going to hit some kind of benchmark of deep state of relaxation or spiritual fireworks. We are just going to provide a state of calm, a space to simply relax.

You should also remember that it isn’t a space to repress any thoughts or have a certain amount of thoughts; just to be with whatever is and to be forbearing and compassionate to yourself during this process. Take a moment to reflect the positivity of taking this time, solely for the betterment of yourself. Embrace the feeling that these next moments are entirely yours and yours alone.

So, now, as we enter into this practice, make sure you provide yourself with the space to really hone in – turn off any electronic devices that might call or disturb you anyhow, let anyone you need to know that you need to focus and ask them not to disturb you. This is your space and

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<sup>12</sup> Jacobs G.D. Clinical Applications of the Relaxation Response and Mind–Body Interventions. Journal of Alternative and Complimentary Medicine, 2001; 7, 93- 101.

it's not going to be interrupted. Make sure you're in a place you feel comfortable and safe.

1. Start by taking a meditative position. You could be seated up straight, on a comfortable chair, with your hands on your laps, or lying on your bed, if you're not too tired (you might fall asleep then).
2. Close your eyes and just take a moment to feel yourself breathe. There's no need to change your breathing in any way, there's no good or bad rhythm of breathing. Just notice the natural rhythm of your own breath, notice how it falls down into your diaphragm. In this comfortable position your mind and body are in the perfect unison to utilize this perfect, healing breathing process.
3. As you breathe, you may find yourself thinking about upcoming plans and responsibilities, you might have thoughts bouncing – allow yourself to have these thoughts - simply observe, let them be and then let them go away, like clouds passing by in the sky. Notice what's going on in your mind:  
  
“Thinking”...”Thinking”...”Worrying”...”Planning”...”Thinking”  
...”Retrospecting”. Don't resist these processes in your mind, just don't continue and don't clench to them. Let them float away and vanish. Notice that you don't really have to continue any thought at all. You can just notice that it is there...and let it go.
4. If it helps, imagine your breath entering your body, swirling around, providing your blood and entire body with oxygen and

nutrients, helping the neurotransmitters and hormones that your body utilizes to promote health, healing and deep relaxation.

5. As you breathe in, feel the weight of your muscles in your body. With every breath out, feel yourself sink into a more comfortable and settled position, feeling completely relaxed.
6. Bring your attention to your forehead. As you breathe out, feel these muscles relax. Imagine the creases in your forehead soften and smooth out. As your forehead softens, feel the sensation spread around your scalp, loosening and relaxing. Breathing in...and breathing out...
7. Bring your attention to the muscles around your eyes, feeling those muscles soften as you breathe away any tension in this area. Feel your eyelids relax and become heavy. All of the muscles soothe.
8. As you breathe, notice your jaw, your cheeks, and your mouth. Feel these muscles relax and soothe. Feel the hinge in your jaw loosen and relax. Breathing in...breathing out...
9. With your natural breathing rhythm, relax the muscles that run down your neck. Imagine your breath coming in, picking up any tension in your neck and exiting as you breathe out.
10. Imagine feeling the shoulder area with your breath, cleaning and purifying and relaxing...as you breathe out, notice and feel the weight of your arms, allowing your shoulders and neck to open, with any soreness or tension flowing away.



11. Continue down your arms – as you breathe in, you become aware of your biceps, triceps and forearms, and breathe out as they relax and soften. Notice the weight and warmth of your arms as relaxation takes them. You may notice the tingling sensation in your fingers, as you ease the tension in your wrists and hands, envisioning all these tiny connected fibers and muscles open up, allowing all the soreness, fatigue and tension flow out of your body with every breath out. Take a moment to recognize the warmth and the weight of your arms. Imagine that your muscles and blood vessels are open and freely flowing with oxygen and nutrient rich blood, cleaning out all the soreness and fatigue, healing injury, leaving you with warmth, heaviness and the feeling of comfort and deep relaxation.
12. As you might notice a particular area of tension in your arms, take a moment to visualize your breath entering this area, swirling around, healing and warming these muscles and tissues, healing these areas of damage, strengthening these fibers, enhancing their natural strength and elasticity. Visualize the tension, stress and soreness flowing out of your body with every breath out. Breathing in...and breathing out...
13. Bring your breath and attention to the muscles in your back. As you breathe, imagine this warming breath calming, healing and soothing these muscles. Visualize the relaxation occurring down along your spine, under your shoulder blades, and down through your back. As you breathe, imagine your air circulating down thorough your central nervous system, spreading everywhere in

your back and in your entire body, relaxing, healing and warming. As you breathe in, imagine the muscles that run from your spine around up to your upper arms open and relax, collecting any tension in this area and exiting your body as you breathe out. Breathing in...and breathing out...

14. Bring your attention to your chest. Feel the warmth flow and soothe these muscles down into your midsection, through your ribcage, warming and soothing any tension and fatigue or soreness there. Imagine this breath rolling around through your core muscles, thorough your abdominal area, warming, calming and soothing. Take a moment to reflect, recognize and feel the warmth and the heaviness of your entire upper body healing and relaxing. Rising with every inhale and settling with every exhale.
15. As you continue to breath, imagine this flow, this wave of relaxation, settle down into your hips, circulating, warming, soothing and relaxing all of the muscles and connective tissues in this area of your body. Notice the air circulating down through your backside and into your upper legs; visualize your warm and healing breath flow over your quadriceps and through your hamstrings, calming and soothing any tension, relaxing and warming and quieting these large muscles.
16. As you continue to breathe, visualize your breath flow through the muscles, tendons and ligaments around your knees, strengthening, calming, warming and soothing...easing any tension, soreness and stress with every continued breath. Breathing in...and breathing out....

17. Follow your breathing down below your knees, into your lower legs. Your breath flows down into your knees, swirling around your lower legs, warming, giving the weight and feeling of relaxation. Envision your warming breath as it circles around your ankles and all the tendons, ligaments, connective tissue, muscles and bones, healing, warming and soothing...Breathing in...and breathing out...
18. Envision this breath flow down through your feet, through your heels, through the arch and the balls of your feet, soothing, warming and relaxing, through all the toes, to completely fill up your entire lower body...breathing in, and breathing out...
19. Take a moment to experience the full weight, warmth and relaxation in your body. Recognize that these sensations are all the natural processes of your body and that you have access to these feelings and sensations at any time throughout your day...breathing in...and breathing out...
20. You may stay in this state for as long as you choose.
21. To stay in this state for a longer time as you continue being active, just slowly start moving your fingertips, very slightly, just to awaken the blood flow and the muscles in your arms and in your hands, raising up your arms at the elbow and settling them back down...breathing in...and breathing out...Slowly open your eyes whenever you are ready, recognize the quiet and calm energy flowing through your body, knowing that you have taken this time for you to be healthy, energized, refreshed and alert.

## ***Visualizations and Affirmations***

The imagination is a powerful tool in battling stress. Use your creative imagination to come up with a personal dreamland, a place of escape. Make it whatever you like: a fairytale castle nestled in the mountains of New Zealand, an island lagoon paradise, or even a garden in the clouds. There are no limits to what you can come up with. These methods may appear trivial at first, but they are great when combined with the relaxations techniques I gave you in this chapter. After each relaxation session, I unleash my imagination and let it get me into my wildest daydreams. It's really easy when your body is deeply relaxed. Moreover, **the brain is programmed to believe whatever we can imagine.** The more you use it, the more powerful your imagination gets. Use whatever place you come up with as your own personal sanctuary. You can go there whenever you wish to get away! After putting them into practice you will begin to become more confident in your own ability to eliminate unwanted stress in your life. The blissful moment of mind and body relaxation is also a perfect state to get into lucid dreams, which I highly recommend you tried. On top of that, you can also add positive affirmations, which also work great as a mean of reprogramming your subconsciousness. Here are some ideas of things you should tell yourself when you're deeply relaxed:

- Whatever happens in my life, I know I can handle this.
- I'm taking responsibility for my life – my thoughts, actions and behaviors.
- I feel loved, calm and relaxed.

- I truly love and trust myself.
- Every day I take small steps to reach my goals.
- Small disappointments do not stop me from making progress, they only motivate me to do better and sharpen my skills.
- I'm truly thankful for all the good things in my life.
- Etc.

Even though you might think it's a little bit cheesy and doesn't work, believe me, it does. You need a positive self-talk to start feeling better and it's a smart thing to do.

With these techniques and visualizations regularly practiced, day by day, you will feel your progression. Little by little, you will become calmer and realize that no matter how out of control things may seem, you have power over your feelings and circumstances.

A good imagination will also prove an extremely useful tool for the techniques I'm going to show you in the next chapter.

## **Chapter 2: NLP Techniques To Make Stress And Anxiety Go Away Forever**

NLP stands for Neuro-Linguistic Programming. It is not an interrogation technique of the CIA, nor is it a type of chip implanted into your brain (even though that is how it sounds). NLP is a field of study that looks at how the brain works and how emotions are intertwined to the thought processes in the brain.

NLP uses a large catalogue of techniques and methods that allow you to change how you view and process everything in your life. By doing this you will automatically be able to change how you *feel* about your life and the world around you. If you use these tools properly, you should also be able to alter your outcome in many situations. These methods will also enable you to reach the goals that you set for yourself.

Neuro-Linguistic Programming has been called ‘the study of success and excellence’. This is because, if you utilize the exercises and tools associated with NLP, you can learn to accomplish your goals with the power of your mind. It includes a process known as ‘modeling’, where one looks at the steps taken by those who succeed and apply them to their own life.

Anthony Robbins is the face of NLP. He is a super successful motivational speaker and is deeply influenced by NLP, crediting his success to the process. Oprah Winfrey is an avid proponent of the study, as well. Tennis superstar Andre Agassi has used NLP

techniques, as well as business mogul Bill Gates. NLP has been known as the study of success... so following in the footsteps of those who have achieved it cannot be a bad idea.

NLP will enable you to reduce the everyday stress in your life so that you can become a more relaxed and healthy person. You will be in control of your thoughts and emotions. No longer will your feelings be dictated by circumstance. You will control them.

NLP can be used for a variety of purposes, from weight loss/muscle gain to overcoming phobias. It helps one to accomplish anything, including effective stress and anxiety reduction. It allows you to alter your own mindset. No longer will you need to search out the newest, trendiest, most expensive answer to your problems. NLP allows you to use the power of your mind to change how you perceive and feel about your life. It is the be-all answer to the question of how to manage stress in a healthy, productive way.

Have you ever noticed that we, as humans, are very often stressed out even when we are not concerned by a typically stressful situation? It happens because we can't manage our thoughts and so we stress out ourselves - our internal dialogues are neurotic, we have unpleasant thoughts and visualizations or we think badly of ourselves and others.

**Your thoughts are intertwined with your physiology.** Even when you're just thinking about stressful things, your body automatically gets stressed out. Your muscles start clenching, your forehead wrinkles and cortisol starts flowing in your veins. If you change the way you think, you can get rid of negative thoughts and turn

them into positive thoughts. Your body will respond to this type of thoughts with relaxation.

I always thought NLP was some sort of koo-koo cult. Little did I know that it would be the sure-fire way to learn how to cope with or solve almost every problem in my life. Before I found Neuro-linguistic Programming, I always thought my circumstances were the reason for my stress. I should have worn a tee-shirt that said, “WHY ME?” Come to find out that *I* was actually the problem, not what was going on in my life.

After finding NLP, and putting to use the techniques laid out in it, I easily gained control. The one thing I thought I would *never* have. I was unaware that I always had the one thing that could give me control: my mind. My stressed out, out of control brain was the one thing that could actually give me power over the situations and circumstances I thought were commandeering my very existence. I was the one who could make *me* healthy and happy. In this life, you can only have real control over your mind and your body; so the truth is, you are equipped with everything you need in order to control yourself and function optimally. NLP simply gives you practical ways to use what you already have, and helps you by providing step-by-step instructions on how to regain control of your mind, and thereby your body. It will help you see how powerful you truly are.

The world around you is constantly changing, but if you utilize these techniques properly, they will help you be still and calm when your surroundings and environment become chaotic. Stress is everywhere,



the goal is to not allow it to affect you. Just because you are feeling something, does not mean that feeling has to dictate your emotional or mental state. They are two separate things. You can experience something externally, while maintaining a different state internally. NLP aids in this process. How we interpret the external indicates what we feel. Change how you interpret what you are experiencing and you can change what you are feeling!

By implementing the techniques and methods of NLP into my daily life, I was able to keep from becoming a statistic of the society I live in. I am healthy, calm, stress-free (for the most part) and no longer a victim of stress.

There are many tools that you can access and utilize to minimize stress in your life. Some are used before the stress arises as a preventative measure, while others are helpful to reduce stress in the heat of the moment. Use both in combination to truly negate the effects of stress on your body and your mind.

For most of these techniques, you will have to use your imagination a lot, but even if your mental images and visualizations are not too vivid and clear when you're just a beginner, sticking to these exercises will make your imagination powerful and your visualizations loud, clear and totally immersive. It's just a skill that can be trained, like anything else. You can also find some ideas on how to train your imagination and make your visualizations better in my book, [Emotional Intelligence Training](#). Also, at the beginning, some of these techniques and ideas might seem strange, quirky or even a little bit creepy to you, especially if you have never tried NLP before, but that's perfectly

normal. The most important thing is that they work, they helped me, they have helped thousands and thousands of people before and after me and they will also help you, if you stick to them.

Having said that, let's start with the first technique.

### ***Circle of Excellence***

This exercise/tool will help you to cement a certain state of being, a feeling, into your subconscious so that it will be accessible at any time. Have you had a moment of sheer tranquility, a moment of peace and calm, where you were at one with yourself? You can use the circle of excellence to access that feeling in your subconscious anytime. When you are in a stressful situation, jump into that circle and reclaim the feeling in the here and now.

You will be able to choose the emotional state you want to be in, instead of allowing your environment and circumstance to dictate your state of emotion. By choosing the appropriate emotional state (and state of mind), you will be able to change your outlying behaviors, as well. This will give you a different behavioral result that can change the outcome of any given situation.

Stress can cause people to react in a way that is fearful, intimidated, or worrisome. You cannot execute something to the best of your ability when you allow yourself to feel this way. You may not have control over the situation at hand, but by accessing a secure, confident state, you can handle the situation effectively and to the best of your ability.

The Circle of Excellence will allow you to draw on a past emotional state that is desirable in handling a certain situation (one which causes you stress, for example) by allowing you to immediately access a number of states that you have programmed into your subconscious. These states will enable you to react to the situation differently, without allowing it to affect your mental and emotional wellbeing as it may have previously. You will be able to crush the fear and resistance, enabling you to control your reactions, and therefore the outcome, of the situation.

Personally, I was petrified of public speaking. I would walk into a room where I would be forced to give a presentation for work, once a week. Regardless of how prepared I was, I would stress out the night before, the morning of, and for the duration of the presentation. I was constantly fearful of messing up, or wondering how stupid I would sound to others in the room. I would even ponder all of the horrible things that others might be thinking. I had even gone so far as to figure they were judging my hair or my socks that day. Every week for two years, this would happen. I would end up messing up my words, forgetting papers I needed to present, spilling my coffee down my pant leg, or just looking like a fool. All of these things did not just happen, they were the end result of my stress and fear.

Finally, after getting a grasp of NLP, I was able to put the Circle of Excellence into practice and nail my presentations every time. I was able to put myself in a calm, cool, and collected emotional state before and during my presentations. Not only had the presentation itself been a stressor, **my own fear and resistance to the presentation was**

**stressing me out, as well.** I was able to reverse my resistance. Never again did I stumble over my words or freak out and lose sleep over what I was going to do wrong. By remaining calm and letting go of what others thought, I was able to perform to the best of my ability. Granted, I did spill coffee on myself twice, but not because I let stress and fear get the best of me; it spilled because I can be pretty clumsy on occasion. It only figures I was wearing white both times. In spite of the lovely brown splatter down my shirt, I was able to genuinely laugh it off and kill my presentation.

### **How to use The Circle of Excellence:**

1. First, imagine a circle in front of you with a bright light coming up through it. Envisioning the light as your favorite color can help. This circle represents everything that is good about you.
2. Now, see in your mind's eye a time when you have been in an emotional state that you would like to recreate and take on at any given time. For example, a time when you were completely unstressed, a time when you were very confident, or when you were very calm.
3. Picture a particular event in the past when you were in that state. Pick a unique trigger to anchor that feeling to: pinch a finger, tug your earlobe, double-blink your eyes, etc. Step into the circle, experiencing everything you felt in that moment: sight, sounds, touch, and smell. When you feel that state of well-being hit its peak, use your trigger (anchor the feeling to the trigger).

4. Next, step out of the circle. Wait a moment, clear your mind. Feel the negative stress of a chosen situation. Trigger your anchor. You should immediately be able to access that positive emotional state. Now clear your mind, step back into the circle and allow the light and energy to come up into you again. Feel it wash over you. Feel the change of the positive state. When it is at its peak, hit your trigger again and step back out of the circle.
5. Repeat until your trigger/anchor are strong and you immediately are in the state you have chosen.

It is wise to do this with several emotional states, each with a separate trigger. That way you have several in your arsenal for dealing with different stressful situations. You will follow the same steps for each. Do them repeatedly so that you have a strong anchor for each. You can focus and intensify the feeling that you are choosing until your anchor triggers it powerfully. When you step into your circle, you should be mustering up the most powerful emotional state possible each time before you hit your trigger.

After implementing this technique, along with the anchors, you should be able to access the emotional state of calm, peace, tranquility, confidence, etc. You will be able to better dictate the outcome of your circumstance and remain unaffected by outside stressors.

## ***Neurokinesthetic Method***

This technique is about working on bad feelings evoked by the stressful situation. It's a tool from [Emotional Intelligence Training](#) arsenal. It's one of my favorite techniques and it is also particularly useful for people who feel unpleasant sensations in certain parts of their body when stressed out: e.g., the so called butterflies in the stomach (it's not always a good feeling), tension in their neck, warmth, cold feet, tingling, numbness, etc.

This method comes down to finding in which parts of your body the feeling appears and resides, taking it out from your body using your imagination, changing its submodalities (parameters) or changing it to an entirely different thing and then 'putting it back in'.

It's really effective for people who prefer to work with real feelings in their body instead of just mental pictures and visualizations.

Here's how to do it:

1. Think about a stressful situation.
2. Localize the feeling of stress or anxiety in your body. What exactly do you feel when you feel stressed or anxious? It can be tension in your stomach, burning sensation in your throat, heaviness and soreness in your forehead and eyes, weak and 'soft' legs, pressure on your chest, etc. Take a moment to reflect in detail where exactly it is, what it does, how it feels and what it looks like. Sometimes it can take a while. I sometimes need to take a few minutes to deeply feel what I'm dealing with and where it is. It sometimes evolves from red-hot iron on my chest to a

barbed wire clenched into my lungs, I take my time until I'm sure what it is and how it feels.

3. Now, imagine you are taking this feeling out of your body. If you can't do it with your hands, you can imagine that you're using a tool, for example a saw or pliers (just don't use real ones! ☺). Hold it for a moment so you can give it a real good look and examine it.
4. Specify all the characteristics (submodalities) of stress or anxiety that you are holding in your hands. What's its shape, consistency, density, texture, temperature, color, smell or even taste? The more in detail you visualize it, the more effective this technique will be.
5. Now, push it and knead it like you would a dough into a ball. Push your thumbs inside it, tear it apart and wriggle it onto the other side. See how it looks now. What's changed? If you want to change anything, do it! You can add in, pour in or inject whatever you want. It's your imagination, be creative and make the feeling look as good as you want. Give it a pleasant texture, color, temperature, shape. You can make a warm, purple, soft fluffy ball out of a red-hot, metal box full of spikes. You can even make the good emotion look and feel like summer sun or your favorite piece of jewelry.
6. Put the changed feeling back inside into the same spot in your body.
7. Break your emotional state by thinking about something else and distracting your mind. You can count how many colors are there in your room or play ball with your pet for a moment, etc.

8. Now, bring back the stressful situation from the first paragraph.  
How do you feel now? What's changed?

**Alternative Version of the Same Exercise:**

1. Go through steps 1–4, as above. Throw away the stressful feeling as far away as you can – thousands and thousands miles away, to a different planet, different galaxy, to another world, or even to prehistoric ages (let the dinosaurs take care of it). Imagine as it travels this extreme distance that it fades away somewhere far-far-far away.
2. Think about something you like a lot, what gives you strength (it could be an object or symbol). It could be a star from the sky, your favorite stone/rock, piece of jewelry, talisman, little heart, sun necklace, your favorite little stuffed animal, etc.... Whatever comes into your mind. Use your creativity.
4. Replace the stress in your body with the new object – the symbol of your thoughts.
5. Break the emotional state by thinking about something else for a moment.
6. Recall the stress situation again after a few minutes and see what's changed. Sometimes you will need to apply all these steps from the beginning a few times to feel the results.



## ***Timeline Therapy Technique***

Sometimes we develop unhealthy emotions and reactions to certain situations because of an event (or events) we experienced in the past. **NLP helps us to understand that it was not the actual event that caused the unhealthy emotion, but our interpretation of it.** If we go back, reinterpret, and refile the event in our mind, we can change the emotional reaction we have.

Some of the feelings associated with stress can be eliminated if they were programmed as a reaction to an event or stressor that was experienced in the past. You simply go back to the event and reprocess it. You see the event in a different light and can manually attach a different emotion to the event. You can take something positive and store it away, ridding yourself of an emotion that is unnecessary. This sort of reprocessing can be done with timeline therapy.

This technique can be effectively used to erase negative emotions that were programmed into your subconscious thanks to a past trauma or negative experience. As an example, when I was ten, I had to speak in front of my class. I was making a presentation on healthy eating, and I was dangerously underweight, looking like a scarecrow. The bullies in my health class made jokes the entire time and made fun of me. I started stuttering, forgot half of my material, was ridiculed and completely humiliated. Yeah, I suppose it was funny to them that the scrawniest kid in class was talking about healthy eating, but I did not see the irony at the time. After, I had massive anxiety and stress anytime I had to talk to more than one person. I eventually got myself

in shape and healthy, but yet I could not get past the stress of being made fun of and called 'skinny skeleton'. Timeline therapy helped me to erase these negative emotions that I had associated with any sort of public speaking.

### **Here is how Timeline Therapy works:**

1. Close your eyes and picture how the past and future look to you. Which direction are they running in: left to right, up and down, or behind and in front of you? For me, the past is on my left and the future is on my right.
2. Now, visualize a timeline running in this same direction. It should be pictured from your earliest memories, to the present, and then on going into the future. As you picture this timeline, visually place the traumatic event from your past. What age you are and where it falls (behind you, to your left, etc.).
3. Imagine (you can close your eyes if it helps) that you float over your time line as if you were flying and it is below you, starting in the present. The past should be coming toward you and you can see the event getting closer and closer.
4. Stop right before you get there. Float right over the event. Look at the event, watch it play out as if it were a movie. Try to imagine everything in as much details as possible. See other people's faces, recall the smells if you can, feel the temperature, humidity of the air, remember how you were dressed back then, if you can.

It will convince your brain that it really happens. Figure out positive things that you can learn from it. Your subconscious will preserve that learned experience.

5. Ask your mind what you can learn from this experience. Release the negative emotions connected to this traumatic event and preserve the learned lesson. It can sometimes be unpleasant as you will have to go through these bad emotions again, but it's necessary. If you feel like crying, do it – you can't suppress your emotions forever, it's very unhealthy.
6. Now, ask yourself if there were any resources you were lacking at that time, which would allow you to avoid this negative experience. It could be more self-confidence, an arsenal of effective stress management techniques, better preparation or anything else. Go back in time a little bit and go through this unfortunate event again, this time imagining yourself with these new resources. I imagined myself much more self-confident, relaxed, better prepared and totally ignoring all these bullies, with a cheerful smile on my face, eventually getting the best note in the class and then having great fun between lessons playing football with my dear friends back from the day.
7. Next, float to an event on your timeline, previous to the traumatic event. For myself, I went back to the age of nine at a school play and saw myself in a sorcerer dress. Ask yourself where those negative emotions are from the traumatic event that you had visualized earlier. They should not be present. This is because

you are going back to a time before those negative emotions became attached to the event.

8. Now, you are to float on to the traumatic event, the one you had visited previously and learned a new lesson from. As you hover over and witness this event again, you should no longer feel the negative emotion.
9. Go back up into the air and travel to the present point on your timeline. As you pass different events along the way, preserve the new learning that you have gained and let go of fear and apprehension (that are related to stress).
10. Try traveling to an event in your future, visualizing your timeline. Picture an event where you would have previously become stressed from that past trauma. I chose to visualize a toast at my sister's upcoming wedding. You should not feel any of those negative emotions related to a stressful event as you would have in the past.
11. Your subconscious has gotten rid of those emotions and instead should bring up the positive things you learned. The old emotion should be gone.

### ***Tapping (The EFT Technique)***

Another effective technique in ridding yourself of negative emotions associated with stressful events is known as Tapping. Tapping is an Emotional Freedom Technique. This method allows you to rid yourself

of a negative emotion associated with a stressor. I used this method to rid myself of the stress and fear I had connected to being fired from my job. You can use this method in the heat of the moment, or before the stress hits you.

1. In this technique, you are to first imagine a stressor and what feelings you associate with this stressor. For me, it was my second boss. He was a very large man, both in girth and stature. He had enough warts on his face to make any fairytale witch jealous, and when he would get angry (which was all the time for no reason), his face would turn as red as the reddest apple. He would scream at the top of his lungs anytime something would stress him out. He would blame us for all of his mistakes. Firing me was always the first threat to be thrown in my direction. At the time, I was supporting myself, my ill grandmother and my little cousin, so unemployment was not an option. I was so stressed by this man that I would travel to and from work experiencing chest pain. The feelings I associated with him were fear, worry, and panic.
2. Now you need to pinpoint exactly where in the body you feel these emotions. Gauge them on a scale of one to ten. They were easily a nine for me. Label and categorize the emotions that you feel.
3. Find the 'karate chop' point on the side of your non-dominant hand (left hand if you're right-handed, right hand if you're left-

handed) - it is on the side of your palm below your pinky. Tap it with the pointer and middle fingers on your other hand. While you tap it say, **“Even though I have this feeling, I deeply and completely accept myself.”** Repeat 2 times. Now, tap between your eyebrows by the top of your nose 7 times and say, “this feeling.” Move to the right side of one eye, tap 7 times saying, “this feeling.” Tap under the same eye 7 times saying, “this feeling.” Go to the point directly under your nose above the mouth and tap 7 times saying, “this feeling.” Next, tap the indent below the mouth, right in the depression of your chin, tapping 7 times and saying, “this feeling.” Tap seven times in the following spots now saying, “this feeling”: the top of the collarbone, the bottom corner of your thumbnail closest to the other hand (non-dominant hand), the same place on the pointer, middle finger, and pinky. Turn over your hand and find the gamut point (under the gap between the pinky and ring fingers). Start tapping there, closing your eyes. After a few seconds, open your eyes and continue tapping for a few more seconds. Now, keep tapping and look hard down to the right for a few seconds. Keep doing the same thing but move the eyes hard down to the left. Keep tapping the gamut point and roll your eyes clockwise. Next, roll your eyes around counter clockwise while tapping the gamut point. Hum a short tune (4 seconds or so) while tapping. Count out loud to five, still tapping. Hum the same tune again, continually tapping.

4. Stop tapping and take a breath. Now we will tap all over again starting at the eyebrow saying, “even though I have this feeling” and following through with all steps to the pinky saying, “this

feeling”. We do this in order to truly rid ourselves of the negative feeling. After tapping the pinky, stop and have a swallow of water. Take a deep breath and gauge the feeling. See if it is still there. Where is it in the body and how intensely would you rank it on a scale of 1-10? What label would you categorize the feeling with?

5. Run through steps 3 and 4 again (three times, all the way through).
6. Repeat steps 3 and 4 again, this time, instead of gauging the feeling you will use a breathing technique after your drink of water.
7. Put your arms straight out in front of you, with the palms of your hands facing away from each other. Cross your arms over each other and interlock your fingers. Now, turn your arms inside out so that your interlocked fingers and hands are at your chest. Cross your legs. Take five deep breaths, inhaling and exhaling deeply.
8. Hopefully, now it has worked. Repeat as necessary until you no longer feel stressed.

### ***Engage Your Left Brain***

Withdraw from the moment of intensity. With this short mindfulness exercise, you can connect with your subconscious and focus on the

quietness and stillness that is inside of you. It's a good pause. Do this by engaging your left brain.

1. Hold up your hand and feel your body's energy in it. Close your eyes. Keep your hand in the same position. Without looking, ask yourself, "Do I know my hand is still there?" Of course, you do. You can feel its energy without seeing it. Focus your attention there.
2. Move on to the other parts of the body. From there, no longer feel the left or right side, come in contact with a single feeling. Instead of having a sense of the hand, experience a sense of aliveness.
3. Slow your mind's attention away from thinking to focusing and accepting the space inside of the body. Use this as an anchor when you are stressed due to the environment around you. Focusing on one part of the body may be enough to keep some sanity in a stressful situation.

### ***Reframing – a Solution for a 'Bad Person' in 4 Simple Steps***

If there are people in your life causing you lots of stress, and triggering bad emotions anytime you see them (it could be your boss, examiner, teacher, professor etc.) – it's time to change it! There's an effective and funny way, which will allow you to reduce stress connected to these people.



1. Imagine the person causing stress in you. Imagine where that person is (on your left, right, close, further away, above you, below you, etc.). Make everything in your imagination to recall this person in a detail. You can also try to sense their smell in your imagination. Recall the voice of that person. Make it say something that causes stress (e.g. your boss yelling, “You lazy morons, when will I start seeing some results of your work?!”).
2. Imagine that person starts turning into typical clown from circus. See the shiny red ball on that person’s nose, face painted white with a smile painted by with a red lipstick, bald head and big ears. Hear that person saying their usual stuff with Mickey’s Mouse voice (“You untalented fools! You lazy butts! Results! RESULTS! RESULTS!!!”)
3. Now imagine the person shrinking. He/she gets smaller and smaller, after a while it is about a size of a little gnome or Gollum, running around your ankles. Hear as he/she is whining with the silly, high-pitched cartoonish voice, “You lazy pigs! Why did I hire you?”...then disappearing completely.
4. Pause and break the state. Think about something entirely different, e.g. by doing a Sudoku or a simple mathematical equation, or reading a very short chapter from a fiction book.
5. Think about the stressful person. How did you feelings change?
6. If you don’t like clowns (some people are afraid of them), think of any other silly character. It could be Donald Duck (your boss or professor will surely look great with sailor’s hat, duck’s nose and no trousers), Tom the Cat or SpongeBob Squarepants.
7. Repeat this exercise everyday (or more frequently), until you are

no longer afraid of that person.

### ***Get Rid of Unwanted Thoughts***

Here are a few ways to rid yourself of repetitive unwanted thoughts. I find that I have these kinds of thoughts due to worry and fear; they are stress related, as stress causes them and they also cause stress. Remember that a thought is simply a thought, it is not reality. Unreal thoughts can generate real feelings. Thoughts are created by ideas and opinions, not reality. If you leave your mind untamed, it will venture off. You must learn to control it.

1. Intentionally bring to mind the unwanted thought. Do not be fearful in doing this. Consciously realize that you control it, it doesn't control you. You have the ability to make it come and go as you please. The more you resist, the more you allow it to persist. You will now command the course of the thought. Bring the thought up and then put it out of your mind. The more that you observe yourself having control over bringing up the thought, the more power you will have in making it leave your mind.
2. Whenever you have a recurring unwanted thought, mark it, label it, and categorize it as fictitious. Tell yourself that it is not real. A thought is **ONLY** a thought.
3. Write the thought out. When the thought pops into your mind, breathe, relax and write it out. Make the thought visibly go blank in

your imagination. After doing this for a while, your brain will recognize the thought as trivial.

### ***Visualization Technique***

When you are involved in a stressful situation or thought process, take the time to stop. When you stop everything in your mind, think about where in the body stress is showing itself (your stomach, your head, your chest, etc.). Close your eyes and visualize where and how it is moving. Imagine the stressful energy moving up and down, clockwise, or whatever direction you feel it going. Picture a colored arrow (red, for example) in the direction the stress is moving. Now turn the arrow into another color (blue) and reverse the direction it is going, picturing it leaving the body. Do this while you think pleasant thoughts, with your eyes open.

### ***Mindfulness/Present Awareness and Meditation***

Meditation along with relaxation techniques are THE BEST way to minimize your stress level to an absolute minimum in the long run. Even if you meditate and apply relaxation techniques just three times a week, you will feel great difference after one month and your immunity to stress will increase significantly.

Meditation is what helped me the most on my journey to a stress-free, calm, relaxed and focused life. After a few months of doing meditation

daily, I was far more relaxed in these moments when everyone else would be stressed out like hell. It's been scientifically proven that regular meditation and relaxation techniques lower average cortisol (stress hormone) levels<sup>13</sup> in your system. These exercises also have plethora of other benefits<sup>14</sup>, such as memory increase or better concentration<sup>15</sup>.

The prefrontal cortex of the brain is designed to be the boss. It affects your decision making, your attention levels, and the automatic functions of the body. If you have been under high amounts of stress, this area of the brain will experience a decline in function. This can be due to a lack of blood entering the left side, causing a decrease in analytical functions. It can also be due to an escalation of processes on the right side where sorrow and fury are located. This functional decline can leave you over-stimulated and on an emotional rollercoaster.

Under stress, the lower-brain takes control and supersedes the prefrontal cortex, surviving instinctually. When stress subsides, the brain is supposed to go back to the way it was, leaving survival instincts behind. This does not always happen. On occasion, the brain fails to fully switch modes correctly or entirely. The boss of the brain does not come back into power, and the lower-brain overwhelms the system with stimulation causing a breakdown.

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<sup>13</sup> Jevning R., Wallace R.K., Biedebach M. The physiology of meditation: a review. A wakeful hypometabolic integrated response. *Neuroscience and Biobehavioral Reviews*, 1992; 16, 415-424.

<sup>14</sup> Cahn B.R., Polich J. Meditation states and traits: EEG, ERP, and neuroimaging studies. *Psychol Bull.*, 2006; 132(2), 180-211.

<sup>15</sup> Walton, K.G., Schneider, R.H., & Nidich, S. Review of controlled research on the transcendental meditation program and cardiovascular disease. Risk factors, morbidity, and mortality. *Cardiol Rev*, 2004; 12(5), 262-266

You can naturally return order to the brain with two practical methods that can be used every day by training the ability to center your focus.

### **Mindfulness/Present Awareness**

The lower brain has a tendency to not concentrate on the present, it gives attention to past or future events. In practicing present awareness, you are intentionally focusing on the moment at hand. This will stimulate your prefrontal cortex. It works by observations that close out avoidable and excessive emotion. It also triggers rational, coherent thought. Use this Present Awareness exercise a few times a day, whenever you feel stressed/tense or would like to relax.

1. Stop everything you are engaged in.
2. Breathe in deeply, focus on your breath and take a mental step out of your situation.
3. Go into yourself, be observant of what you are experiencing physically and mentally. Just let the emotions be. Watch them flow through your mind and body.
4. Do not come to any conclusions about these feelings, simply take stock of them and label them. You are not your emotions. If there's an important or a bad thought in your mind, just observe it but don't add to it, don't continue to think that thought or follow it. Mind you, it's just an electrical impulse inside your brain, nothing else.

5. Observe yourself (what you are thinking and feeling) as you would viewing someone else close to you going through those same things.
6. Pay attention as each emotion or thought arises and fades away, hold onto nothing. Now, shift your mind to focus on something enjoyable or something that you would intentionally like to focus on.

## **Meditation**

Meditation is a way to train your brain to be attentive. It builds pathways in the brain that allow us to regulate our ability to concentrate and focus. The more that you practice meditation while experiencing low levels of stress, the more effectively it will be able to function under large amounts of stress. You can increase the functionality of your prefrontal lobe in only minutes a day. Studies have found that you can calm the mind in as little as 5 minutes a day for 2 and a half months.

Some people, including myself, were misled to believe that you must completely clear your mind in order to meditate. This is a fallacy. Your mind must be allowed to drift if you want meditation to work effectively.

- Go to a peaceful location, if you can find one (even the bathroom). Turn off electronic devices or leave them in another room. No mobile phone, no tablet, no laptop, no social media, no

TV, no radio! It should be a room where you usually relax, not where you work. Allow yourself to breathe. Shut your eyes. Concentrate on something and focus. You can choose anything you would like to put all of your attention on. Some people choose a sound (that is why some hum), some a picture, a scene, or a specific word. I like looking at candle flame. Whatever you choose, put all of your thought into it. Do that for five minutes. Anytime you find yourself consciously thinking about anything else, go back to what you have chosen to focus on. It can be really hard at the beginning, but this will train the mind and gradually it will become easier and easier. You will find peace within yourself from the chaos and stress around you.

These are the two best methods to put your prefrontal cortex back in control. You will find that the more you use them every day, the more control you will have over yourself during stress.

This is really broad and fascinating topic.

If you'd like to know more about meditation techniques, poses and various types of meditation, I wrote a book about it called "Meditation: Beginner's Guide: How to Meditate (As An Ordinary Person!) To Relieve Stress, Keep Calm and be Successful". You can download it directly from here:

<http://www.amazon.com/dp/BookQRU9BC/>

# Chapter 3: The Calming Power Of Good Sleep

## ***Power Naps***

Just like meditation, regular naps lower the levels of stress hormone in your body. So often, our stress results from a lack of quality sleep.

Make sure to get enough sleep every day. Sleep deprivation is a known cause of unnecessary stress, and stress causes problems with sleeping. The mind and body cannot react to stressors appropriately, if not well rested. You can catch this sleep during the day, and even 15 minutes will be enough.

Why would you nap during the day? You can associate snoozing with laziness, peaceful afternoon and after-dinner idleness. Wrong! In today's fast-paced world, a short nap is considered to be the best way for a quick and effective recuperation.

Also Albert Einstein, J.D. Rockefeller, Napoleon Bonaparte, Thomas Edison and many other big minds owe their mental sharpness to regular napping during the day.

Feeling refreshed in the morning, you will be ultimately much more refreshed during the day. A few years ago I read this interesting article in one of popular psychology magazines about scientific research conducted on a group of insomnia sufferers. During the night, their sleep was studied and observed. In the morning, one group was told that their sleep was very bad and they woke up every several minutes. The other group was told that their sleep was very good, deep and



healthy, without any disturbances... but really, people were picked randomly to both of these groups. People from first group had very low energy levels during the day, while people from another group felt much more energized than usual. The conclusion is the belief alone about whether you had good or bad sleep really influences your energy levels for the entire day. If you feel refreshed in the morning, you will feel much better during the rest of the day.

### **Why is it a good idea to take power naps?**

- It is definitely the most effective rest. To take a nap, you only need 20 minutes. When you're barely standing on your feet after a long and exhausting workday, such a short sleep will give you great kick and energy for another few hours of activity. You will be able to concentrate much easier and your senses will sharpen.
- Regular naps significantly reduce levels of cortisol (stress hormone) in the body, hence you feel much better all day. Since I started napping, I'm much less nervous, happier and full of positive energy.
- If you're learning for your exams, power naps will have great effect on your memory. During sleep, there is a consolidation of memory traces, so what you have learned will be strongly fixed in your brain. It will be like the 'Save...' option in your computer. Also, mental acuity recovered during such rest will make it much easier to continue learning or working after you're awake.

- Naps during the day have beneficial effect on your health. In addition to lowering levels of cortisol mentioned earlier (chronic stress is a trigger of many maladies), a short day-rest reduces the risk of heart attack, stroke or diabetes.

Additionally, power nap can be used as a substitute for substances like caffeine or energy drinks, which also give you energy, but have a detrimental effect on your health.

- As opposed to popular belief, day power naps definitely don't affect your night sleep. On the contrary – they allow you to rest even better. Just remember not to nap for 3 hours before going to bed for a night's sleep.

### **How to nap effectively?**

1. Your power naps shouldn't be longer than 30 minutes. After this time, you quit the REM phase (Rapid-Eye Movement, the phase in which we have our dreams) and enter into the deep sleep phase. So if you take a nap longer than 30 minutes, you will feel even more tired and it will take you some extra time to fully awaken. If you keep your nap below half an hour, you can be sure to awake full of energy and ready to further work.

2. In regard to the paragraph above, it's worth it to set an alarm clock. **The best optimal time is 20 minutes.** It can vary depending on your lifestyle, so try different options and see what's working for you. After some time, when power napping becomes your new habit,

you won't need any alarms. If you don't have free 20 minutes, even 5 or 10 minute nap will really help you to fight somnolence and tiredness.

3. Make sure that no one will disturb you during your nap. You can use ear-stoppers or [play relaxing/ambient music](#). You can also look for 'sleep music' on YouTube. You should also remember to darken your room.

4. To quickly fall asleep, without losing time for sleepless lying in bed, you can try doing some visualization exercises, which will help you fall asleep. It could be focusing on your breath, or counting down from 20, imagining every single digit differently. You can also focus on one object and keep visualizing it all the time in your mind. If your thoughts are wandering off - no worries, just go back to the item you were imagining.

5. Remember to cover yourself with a blanket or wear something warm, as your body temperature will fall a little bit during a sleep.

### ***Better Sleep at Night***

If you are stressed and not sleeping well, take extra steps to ensure a good night's rest (and cat nap, if you can). Here's what you can do:

1. **Designate a bedtime.** No, this is not just for children. Our bodies like routine; that is the way we are designed. **Your body will eventually give in and adjust.** Also, if you have

scheduled rest time, you are more likely to get enough rest, just like anything else you need to get done.

2. **Drink less (or no) caffeine**, or drink it earlier in the day. If you refrain from caffeinated beverages 6 hours before bedtime, you are more likely to be able to sleep when you need to. You might also add herbal tea to your diet - Melissa, linden flowers, chamomile and sage will help you keep calm. I drink these every day.
3. **Come up with a relaxing, pre-bedtime routine.** Unwind with a book in the bathtub. Apply relaxation techniques in the dark. Allow your mind and body time to relax before trying to sleep. Get everything ready for the next day an hour before bed in order to keep from worrying while you drift off to sleep. Also - **get off the Internet and shut down electronic devices (computer, tablet, phone, TV).** It will have very positive impact on your neural system.
4. **Exercise enough**, and at the right time. This will allow you to improve your quantity and quality of sleep. Refrain from working out too close to the time that you are going to try and sleep, because it causes some people to remain alert for quite a while. Instead, try stretching out an hour or so before bed.
5. **Allow your bed to be a sleep-only zone.** Do not work in your bed. Make sure you keep from using the bed for anything other than sleep. It will help to train your mind and body to know that

when you lay down it is rest time only. If that's possible, don't work in the same room where you sleep.

### ***Pay Attention to the Sleep Phases***

When you're fully awake, your brain operates in *beta frequencies* (from 12 to 28 Hz). It is a 'standby state', typical for everyday usual activity. When you're falling asleep, the activity of your brain decreases. Your mind is getting calmer and your brain is switching to alpha frequencies (from 8 to 13 Hz). These are relaxation brainwaves, which activate before you fall asleep and right after you wake up, and sometimes also during the day - when you're planning something or thinking deeply. The stage of falling asleep usually lasts from 10 to 15 minutes.

- Now phase 1 begins, where your brain goes from alpha to theta waves (from 4 to 7Hz). There are various images, sounds and illogical associations appearing in our mind. It's called 'the hypnagogic state' and we are always going through it when we are falling asleep, gradually losing contact with reality.
- **In phase 2 there are *theta waves involved as well*** – we fall asleep, our consciousness turns off.
- **Phase 3 is a** transition phase, where our brain slows down and goes from theta to delta frequency (from 0.5 to 3 Hz) and it stays there till the end of phase 4. Both these phases occur during deep, non-rapid eye movement sleep. Your breath becomes regular, your pressure and body temperature drops, and your muscles

relax. **Your organism is now resting.** If someone wakes you up at this stage, you will be very sleepy and distracted and you will probably forget about it in the morning. At the beginning, the phase of deep sleep lasts up to about 60 minutes, but the closer it gets to morning, the phase shortens.

- Your brainwaves are getting faster, and your brain goes through all the phases in reverse order (but now there's REM phase instead of first phase). After 90 minutes, you're back again to the shallow sleep mode from phase 1. Your heartbeat rate and breath accelerate and the REM (Rapid Eye Movement) phase begins. Some people call this phase '**paradoxical sleep**' as brain activity is very high then. The reason for that is in the REM phase we have our dreams. Everything that happens in the dream world is very real to us and that's why your brain is almost as active as during the day. At this stage, sleep paralysis detaches your brain from your body – otherwise we would do all the movements from our dreams in our beds. Awaken during this phase, you would definitely remember the dreams that you were just having. When this phase ends, your brain begins the cycle from the beginning.

One cycle usually lasts for about 90 minutes, and your sleep looks like this: *phase 1, phase 2, phase 3, phase 4, phase 3, phase 2, REM, phase 2, phase 3, phase 4, phase 3, phase 2, REM, phase 2, phase 3, phase 4, phase 3, phase 2, REM, etc...* It's worth mentioning that the longer we sleep, the shorter phase 4 and the longer REM phase gets.

Conclusions are it's easiest to wake up when we end sleeping during cycles (or perfectly, at the beginning of a new cycle), during REM phase, when **brain activity is almost as high as during the day**. Awaken at that moment, we are immediately ready to begin a new day.

Knowing that one cycle lasts about 90 minutes, plan your sleep's length to be a multiple of 90 minutes.

Set your alarm clock to sleep for 6 or 7.5 hours (take the time you need to fall asleep into consideration though). You will see that when you wake up at the verge of two sleep cycles, you will be refreshed and full of energy. It will make your morning and entire days much easier. Now, you know that the feeling of refreshment doesn't necessarily depend on the length of your sleep, but rather on the moment you wake up.

Of course, the length of sleep phases may vary in every single person, so if you are sleeping for 6 or 7.5 hours and can't find the break between the cycles, try other options, e.g. 6.5 hours. I can guarantee that you will always know if you woke up between the cycles or from a deep sleep.

You can also use this <http://sleepyti.me/> or other sleep calculators online to have your perfect sleep time figured out.

### ***The Art of Waking Up (Fully Energized)***

**1. Once you wake up, don't go back to sleep. Quit snoozing!** Going back to sleep after waking up teaches your brain that this moment doesn't mean a thing. I used to do that myself. Aside from

the fact that my alarm clock was set to a certain time, I would reset it 15 or even 30 minutes later every single day, adding lots of snoozes every morning. When after some time this scheme turned into a bad habit, it was almost impossible to wake up after the first alarm.

My mind learned that the first alarm didn't mean anything at all and that I would go back to sleep a few minutes later. You can imagine how tired I was every morning. When I quit this habit and stopped snoozing, the exhaustion disappeared, so remember – teach your brain that the alarm clock means instant awake and no more sleeping!

**2. Right after you wake up, immediately sit on the front part of your bed, or even stand up** - just don't stay lying down in the same position. The change of your physiology alone will change how you feel. The fact that you have changed your position will make the softness of duvets and pillows stop affecting and tempting you. What really wakes us up is also a morning shower right after getting out of bed, which stimulates all of our senses.

**3. Let as much light in as you can in the morning.** I used to love to sleep with windows completely blinded, but it's not a good solution for morning mood. Insufficient light affects your pineal gland, a place in the brain where the serotonin is produced. This neurotransmitter is responsible for good mood. When your room is full of light, pineal gland produces more serotonin and you will feel much better.



Lack of light is probably the reason for increased number of people suffering from depression in northern countries<sup>16</sup>. Remember to give your eyes as much light as possible in the morning. If you live in the northern hemisphere and there's not too many sunny days, you should definitely invest in the so called 'light box'. This device casts artificial light on your face, increases your energy and resets your biological clock (it loses count of a few minutes every night and so your natural sleeping patterns are shifting and deregulating over time), helping you to fully awaken. It basically tells your brain, "It's morning already! No more sleeping, wake up dude!" and your brain responds, "I'm feeling you bro, no more sleeping for me, I'm on my way to bathroom already!" You should ideally use it 15-30 minutes every morning, at the same time. It acts just like sun light, but without UV (so it won't burn your skin and eyes, it's harmless). There are many models available in the stores and online. Just type "10000 lux light box" in Google, Bing or Amazon search and buy one, you won't be sorry! Go for white light, as sun light is white (not yellow!). Since I started using it, I sleep much better at night and wake up every day at 6.30 AM without any problems. It also increased my morning mood. My friends and family have also had positive experiences with the light box.

**4. Wake up every day at the same time.** If your lifestyle allows it, decide for a fixed wake up time. After some time your biological clock will get used to it. Knowing the wake up time, it will give you the 'go to sleep signal' every evening. Depending on what kind of day you had, fatigue will persecute you at different times. Your brain will always

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<sup>16</sup> <http://www.psychiatry.org/seasonal-affective-disorder>

know when to go to bed to have a solid and fully refreshing night's sleep.

**5. Visualize before falling asleep.** Start with imagination of a watch or clock, it should be the one you are using the most. On its display or face, visualize the time you want to wake up. Then, imagine as you are waking up in the morning, full of energy and wonderfully refreshed. After that, see yourself from the outside, looking as a spectator from a given spot in your room. See yourself waking up and standing up, stretching and smiling blissfully. Now, imagine the same thing but this time associated – from the perspective of your own eyes, your point of view. Hear the alarm ringing, open your eyes and feel the joy of a new day coming. Remember to make these imaginations vivid, moving, lively, saturated with colors, very bright and happy. Five minutes of such visualizations every evening/night before you fall asleep is enough to see the results very quickly.

**6. Work on your internal dialogues.** Observe what you are telling yourself when you wake up in the morning. Maybe it's a sleepy voice saying, "Just a... *yawn*... one minute more in the bed... *yawn*..." If so, change this voice for another, more motivating for getting out of bed. Tell yourself in your head, "Hey, it's a new day, let's move, don't waste our time, let's do it!!!" Make this inner voice lively, energetic, speaking loud and fast. The change of your internal dialogues and your internal voice will affect your mood and emotions by a big degree. You will wake up and go out of bed much faster with the energetic, uplifting voice full of motivation and vigor.

Some of these ways may work better than others for you. The best idea is to begin with trying each one separately. After trying a specific technique, watch your energy levels and your willingness to get out of bed in the morning. Once you are familiar with every single of these ideas, start combining them, taking into consideration those which worked best for you. In one or two weeks, you will develop a new habit of using particular strategies that will make it very easy for you to wake up and start your days fully refreshed, forever. Not only your mornings will be better, but entire days.

Apart from the ideas mentioned above, you should also remember about a few simple, but also very important rules. Before sleep, drink one or two cups of plain mineral water. Make sure that the place you sleep in is ventilated – your brain needs oxygen to rest effectively. You should also try using different types of alarm clocks. If I'm using it, it's usually some energetic and lively tune, but some people prefer something harsh and annoying, that will surely get them out of the bed quickly as they will want to kill the alarm ASAP. It's also a good idea to place your alarm a distance from your bed, so you are not disabling your alarm and getting back to sleep one moment later.

## **Chapter 4: The Right Attitude & Taking Action To Finally Get Rid Of Stress And Anxiety**

Wouldn't it be nice to create a life that is free of the unnecessary negative type of stress, an attitude that gives you calmness of mind that can last thorough the day? No matter what happens, what the circumstances are, you can still remain calm?

How do we go about that? Relaxation and NLP techniques, [mindfulness](#) and [meditation](#) are definitely the direction in which you need to go and the lifestyle you need to adapt, but as long as you stay in the negative state of mind, clenching on to your detrimental beliefs and toxic thoughts, you will still feel stressed, anxious and simply bad. It will be much harder to apply all these techniques and strategies into your life.

So many of us are overwhelmed for various reasons – we say that either relationships, or money, or lack of time, or work, or health have us stressed.

But what exactly goes on in when you're stressed? What is stress and what is anxiety?

It's a series of chemical responses within your body, but also series of thoughts that are going on – if you take an insight inside your body when you're stressed, that's what you're going to find: you have thoughts that are coming up and also emotions that are appearing. These two are intermingling together. That intermingling is very

complex – your thoughts will be creating negative emotions, and your negative emotions will also be creating negative thoughts. It creates this downward negative spiral, where these two forces are feeding into each other and creating a storm of very negative energy. Now, is stress an internal condition, or an external condition? Where is it going on? Really think about this.

Don't listen to what you've been taught in popular culture or in some book. Listen to yourself, your own experience.

When you're experiencing stress, is that **usually** because your life is really going down to hell, you're not getting what you want externally, **or** is your life stressful because of **what's going on in your mind?**

If you do some very honest introspection within yourself, you will see that even though it seems like the stress is coming from the external world, the problem is usually inside of you. It's almost always operating on the inside, in your internal reality. We often say, "my boss got me stressed, my kids got me stressed" or "the financial problems that I have, not enough money to pay my mortgage, that's what killing me", "business problems, legal issues", "my kids are misbehaving" – notice that all these things are **external**. The problem with this type of thinking is that if you're projecting your stress out there, then you're really leaving yourself powerless. You're a victim in this situation, you're not taking responsibility. You can, of course, choose not to take responsibility, but then you're going to stay stuck in the stressful situation and you're going to keep letting things stress you out. That's probably one of the reasons most people are so overwhelmed with what's going on in their lives – **they're blaming everything**

**outside of them for their stress**, but they don't really want to take any **ACTION to change it**. Look at this from a different perspective – one person will go into a work situation, have their boss yell at them to prepare a perfect business presentation for the next day and they will be completely stressed out of their minds. They won't sleep the whole night, they will worry like crazy, wake up too early in the morning, will have to run to bathroom every half hour and then, by the time they get to work the next day, they look like a ghastly-pale, nail-biting wrecks.

Now, you can take another person, put them in the exactly the same situation, and they will sleep like a baby, eat normally, and not even think about the presentation at all – they will just get in there and do what needs to be done. The exact same business, the same company, the same boss, the same stakes, but one person will be a nervous wreck and another will just nail it like a boss, with a totally relaxed and cool attitude.

So, what is the difference? It comes down to what is going on in their heads. It's their attitude, their habits, their self-mastery, the [emotional intelligence](#) that they have developed. It's the **WAY THEY'RE THINKING**. The way a calm person thinks is completely different than the way an anxious person thinks. Their thought patterns, visualizations, view of life and themselves are very, if not entirely, different.

You may now think, "Hold on for a moment, how you can compare two different people? Maybe one of these persons grew up in a better environment, and the other one in a bad neighborhood, and their

father beat them – of course they're going to be stressed, isn't it natural?"

Well, let's do a little 'thought experiment'. Find a situation in life that used to really stress you out, but now, if you put yourself back in the same situation, you're going to laugh that you were ever stressed about it. Maybe it is your first date. Do you remember how nervous you were when you dated for the first time, when you were just about to meet your crush in the restaurant, park bench or cinema? Now, when you have dated dozens of other people, it's like nothing, and you don't even think about it, it's just another way to spend the evening. Or, it could be your first job interview, starting your first business, placing your first big order, your first public speech, your first solo travel abroad or anything else. We all have this kind of thing in our lives.

What's changed? Your experience has developed, you matured and you became emotionally detached from this kind of situation. It's exactly the same with any other situation. You need to prove to yourself that stress is mostly internal. Notice how deceptive your mind is when it comes to shifting responsibility for your stress to either other people, events or your environment. Again: it's not that certain things are stressing you out, **usually you are the one who's stressing yourself!** It makes a big difference. You are totally responsible for that. If you feel stressed, that means you allowed something to have you stressed. You can change that though, by taking responsibility for your emotional state.

As Jaggi Vasudev, an Indian yogi and mystic, also known as Sadhguru, once said, "Being stressful is a natural outcome outside of conscious

living, there's no other way to be. If you are a student, it is stressful. When you can't find employment or don't know what to do with your life when you graduated from college, it's stressful. When you find a job, it's even more stressful. If you're not married and you would like to be, it's very stressful. If you get married... I don't want to say anything.

You don't have children, it is stressful. If you have children, you sometimes pull your hair out from stress.”

Usually, it is not your life situation that is stressful, but again, I'd like you to really remember and internalize this truth - it is your own inability to manage your own system, your own mind. Not knowing how to manage yourself is pure stressfulness. It's also called the 90:10 rule – it's 10% of what happens to us in life and 90% how we respond to it. If you'd like to know more about conscious living and attaining real awareness, you can check out my book: [Buddhism: Beginner's Guide](#). In this read, I will show you Buddhism not as a ritualistic religion (which it isn't, contrary to what many people think), but as a practical and useful philosophical system that really helps in day-to-day life, no matter which religion you follow (or don't follow).

What also often makes us stressed is faulty thinking (so called 'thinking traps') and lack of emotional intelligence skills. The typical examples might be negative filters (everyone tells you, "Great job!", but you still think you blew it), fortune telling (I'm not going to that date, she doesn't like me anyway), mind reading (someone looked at you a little bit differently and now you think they dislike you), black-and-white thinking (I failed my diet by eating that donut, now I might as well eat two more), and so on. You can simply learn how to manage these bad



thinking habits by learning how to use [emotional intelligence](#) tools. As Dr. Williams James once said, “The greatest ability to manage our stress (and life in general) is the ability to choose one thought over another”.

Also notice that every one of your fears and concerns, as a matter of fact, comes down to your doubts about whether you can deal with the consequences. We, humans, as a species, are terrible at predicting the future. Whenever we engage emotionally, especially in a negative way, these things happen: on one hand, you predict very bad things, usually much worse than things and events that have any chance of really happening; on the other hand, you totally underestimate your ability to cope with the consequences of these bad things or events happening. You see everything much darker than it really is, and you can't notice your own strength and power.

Whenever stress, anxiety, doubts or concerns appear, STOP for a moment and think if you're 100% sure that you wouldn't be able to cope with these eventual (usually made up by you) consequences, which don't even have to become real. I'm totally convinced that even right now, you can think of a situation in your life when even if what happened was really dramatic, hard and totally unexpected, it turned out that your true potential was much larger than you expected and you were able to get yourself together very quickly and become a better version of yourself to rapidly get out from the mud and run in the direction of effective solution. It's one of the easiest techniques of dealing with fear, consequences and doubts.

## ***A Few Words about Consequences of Taking vs. Not Taking Real Action***

From what I learned when I coached different people and also from my observations of my friends, family members and my own life, the most common sources of stress I'd say are: money, health, relationship problems and lack of time.

These are the four pillars of a vast majority of stressful situations.

Let's start with the first one.

### **Money**

Lots of people are really stressed about money. How do you overcome this stress? First of all, you have to master your internals and then your externals. Sometimes it is the other way around, but ultimately the Positive Psychology Coaching Series are all about fixing your life and making it great.

If you have money problems, what's the solution? It's obvious, you know it, but you probably don't want to take responsibility for it. You probably prefer to be stressed out, than to do anything to change your life for better and remove the stressor for good. If you have money problems, what should you do? It's straightforward in 99% of cases: **get a better job**. There's no other answer and no other solution and you know it; there's no magic pill, maybe you could rob a bank or start selling illegal substances, but I wouldn't recommend it. If you have

money problems, you need to TAKE ACTION and DO THE HARD (AND BEFORE ALL, SMART!) WORK to improve your situation. Improve your resume, learn another language, get a better education in the form of courses and trainings, go get some recommendations to make your resume look better, build a professional portfolio, build up your LinkedIn profile and establish your professional network for better contacts, do whatever it takes. Then, you can get a better-paying job and the money problem is off your mind. Or maybe, if you are more like me and don't like the idea of trading your hours for money and working for someone else, you can quit looking for jobs and create your own business instead, and start making some real money. When something's wrong, you have to fix it. I quit my job a long time ago and I can't even compare the change in lifestyle and financial profits, but the people that **used to whine about this job the most (even more than I was!), are still working in the same office**, for the same money (which always used to be a big stressor for them)! Most of them would rather spend their free time watching stupid TV shows, spying their friends' lives on Facebook and feeling stressed like hell all the time, than to get their crap together, quit their comfort zone and do something even a little bit more constructive.

### **Time problems**

What is the solution for time problems? You most probably want to slow down. You are presumably doing too many things at once. Look for ways to reduce your task list, to slow yourself down. In life, you have

very limited time to accomplish your goals. When there's too many things on your 'to-do' list, or the deadlines (maybe you have set them yourself) are too short, in a few months' time you may find yourself dealing with your unachieved goals from one year ago PLUS the new ones you have just set. That's sure way to get stressed out and depressed even more. You want to **laser-focus**. Pick **one thing** from your list and FOCUS on just that one thing. Don't look at all the other things on your list. **One step at a time. Multitasking doesn't work. You really want to single task.**

When stressed, you might want to tackle everything on your 'to-do' list, all at once, but that sets you to burnout and failure. Instead, if you feel like there's really too much on your head, you might want to slow down. Find a simple routine task to complete at home, like doing the dishes or vacuuming. Studies show that completing a repetitive task allows your brain to pare down and focus.

After you finish cleaning your house, clean yourself – a warm bath or hot shower will boost your mood. The sensation of warm water triggers responses in the body and brain similar to those triggered by emotional warmth.

I remember that I used to multitask a lot. I would write a text at my computer, cook my dinner in the meantime, listen to the radio using one ear, talk on the phone using another ear and watch TV news at the same time. This bad habit can contribute to lots of stress and anxiety in your life. **Remember: always do ONE THING AT A TIME, no matter if it's about simple everyday chores and tasks or bigger projects.** Diminished stress is only one of the pros of this

approach. When you're paying attention to just one thing at a time, you're giving it the most attention and focus and you will be able to do it **faster and simply better**. When you're trying to accomplish a few goals at once and pretending to be Napoleon Bonaparte, giving orders, reading maps, reading letters and thinking about how to conquer the entire Europe, all at once, not only every single task takes much more time, but also the quality of execution really suffers (after all, Napoleon also ended up finally losing his big conquer).

Do it at a pace you're comfortable with, the pace that you can sustain. Prioritizing and simple paper-and-pen to-do lists also work great for me.

## **Work**

Another big stressor for many people – work. My simple advice: focus on your own goals and on yourself, stop hanging out with those people, if you don't feel like it. If that doesn't help and the environment is making you feel bad on a daily basis, then QUIT. You could be in a toxic company, toxic division, and toxic office for years and that would just subtract from your life expectancy, but I highly doubt if it's possible to make a sustainable career in this type of environment, especially if you want to be psychically sane later. We work to make a living, not live to work!

Get yourself out of this equation. I'm not saying, "quit right now if you despise your job and start living under the bridge" (unless you are 100% sure that would make you happy), but start **actively** looking for

other jobs and careers or saving money for your own business. If you have sufficient funds, take a gap year or even a gap month and think about what you really want to do with your life. For some of you it might sound too obvious, but I can't get over it how many people clench to their toxic and ungrateful jobs, where they are mobbed and underpaid every day, even if they are not pushed against the wall with their bank accounts empty, big debt, terminally ill siblings and four children to feed, like some people. (Even then, there's a way out if you know how to manage your mind and control your emotions. I personally know two homeless people who managed to climb out of the pit and are now successful, financially sustaining their siblings and ill parents.) Most of these people I knew in the office were in a neutral situation, they could just quit and look for some other job or start working for themselves. So often, their experience would allow them not only to reduce their work hours and gain much more freedom, but also to earn much more - for example, my ex-colleagues from my ex-corporate job. Yet, they were afraid of changing anything at all. Their awareness was extremely low (maybe partly because of their numb lifestyle of mindless TV-watching and playing computer games all the time) and they simply didn't trust themselves. Don't be one of these guys.

## **Relationships**

It's a big one. You're responsible for being in stressful relationships and allowing these situations to continue and become worse.

I'm not blaming you. I'm saying that you're responsible. Being responsible means that you have the control and power to CHANGE your situation. **Don't make a victim out of yourself** by blaming others for the problems in your relationships. It doesn't matter what the problem is. Even if you're getting mistreated, you're the only person who can change this situation one way or another, so don't passively wait for things to magically turn around.

Also, stop trying to CONTROL other people. You can control your life, but you cannot control others – your family, your kids, your parents, and people at your work, your girlfriend, boyfriend, and your spouse. Don't play these childish games. They set you up to lose. When you're trying to manipulate people, all your power goes away. You're on the losing end at your own demand.

Focus on your own values, priorities. What are the actions that you can take?

You can be more loving in the intimate relationships. If you can't do that, then it's dysfunctional and you should break it off.

**Try to have at least one person who is close to you.** It can be a friend, relative, partner, **even a pet (have you heard about cat and dog therapy?).** Loneliness endured for extended periods of time can be a stressor. **Taking care of someone else allows you to take the focus off of yourself, if only for a few minutes.** Sharing your thoughts and venting your feelings are a great way to de-stress. Having someone to bounce solutions to problems off of can pay off exponentially. Also, just knowing that someone cares about you is sometimes enough to calm a stressed out person.

Leave your smartphone at home! Instead of texting, twittering and spamming your friends with emoticons, why don't you guys just meet up and get in a good laugh? Laughter injects endorphins in the body, which creates feelings of happiness and euphoria.

Fill your world with passion. Socialize, go to events, spend time with others, and travel. Find new hobbies and encourage old ones. These activities will help a lot. You will be enriching your world and making it a wonderful environment to thrive in. Take time to develop yourself. What makes you tick? What makes you smile and thrive, what makes you feel REALLY alive? The huge part of stress and anxiety in my 'previous life' was coming from me not following my real bliss. I thought that I wanted to make an impressive career in a human resources sector, have a safe and prestigious job as a headhunter and own an expensive car...but I never really wanted that, not in my heart of hearts! I wanted to be free, to work for myself, but because I wasn't paying enough attention and giving myself enough space, I couldn't hear my own voice screaming for help. **You are not your career, bank account, clothes or car.** You must allow yourself time to grow and mature as a person. This entails putting energy into things that you like. When you are not 'doing you' and allowing for 'your' time, you are neglecting yourself and stunting self-growth. This can be stressful in and of itself. Do not neglect your dreams and innermost desires. Allowing yourself such things will enable you to be the best person you can be.

You can read more about this in my book about modern Zen lifestyle:



## [Zen: Beginner's Guide: Happy, Peaceful and Focused Lifestyle for Everyone](#)

You should also up your self-confidence by continually setting goals. This will allow you to prove to yourself that “you can do it!” You will finally stop letting yourself down, which will transform you into someone who’s much more pleasant to be around. Make your goals detailed and exciting and be sure to include deadlines. Write it out on paper, including the steps it will take to get you there. Post it where you can see it on a regular basis. Make up a document on the computer detailing the same things so that you can access it anywhere, at any time. This will enable you to stop focusing on day to day stress, and enjoy your life (the big picture) more! Every time you achieve a goal, it is a huge milestone! Your life is all you have, live it to the fullest!

You may feel like you are not allocating your time wisely, but just consider these ventures a life-long investment. Independent travelling has totally changed the way I view the world, **people around me**, and also myself.

### **Health**

That’s a tricky one. Most people know that they should do sports, have some fresh air and move their butts regularly, just like they know that the food they eat is mostly inedible crap full of sugar and chemicals and it’s really not that difficult to maintain a healthy, yummy and nutritious diet... but they don’t do anything before they discover it’s a little bit too

late and their health is already wrecked. You don't want to be one of these people, believe me. I went through serious health problems in my early twenties and it was a long hard road out of hell. For me, there's nothing more stressful on this planet (apart from losing someone you love) than losing your health. No other thing can get even close to that level of bad-being. Leave alone the tons of money I spent on doctors, hospitals and medicines (and also countless hours gone), but the stress and anxiety were just unspeakable (and I also scared the crap out of my parents, friends and family). I'm not a health coach, personal trainer or nutritionist; I can only give you generic advice and tell you from my own experience that you really **want** to be proactive and take care of your health every day, because once you piss off your body, you're arms deep in very stinky and sticky bull-crap. Believe me, I'm putting this very mildly now as I don't want to fully unleash all my gloomy memories and write a horror story. I sometimes still have to deal with the consequences of sitting long hours in front of a computer, not having enough sleep, eating a poor diet and drinking too much alcohol back in the college days in the form of digestive problems. Even though that was a long time ago, I live healthy now and I took every action possible to recover myself. Those are **the most stressful things in life** that you are doing to yourself, solely at your own masochistic demand.

What I noticed during the more recent few years of my life is that we all believe we can somehow 'cheat the system' and that the rules don't apply to us.

Your neighbor used to smoke way too much and died of lung cancer, but you won't, because you are special. Your colleague eats like pig and looks so, suffering from dangerous hypertension, but you magically are going to be OK sticking to the same kind of a vile, dirty and poor diet. One of your friends overdosed on drugs and is now taking vacations in psychiatric ward or killed himself and his friends in a car accident, but he was just unlucky, and you will be alright because you are smarter. Take a short car ride to a nearby oncological hospital department and you will be greeted by bald chemotherapy patients dressed in slippers and dressing-gowns... with cigarettes in their mouths and energy drinks in their hands. Using religious language, that's the mortal sin of pride. That's how strong our stubbornness and how deep our stupidity is. That's the real, frightening power of bad habits, self-deception, denial mechanism and arrogance towards life. You are not living outside of the 'system' and all the rules of biology and evolution apply to you, no matter how cool, liked, healthy, young, popular or rich you are. These natural laws were on this planet millions of years before humans even came into existence, so stop acting dumb and tempting fate. Believe me, I was also "cool" and all "you have to die someday anyway so who cares", "YOLO" and "what doesn't kill me makes me stronger". (The last one is total bullshit, but unfortunately very popular in our culture. It should say, "What doesn't kill me, doesn't kill me. It can wreck me and leave me barely alive and suffering till the end of my days.") Then a few months later, I was so scared waiting for the results in the hospital, I almost wet my pants. And I wasn't the only person stressed out to hell in this mess. It was mostly my fault. Don't go that way. Be proactive.

### ***Engage in sports and physical activities!***

One way to keep stress at bay is to **stay active** - absolute necessity when you're overstressed and anxious! This is not only good for the body, but also for the mind, at any age. Pick your favorite activities. Play a sport that you like. Physical fitness is good for staying mentally and emotionally fit as well. Every day, find a way to get out and move around. Even going for a walk can help to alleviate stress. Extreme sports may appear to be stressful at first glance, but can actually help us vent. The adrenaline rush can actually help with day to day stressors. If you have been wanting to take a walk on the wild side and bungee jump, parasail, or go rock climbing, do it! Indulge yourself.

Also, 'regular' physical exercises will make you **MUCH** better. It's not a coincidence that the **very first thing psychotherapists all over the world usually tell depressed patients is to start going to the gym or start doing other high-intensity sports.** Physical activity causes the release of endorphins (the happiness hormones) in your brain. Moreover, it makes you healthy. Our bodies were not developed to sit on our butts entire days, so OF COURSE you are going to be anxious, depressed and stressed out if you're just sitting in front of a computer and staying at your home/office all the time. Over time, it will take its toll on your health.

### ***Eating a healthy diet***

It's not only good for maintaining or losing weight/gaining muscle, it also will help you to deal with stress more easily. Eat super foods that allow the brain to function optimally. This will allow your stress-defense mechanisms to perform appropriately when they need to. Even if you are busy, try your best to refrain from fast foods. It will backfire on you. I'm not a nutritionist and this is not dieting book, but there's so much info available online that you could and watch or read for years and years. The truth is we all know what is healthy – fresh, organic fruits and vegetables, plain mineral water instead of sweet soda drinks, whole and unprocessed foods without half the periodic table included, healthy fats from fish and nuts, dark chocolate (certain chemicals in dark chocolate help relax the blood vessels, with reduces the blood pressure and it's also very good for your brain), eating exactly as much as you need, not less and definitely not more, smaller quantities but more frequently... you just need to buy one good and trusted nutrition book and follow the advice, it's really that simple.

### ***Your mind is a sponge***

Too much chaotic stimulation, be it auditory or visual, can take a toll. Too much loud aggressive music can have a stressful effect. I had to learn this the hard way as I am a huge heavy metal music fan. You have to counteract the hard music with a softer, gentler variety. I fell in love with electronic ambient music, such as Helios or Carbon Based Lifeforms. Peaceful music and sounds can have a very calming effect

on the mind. This has been scientifically proven many times<sup>17</sup>. Music therapy is a very effective tool in battling stress<sup>18</sup> and improving concentration<sup>19</sup>.

This is a list of relaxing music of my and my sister's choice you can listen to on the Internet for free. No, this is not my music and these people are not my friends – but how I wish they were! I hope that these sounds will help you and keep you away from stress:

- [Stellardrone – A Moment of Stillness \(full album\)](#)
- [Stellardrone – On A Beam of Light \(full album\)](#)
- [Ambient Mixtape Vol 6.](#)
- [Silent Train Of Thoughts – mixed by Marco Torrance](#)
- [Nothing Is As It Seems – mixed by S. Zeilenga](#)
- [Study Music Alpha Waves: Relaxing Studying Music, Brain Power, Focus Concentration Music](#)
- [Another Day In The Clouds – mixed by Cardamar](#)
- [Lucid Dreams – mixed by Morlack and Cardamar](#)
- [The Far Side Of The Moon – mixed by Cardamar](#)

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<sup>17</sup> Stanley, Paul; Ramsey, David (November 15, 2012). "Music therapy in physical medicine and rehabilitation.". *Australian Occupational Therapy Journal*: 111–118.

<sup>18</sup> Field, T.; A. Martinez; T. Nawrocki; J. Pickens; N.A. Fox; S. Schanberg (1998). "Music shifts frontal EEG in depressed adolescents". *Adolescence* **33** (129): 109–116.

<sup>19</sup> Carol A. Smith, Larry W. Morris. (2011) Differential effects of stimulative and sedative music on anxiety, concentration, and performance. *Psychological Reports* 41:3f, 1047-1053.

- [Lucid Dreams – mixed by Cardamar, Bong & Morlack](#)
- [Lucid Dreams – mixed by Cardamar and Xerxes](#)
- [Globespinning – mixed by Cardamar](#)
- [Colours Come And Go – mixed by Cardamar](#)
- [Ever Since The Day We Met – mixed by S. Zeilenga](#)
- [View From The Rainbow – mixed by Cardamar](#)
- [Hoax – Ambient Mixtape](#)

Of course, you may have a different taste in music and feel different emotions while listening to these tracks. My friend told me that some of those sounds make her feel a little bit unsettled. If they are not working for you, try some other genres – jazz music, swing, lounge or blues. According to many scientific studies, it's especially classical/orchestral music that have proven to have a great effect on our neural systems. I love it romantic - Rachmaninoff and Chopin - but some people say that their music is depressing for them. **The point being that you have to find your own calm music remedy - it's really worth it.** I found my haven in ambient and chill-out music and I hope it will help you too.

Also, make sure to balance out what you watch. Too many violent, chaotic movies and video games will inevitably stress your subconscious at some point. I'm writing this as a big horrors and thrillers fan, so don't think that I'm into cartoons for 5-year-old kids and fairy-tales - the point here is that you should take time to watch

peaceful or beautiful things. Positive movies, a trip to the art gallery or museum, or a hike through a gorgeous landscape, all have a very calming effect on the brain.

### ***Find the humor in life***

Smiling and laughing causes chemical reactions in your body that relieve stress and relax your entire body. No one is able to laugh genuinely and feel stressed at the same time. Even a fake smile releases the ‘feel good’ hormones (dopamine and endorphins) responsible for good mood and emotions, so laugh and smile as often as you can!

If you cannot find any humor in your situation, make time to watch a funny movie or read a funny blog every day. My go-to laugh time was to watch SpongeBob Squarepants or South Park every morning on the treadmill. It may sound ridiculous, but it really helped!

Ridicule your situation if there is no other solution. This is an ancient stress reducer, a [Zen](#) and an old Chinese practice. It is easily done in a more modern fashion by visualizing the situation as a movie you are watching in your head. You have the remote control in your hand. Fast forward, use slow-motion, rewind, and pause. Use silly voice-overs or doodle funny facial features on the characters. I like to imagine females with handlebar moustaches. Change your moments of stress and woe to comedic interludes. **“I just can’t take it ANYMORE” sounds much funnier when your voice sounds like Cartman from South Park (“IT’S WRRRRONG, KYYLE!”) or Squidward**



**from SpongeBob!!** Whatever makes you laugh! Ridiculing your own thoughts is actually quite fun.

### ***The calming power of aromatherapy***

Essential oil diffuser and a set of my favorite essential oils are a must both in my working and resting environment. On my journey, I discovered that smell is one of the most powerful senses when it comes to changing our moods. Nothing better than a relaxing evening with a good book and a scent of Melissa, lavender, spearmint or oranges. It always uplifts my emotions, makes me feel refreshed and relaxed. It's also great during [meditation](#), yoga, stretching, mindfulness, relaxation and visualization sessions or before going to bed. Different aromas will have different effects on your mood and emotions (especially when a certain smell is connected to good memories in your brain – such as the aroma of tangerines usually brings me back to Christmas with my family, and the smell of spearmint reminds me of my Grandma's garden – beautiful and very relaxing memories, instant portal to a positive state of mind). It's a really fascinating topic and it's also something you can do easily and inexpensively – your own spa at home! If you are interested in aromatherapy, I recommend that you read these books authored by a certified aroma therapist:

1. [Aromatherapy Spa Coaching: Aromatherapy, Essential Oils and Natural Mind & Body Therapies.](#)

<http://www.amazon.com/dp/BooFJGKP3M/>

2. Aromatherapy Recipes: Simple Aromatherapy Blends and Essential Oils for Beginners.

<http://www.amazon.com/dp/BooJZ6QQ9E/>

3. Wellness Treatments for Body & Mind Relaxation, Health, Beauty and Balance.

<http://www.amazon.com/dp/BooH3T46H4/>

### ***Clean and de-clutter***

Chaos and clutter are **big** stressors.

Take time out to organize your environment: your home, your work area, the bathroom. We don't know how to find our stuff; we are looking for documents when we need them right here and right now; we lose our keys a few minutes before our bus leaves. Even if we don't lose anything at all, the mess alone causes chaotic thoughts in our mind and makes it really hard to focus. **Therefore, always take care of order.** Even though you may not feel like this is a good investment of your time, the benefits will be huge. Clutter and chaos in your personal space will stress you out unknowingly. Plus, you will end up saving time if everything is where it should be!

As soon as you notice that your desk or drawer needs it, declutter it and rearrange everything. Organize the space you work and rest in, make it clean, dust-free and neat. Your mind will be able to focus and relax that way.

## Who Cares What They Think?

Caring what others are thinking about you will cause stress, especially if you had a negative experience with others judging you or teasing you. It will cause unneeded and unwanted anxiety. This is a big problem for me, as I was teased my entire life. Thinking about other people's opinions logically does not really help. The one thing you can do is to simply let go. The fretfulness comes from trying to control what others think. Focusing on what other people think can dictate a negative action or cause you to act unnaturally. You will not be able to be real. You need to focus your attention on *expression*, instead of *impression*. **When you quit putting your energy into making an impression, your genuine self and emotion will be expressed.** You will be able to make an authentic connection with others. You may still care what people think, but their judgments will no longer determine your action. You have to program yourself with this idea on a regular basis. You will need to practice functioning without fear. This is big for me. It works when you work it.

I wrote much more on the topic of emotional freedom in my book ["Emotional Intelligence Training: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ"](#).

## Your Personal Mission

Now, let me give the best personal advice. Ready for it? It's grounding yourself in yourself. The main reason you're stressed is because you're

overly focused on what's going on out in the external world. You need to focus on yourself, but it doesn't mean being selfish or arrogant. You need to ground yourself back in your own values, your own principles, and your own life purpose. If you have a life purpose it's really hard to get stressed. When you're in touch with your life purpose and you know where you are going, even if you get stressed sometimes about something, it's MUCH easier to get back to your normal calm state of mind. When something's wrong, something doesn't work out with my business as I want it to, or someone is mean to me, it doesn't matter, because ultimately I'm looking ten years from now down the road and see my ultimate life goal and purposes. My mission. I'm focusing on the value I'm creating, on what I'm building. There's a great calmness you have coming from self-realization, your journey, your mission. If you've got that in your life, a lot of stress is going to melt for you.

If you're just using the techniques, but you don't have ultimate vision and mission, it will be hard to achieve their full potential. Your vision is your spine. Something that you can attach the techniques to. Without your personal mission and fixed direction, you will be 'going with the flow', and in real life only dead fish do so. It's very stressing, like sailing without compass, map, GPS...and without sails. You have to know where you are going. That's how you create a successful life.

### **Identify and Eliminate Your Stressors**

The thought of knowing that stressors are ever-present is... well, stressful. Yet, the bright side is that as you continue along the path of

controlling your mind and making it a powerful weapon in creating your own peace, life will become less stressful every day.

Sacrifice 10 minutes daily to think what stressed you the most during the day. **Write down everything that comes to your mind.** It can be people, things to do, actions, items, environment, etc. – whatever stresses you out. Now, separately taking every single stressor into consideration, think if you can eliminate it. If possible, throw it away from your life immediately. You should also think how you can prevent some situations or events from happening. I decided to drive rural roads more often to avoid traffic jams and fumes and to look at nice landscapes and forests, instead. I also promised myself to leave my house earlier, so I'm not getting late to important meetings, like I used to.

Take out a notepad and write down everything that is worrying you. It may seem as though this would cause more stress, but figuring out exactly what is bothering you may take a huge weight off of your shoulders (or brain). The act of using a pen and paper is very healing and therapeutic. By manually listing what is bothering you, you can put it out of your thought process.

Identify and categorize the situations you are involved in that are causing you stress that you wish to eliminate. There should be two different categories: **those you can rid yourself of easily** and those that **may take more time**. Instead of panicking and allowing worry to override your mind, **plan**. List the steps that it will take to get you out of the more sticky situations. Every day, rid yourself of unnecessary circumstances that you have control over. Planning and preparing to

rid your life of long-term stress will help you to see that you do have control, be it a little at a time. Eliminating small stressful circumstances everyday will help you to become more confident and retain a lower stress level overall.

I easily eliminated some of my own stress by coming up with quick solutions for the more simple circumstances. For example, I detest grocery shopping. It stresses me out as my brain thinks it is a big waste of time and I hate supermarkets. I was able to easily eliminate this stress by ordering most of my groceries online and scheduling delivery! They even have saved lists on the computer for me. I also would get extremely stressed out when I would have to go to the bank near my home, a necessary evil. The lines were always long and the tellers were rude. By planning ahead, I was able to make sure that I stopped by the bank branch near my business partner's house, instead. Step by step, I allowed myself to eliminate unnecessary stress.

With the more complex situations that involve planning, a pad of paper is your most powerful tool. Write down in detail the more complicated situations that are stressing you out. Now, set a goal. Think of every step you will need to take to reach that goal. It may seem silly to write down the easy, no-brainer steps, but these are important to include as they will help you to feel as though you are accomplishing something. For example, I was stressed out due to my debt and poor financial situation. I not only included major steps in my plan, such as paying off my credit cards, but also smaller ones like selling the unused items in my garage and then coming up with my online arbitrage selling business plan! Just planning a yard sale helped me to feel a little bit

less stressed and evolved into a much bigger full-time business. In this case, a little goes a long way!

In some cases, a stressor may be impossible to negate. There are things that you can do to free yourself of the stress, if you are not able to remove yourself from the situation entirely.

Acceptance is key. Sometimes, we have to realize that we cannot control every circumstance. We can control how we view it and how we react to it. Save your energy for those things that you can control. By owning it, you have power over it. Stress is simply the reaction of the body to outside stimuli. It may sound cheesy, but as you grow a little bit more mature, you realize that resistance is really futile. Either you can change something (then do it ASAP) or you can't – then you have to fully accept it and learn to live with it, e.g. by using NLP techniques and [meditation](#). By changing how you look at a situation, you can change how you feel about it. The power of perception is something extremely underrated in our society. It's all in your mind.

You should also take your time and regularly allow yourself to feel bad. It may sound strange, but allowing yourself a designated time to worry can put your mind at ease. Schedule yourself a specific hour or half an hour during the day to concern yourself with all of your problems and issues.

Use a notebook and write it down, as I do, if you like. Allow yourself time to fret. Knowing that you have this specific time to do so will allow you time to focus on the rest of the day. Let everything go during your worry-break. Allow yourself to feel all of your emotions; whether it's

sadness or anger. Crying is a great way to vent emotion, even though we are led to believe it is bad. It is designed to help you release feelings that may be pent up. You may emotionally exhaust yourself, and that is ok. Before you know it, you may not even find the need to use your worry-break. Knowing that you have scheduled it though may be enough to keep you sane sometimes. Find your peace in letting go. Venting emotion can be a huge stress relief.

You should also try the technique called ‘The Worry Tamer’.

### **The Worry Tamer**

It is a method described by Brian Tracy in his book, “[Maximum Achievement](#)”. It goes down to describing the situation that worries you on a piece of paper, as clearly as you can. Then, you have to come with the worst case scenario of this stressful situation, the worst outcome possible. So often, becoming aware of this blackest scenario brings relief and reduces anxiety. The third step is accepting this worst case scenario. **You need to decide that even if it happens, you will accept it.** This acceptance is the most important step here! So often, you just lack awareness, a conscious knowledge of what’s (or might be) in front of you. The last thing that you have to do is to take immediate action, which will help you avoid this blackest scenario. Think what exactly you can do to minimize damage and losses and do it. This technique removes stress like a miracle.

Every of the ideas above allows you to feel significantly better and turns bad feelings into relaxation and calmness. Being relaxed and in control



in a stressed situation is a great feeling and often a great achievement. More importantly, it allows you to operate more effectively and use all of your potential.

### **How to Change the Fact That You Can't Change (The Zen Approach)**

Let me now tell you about one more and one last attitude 'hack'.

The biggest problem with bad habits is that they are habits.

To change a habit, you need two factors:

- consciousness
- effort

Yes, you need **conscious effort**. It sounds terrible, I know - EFFORT... oh no! And of top of that, conscious. Not only do you have to watch yourself, but you also have to actually DO something. The truth is, you don't really have to, because you have a choice – pay the price for what you want, or pay an even bigger price for what you DON'T want.

So, there's one problem – the need to take conscious effort, and another problem – linear time. Fortunately, we don't live in a black-and-white world, so OUR time doesn't have to be linear. The secret to achieve that is this simple mantra:

***Only today, only now.***

It takes the future out of the equation – making the first step small and seemingly the only one. Any kind of personal change requires you to be HERE and NOW. It's about erasing the future, which, on the other hand, consists only of eternally lasting TODAY and NOW.

Moreover, “only today and only now” is probably a well-known and well-mastered strategy to you. Every single time you procrastinate, you are exactly in HERE and NOW– that's because being lazy and passive is so easy. It's obvious that Monday is a bad day to start, Tuesday is much better to start anything. Oh, sorry, I meant Wednesday, as you need Tuesday to prepare, preparation is so important. And because it's better not to be surprised in the middle of the road – Thursday. Only a fool would start something on Friday...because it's almost weekend– you will only begin and it will stay this way through Saturday and Sunday... so let's make it next Monday...

Steve Chandler once said, “Being busy is being lazy, being lazy is being a coward.”

Being busy is being lazy? Of course, the ‘busy’ part is about making things that don't take you closer to YOUR goals. About being reactive. Being ‘busy’ is being constantly distracted.

You need to force your time during every single day to do what really matters to you. Get elbows deep in your own valuable work, instead of juggling balls thrown at you by someone else.

Procrastination and laziness (call it whatever you want) is a form of cowardice – because you simply don't have the balls to say NO to something or someone and say YES to you and the reason you are here (to take ACTION and finally reduce your stress). 'Unambitious' and 'lazy' sound almost like social acceptance. Coward and sucker sound worse – attack on your ego and self-worth, you couldn't accept that, could you?

The change for better occurs on the upper level of your consciousness. Only from the level of the 'better you', but because your habits are probably still on the level of 'lower (and stressed out) you', the thought of taking action (conscious effort) is scary and repulsing. That's why you have to erase linear time and create non-linear time. That's the practical [Zen](#) approach. A little bit like moving stairs to heaven.

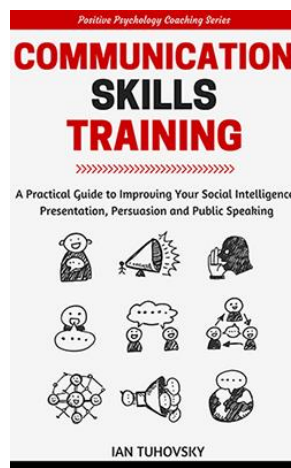
The very crucial thing here is: **START IMMEDIATELY**. Now. Here. Take a stop watch or alarm clock and set it for e.g. 15 minutes and start: exercising, visualizing, relaxing, everything you've read about – do what needs to be done. Pick the techniques you like the most. Short distances and short periods of time, repeated frequently – instead of doing it in one hour block, do it 4 times 15 minutes, or 3 times 20 minutes. Short, but frequently – the frequency of doing something is responsible for creating new habits (and new neural paths in your brain).

# Recommended Further Reading for You

If you are interested in self-development, spirituality, psychology, social dynamics, soft skills, fast learning and related topics, you might be interested in previewing or downloading my other books from Positive Psychology Coaching Series. I have previously mentioned some of them earlier in this book, but here you can see them all in one place, along with more detailed descriptions, and see if that's what you might need in the process of your further journey.

They will lead you further into the route of a stress-free, calm and focused life, motivate you and, hopefully, help you become an even better version of yourself.

## **Communication Skills Training: A Practical Guide to Improving Your Social Intelligence, Presentation, Persuasion and Public Speaking**



### **Do You Know How to Communicate with People Effectively, Avoid Conflicts and Get What You Want from Life?**

...It's not only about what you say, but also about WHEN, WHY and HOW you say it.

### **Do the Things You Usually Say Help You Or Maybe Hold You Back?**

Have you ever considered **how many times you intuitively felt that maybe you lost something important or crucial, simply because you unwittingly said or did something, which put somebody off?** Maybe it was a misfortunate word, bad formulation, inappropriate joke, forgotten name, huge misinterpretation, awkward conversation or a strange tone of your voice? Maybe you assumed that you knew exactly what a concept meant for another person and you stopped asking questions? Maybe you could not listen carefully or could not stay silent for a moment? **How many times have you wanted to achieve something, negotiate better terms or ask for a promotion and failed miserably?**

**It's time to put that to an end with the help of this book.**

**Lack of communication skills is exactly what ruins most peoples' lives.**

If you don't know how to communicate properly, you are going to have problems, both in your intimate and family relationships.

You are going to be ineffective in work and business situations. It's going to be troublesome managing employees or getting what you want from your boss or your clients daily. Overall, **effective communication is like an engine oil which makes your life run smoothly, getting you wherever you want to be.** There are very few areas in life in which you can succeed in the long run without this crucial skill.

### **What Will You Learn with This Book?**

- What Are the **Most Common Communication Obstacles** Between People and How to Avoid Them
- How to Express Anger and Avoid Conflicts
- What Are **the 8 Most Important Questions You Should Ask Yourself** If You Want to Be an Effective Communicator?
- 5 Most Basic and Crucial** Conversational Fixes
- How To Deal With Difficult and Toxic People
- Phrases to **Purge from Your Dictionary** (And What to Substitute Them With)
- The Subtle Art of **Giving and Receiving Feedback**
- Rapport, the **Art of Excellent Communication**
- How to Use Metaphors to **Communicate Better** And **Connect With People**
- What Metaprograms and Meta Models Are and How Exactly To Make Use of Them To **Become A Polished Communicator**
- How To Read Faces and **How to Effectively Predict Future Behaviors**

- How to Finally Start **Remembering Names**
- How to Have a Great Public Presentation
- How To Create Your Own **Unique Personality** in Business (and Everyday Life)
- Effective Networking

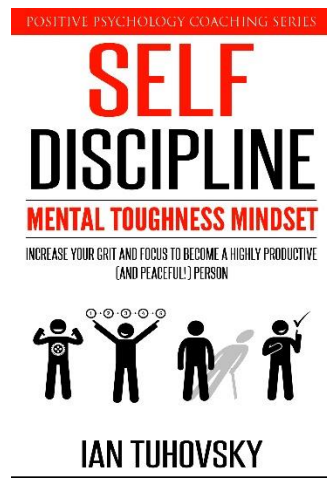
**Direct link to Amazon Kindle Store:**

<https://tinyurl.com/IanCommSkillsKindle>

**Paperback version on Createspace:**

<http://tinyurl.com/iancommunicationpaperback>

**Self-Discipline: Mental Toughness Mindset: Increase Your Grit and Focus to Become a Highly Productive (and Peaceful!) Person**



**This Mindset and Exercises Will Help You Build Everlasting Self-Discipline and Unbeatable Willpower**

Imagine that you have this rare kind of power that enables you to maintain iron resolve, crystal clarity, and everyday focus to gradually realize all of your dreams by consistently ticking one goal after another off your to-do list.

Way too often, people and their minds don't really play in one team.

## **Wouldn't that be profoundly life-changing to utilize that power to make the best partners with your brain?**

This rare kind of power is a mindset. The way you think, the way you perceive and handle both the world around you and your inner reality, will ultimately determine the quality of your life.

### **A single shift in your perception can trigger meaningful results.**

Life can be tough. Whenever we turn, there are obstacles blocking our way. Some are caused by our environment, and some by ourselves. Yet, we all know people who are able to overcome them consistently, and, simply speaking, become successful. And stay there!

What really elevates a regular Joe or Jane to superhero status is the laser-sharp focus, perseverance, and the ability to keep on going when everyone else would have quit.

I have, for a long time, studied the lives of the most disciplined people on this planet. In this book, you are going to learn their secrets.

No matter if your goals are financial, sport, relationship, or habit-changing oriented, this book covers it all.

Today, I want to share with you the science-based insights and field-tested methods that have helped me, my friends, and my clients change their lives and become real-life go-getters.

### **Here are some of the things you will learn from this book:**

- **What the “positive thinking trap” means**, and how exactly should you use the power of positivity to actually help yourself instead of holding yourself back?
- What truly makes us happy and how does that relate to success? Is it money? Social position? Friends, family? Health? **No. There's actually something bigger, deeper, and much more fundamental behind our happiness.** You will be surprised to find out what the factor that ultimately drives us and keeps us going is, and this discovery can greatly improve your life.
- **Why our Western perception of both happiness and success are fundamentally wrong**, and how those misperceptions can kill your chances of succeeding?
- **Why relying on willpower and motivation is a very bad idea, and what to hold on to instead?** This is as important as using only the best gasoline in a top-grade sports car. Fill its engine with a moped fuel and keep the engine oil level low, and it won't get far. Your mind is this sports car engine. I will

show you where to get this quality fuel from.

• **You will learn what the common denominator of the most successful and disciplined people on this planet is** – Navy SEALs and other special forces, Shaolin monks, top performing CEOs and Athletes, they, in fact, have a lot in common. I studied their lives for a long time, and now, it's time to share this knowledge with you.

• Why your entire life can be viewed as a piece of training, and **what are the rules of this training?**

• What the XX-th century Russian Nobel-Prize winner and long-forgotten genius Japanese psychotherapist **can teach you about the importance of your emotions and utilizing them correctly in your quest to becoming a self-disciplined and a peaceful person?**

• How modern science can help you **overcome temptation and empower your will**, and why following strict and inconvenient diets or regimens can actually help you achieve your goals in the end?

• How can you win by failing and **why giving up on some of your goals can actually be a good thing?**

• How do we often become **our own biggest enemies** in achieving our goals and how to finally change it?

• How to **maintain** your success once you achieve it?

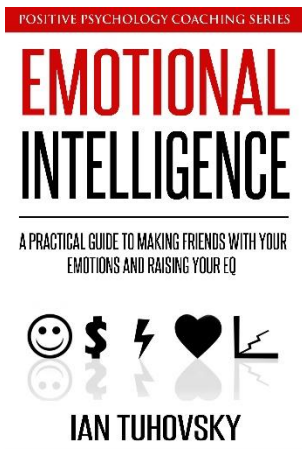
**Direct Buy Link to Amazon Kindle Store:**

<http://tinyurl.com/IanMentalToughness>

**Paperback version on Createspace:** <http://tinyurl.com/IanMTPaperback>



# Emotional Intelligence Training: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ



**Do you believe your life would be healthier, happier and even better, if you had more practical strategies to regulate your own emotions?** Most people agree with that.

Or, more importantly:

**Do you believe you'd be healthier and happier if everyone who you live with had the strategies to regulate their emotions?**

...Right?

The truth is not too many people actually realize what EQ is really all about and what causes its popularity to grow constantly.

Scientific research conducted by many American and European universities prove that the **“common” intelligence responses account for less than 20% of our life achievements and successes, while the other over 80% depends on emotional intelligence.** To put it roughly: **either you are emotionally intelligent, or you’re doomed to mediocrity, at best.**

As opposed to the popular image, emotionally intelligent people are not the ones who react impulsively and spontaneously, or who act lively and fiery in all types of social environments.

Emotionally intelligent people are open to new experiences, can show feelings adequate to the situation, either good or bad, and find it easy to socialize with other people and establish new contacts. They handle stress well, say “no” easily, realistically assess the achievements of themselves or others and are not afraid of constructive criticism and taking calculated risks. **They are the people of**

**success.** Unfortunately, this perfect model of an emotionally intelligent person is extremely rare in our modern times.

Sadly, nowadays, **the amount of emotional problems in the world is increasing at an alarming rate.** We are getting richer, but less and less happy. Depression, suicide, relationship breakdowns, loneliness of choice, fear of closeness, addictions—this is clear evidence that we are getting increasingly worse when it comes to dealing with our emotions.

**Emotional intelligence is a SKILL, and can be learned through constant practice and training, just like riding a bike or swimming!**

**This book is stuffed with lots of effective exercises, helpful info and practical ideas.**

Every chapter covers different areas of emotional intelligence and shows you, **step by step**, what exactly you can do to **develop your EQ** and become the **better version of yourself.**

I will show you how freeing yourself from the domination of left-sided brain thinking can contribute to your inner transformation—**the emotional revolution that will help you redefine who you are and what you really want from life!**

### **In This Book I'll Show You:**

- What Is Emotional Intelligence and What Does EQ Consist of?
- How to **Observe and Express** Your Emotions
- How to **Release Negative Emotions** and **Empower the Positive Ones**
- How to Deal with Your **Internal Dialogues**
- How to **Deal with the Past**
- **How to Forgive** Yourself and How to Forgive Others
- How to Free Yourself from **Other People's Opinions and Judgments**
- What Are "Submodalities" and How Exactly You Can Use Them to **Empower Yourself** and **Get Rid of Stress**
- The Nine Things You Need to **Stop Doing to Yourself**
- How to Examine Your Thoughts
- **Internal Conflicts** Troubleshooting Technique
- The Lost Art of Asking Yourself the Right Questions and **Discovering Your True Self!**
- How to Create Rich Visualizations
- LOTS of practical exercises from the mighty arsenal of psychology, family

therapy, NLP etc.

• **And many, many more!**

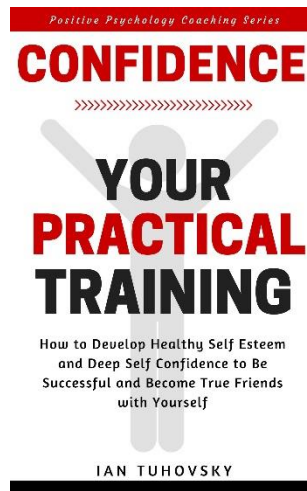
**Direct Buy Link to Amazon Kindle Store:**

<https://tinyurl.com/IanEQTrainingKindle>

**Paperback version on Createspace:**

<https://tinyurl.com/ianEQpaperback>

**Confidence: Your Practical Training: How to Develop Healthy Self Esteem and Deep Self Confidence to Be Successful and Become True Friends with Yourself**



**Have you ever considered how many opportunities you have missed and how many chances you have wasted by lacking self-confidence when you need it most?**

Have you ever given up on your plans, important goals, and dreams not because you just decided to focus on something else, but simply because you were too SCARED or hesitant to even start, or stick up to the plan and keep going?

Are you afraid of starting your own business or asking for a promotion? Petrified of public speaking, socializing, dating, taking up new hobbies, or going to job interviews?

**Can you imagine how amazing and relieving it would feel to finally obtain all the self-esteem needed to accomplish things you've always wanted to achieve in your life?**

Finally, have you ever found yourself in a situation where you simply couldn't understand **WHY you acted in a certain way**, or why you kept holding yourself back and feeling all the bad emotions, instead of just going for what's the most important to you?

Due to early social conditioning and many other influences, most people on this planet are already familiar with all these feelings.

## **WAY TOO FAMILIAR!**

**I know how it feels, too. I was in the same exact place.**

And then, I found the way!

It's high time you did something about it too because, truth be told, self-confident people just have it way easier in every single aspect of life!

From becoming your own boss or succeeding in your career, through dating and socializing, to starting new hobbies, standing up for yourself or maybe finally packing your suitcase and going on this Asia trip you promised yourself decades ago... All too often, people fail in these quests as they aren't equipped with the natural and lasting self-confidence to deal with them in a proper way.

Confidence is not useful only in everyday life and casual situations. Do you really want to fulfill your wildest dreams, or do you just want to keep chatting about them with your friends, until one day you wake up as a grumpy, old, frustrated person?

Big achievements require brave and fearless actions. If you want to act bravely, you need to be confident.

Along with lots of useful, practical exercises, this book will provide you with plenty of new information that will help you understand what confidence problems really come down to. And this is the most important and the saddest part, because most people do not truly recognize the root problem, and that's why they get poor results.

Lack of self-confidence and problems with unhealthy self-esteem are usually the reason why smart, competent, and talented people never achieve a satisfying life; a life that should easily be possible for them.

### **In this book, you will read about:**

- How, when, and why society robs us all of natural confidence and healthy self-esteem.
- What kind of social and psychological traps you need to avoid in order to feel much calmer, happier, and more confident.
- What "natural confidence" means and how it becomes natural.
- What "self-confidence" really is and what it definitely isn't (as opposed to what most people think!).

- How your mind hurts you when it really just wants to help you, and how to stop the process.
  - What different kinds of fear we feel, where they come from, and how to defeat them.
  - How to have a great relationship with yourself.
  - How to use stress to boost your inner strength.
  - Effective and ineffective ways of building healthy self-esteem.
  - Why the relation between self-acceptance and stress is so crucial.
  - How to stay confident in professional situations.
  - How to protect your self-esteem when life brings you down, and how to deal with criticism and jealousy.
  - How to use neuro-linguistic programming, imagination, visualizations, diary entries, and your five senses to re-program your subconscious and get rid of “mental viruses” and detrimental beliefs that actively destroy your natural confidence and healthy self-esteem.
- Take the right action and start changing your life for the better today!

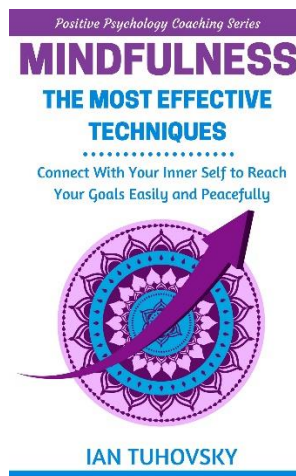
**Direct Buy Link to Amazon Kindle Store:**

<https://tinyurl.com/IanConfidenceTraining>

**Paperback version on Createspace:**

<http://tinyurl.com/IanConfidencePaperbackV>

## **Mindfulness: The Most Effective Techniques: Connect With Your Inner Self to Reach Your Goals Easily and Peacefully**



**Mindfulness is not about complicated and otherworldly woo-woo spiritual practices. It doesn't require you to be a part of any religion or a movement.**

**What mindfulness is about is living a good life (that's quite practical, right?),** and this book is all about deepening your awareness, **getting to know yourself,** and developing attitudes and mental habits that will make you not only a successful and effective person in life, but a happy and wise one as well.

If you have ever wondered what the mysterious words "mindfulness" means and why would anyone bother, you have just found your (detailed) answer!

This book will provide you with actionable steps and valuable information, all in plain English, so all of your doubts will be soon gone.

In my experience, **nothing has proven as simple and yet effective and powerful as the daily practice of mindfulness.**

It has helped me become more decisive, disciplined, focused, calm, and just a happier person.

I can come as far as to say that mindfulness has transformed me into a success.

**Now, it's your turn.**

There's nothing to lose, and so much to win!

**The payoff is nothing less than transforming your life into its true potential.**

**What you will learn from this book:**

-What exactly does the word "mindfulness" mean, and why should it become an important word in your dictionary?

-How taking **as little as five minutes a day** to clear your mind might result in steering your life towards great success and becoming a much more fulfilled person? ...and **how the heck can you "clear your mind" exactly?**

-What are the **most interesting, effective, and not well-known mindfulness techniques for success** that I personally use to stay on the track and achieve my goals daily while feeling calm and relaxed?

-**Where to start** and how to slowly get into mindfulness to avoid unnecessary confusion?

-What are the **scientifically proven profits** of a daily mindfulness practice?

-**How to develop the so-called "Nonjudgmental Awareness"** to win with discouragement and negative thoughts, **stick to the practice** and keep becoming a more focused, calm, disciplined, and peaceful person on a daily basis?

-What are **the most common problems** experienced by practitioners of mindfulness and meditation, and how to overcome them?

-How to meditate and **just how easy** can it be?

-What are **the most common mistakes** people keep doing when trying to get into meditation and mindfulness? How to avoid them?

-**Real life tested steps** to apply mindfulness to everyday life to become happier and much more successful person?

-What is the relation between mindfulness and life success? How to use mindfulness to become much more effective in your life and achieve your goals much easier?

-**What to do in life** when just about everything seems to go wrong?

-How to become a **more patient and disciplined person**?

Stop existing and start living.  
Start changing your life for the better today.

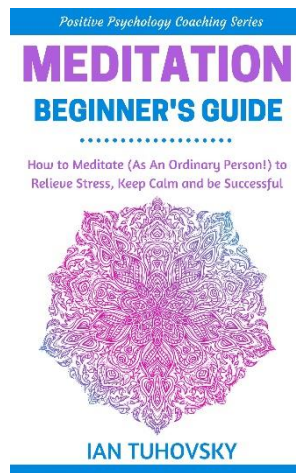
**DOWNLOAD FOR FREE on Amazon Kindle Store:**

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**<http://tinyurl.com/IanMindfulnessGuide>**

## **Meditation for Beginners: How to Meditate (as an Ordinary Person!) to Relieve Stress and Be Successful**



Meditation doesn't have to be about crystals, hypnotic folk music and incense sticks!

**Forget about sitting in unnatural and uncomfortable positions while going, "Ommmmm...."** It is not necessarily a club full of yoga masters, Shaolin monks, hippies and new-agers.

**It is a super useful and universal practice which can improve your overall brain performance and happiness.** When meditating, you take a step back from actively thinking your thoughts and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active consciousness a break.

**Just like your body needs it, your mind does too!**

I give you the gift of peace that I was able to attain through present moment awareness.

**Direct Buy Link to Amazon Kindle Store:**

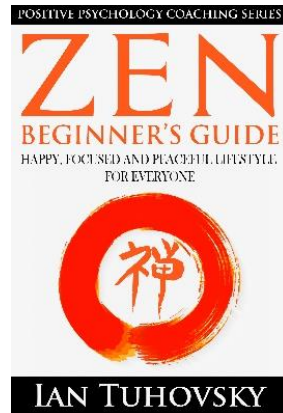
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## **Zen: Beginner's Guide: Happy, Peaceful and Focused Lifestyle for Everyone**



Contrary to popular belief, Zen is not a discipline reserved for monks practicing Kung Fu. Although there is some truth to this idea, Zen is a practice that is applicable, useful and pragmatic for anyone to study, regardless of what religion you follow (or don't follow).

Zen is the practice of studying your subconscious and **seeing your true nature**. The purpose of this work is to show you how to apply and utilize the teachings and essence of Zen in everyday life in the Western society. I'm not really an "absolute truth seeker" unworldly type of person—I just believe in practical plans and blueprints that help in living a better life. Of course, I will tell you about the origin of Zen and the traditional ways of practicing it, but I will also show you my side of things, my personal point of view and translation of many Zen truths into a more "contemporary" and practical language.

**It is a "modern Zen lifestyle" type of book.**

### **What You Will Read About:**

- Where Did Zen Come from? - A short history and explanation of Zen
- What Does Zen Teach? - The major teachings and precepts of Zen
- Various Zen meditation techniques that are applicable and practical for everyone!
- The Benefits of a Zen Lifestyle
- What Zen Buddhism is NOT?
- How to Slow Down and Start Enjoying Your Life
- How to Accept Everything and Lose Nothing
- Why Being Alone Can Be Beneficial
- Why Pleasure Is NOT Happiness
- Six Ways to Practically Let Go
- How to De-Clutter Your Life and Live Simply
- "Mindfulness on Steroids"

- How to Take Care of Your Awareness and Focus
- Where to Start and How to Practice Zen as a Regular Person
- And many other interesting concepts...

I invite you to take this journey into the peaceful world of Zen Buddhism with me today!

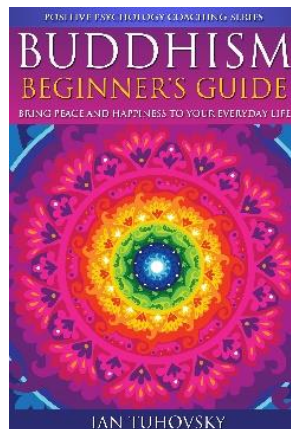
**Direct Buy Link to Amazon Kindle Store:**

<https://tinyurl.com/IanZenGuide>

**Paperback version on Createspace:**

<http://tinyurl.com/ianzenpaperbackV>

## **Buddhism: Beginner's Guide: Bring Peace and Happiness to Your Everyday Life**



Buddhism is one of the most practical and simple belief systems on this planet and it has greatly helped me on my way to become a better person in every aspect possible. In this book, I will show you what happened and how it was.

**It doesn't matter if you are totally green when it comes to Buddha's teachings or if you have already heard something about them—this book will help you systematize your knowledge and will inspire you to learn more and to take steps to make your life positively better!**

I invite you to take this beautiful journey into the graceful and meaningful world of Buddhism with me today!

**Direct Buy Link to Amazon Kindle Store:**

<https://tinyurl.com/IanBuddhismGuide>

**Paperback version on Createspace:**

<http://tinyurl.com/ianbuddhismpaperback>

## Conclusion

That's all, folks!

I hope this book was able to give you direction and enough advice to start changing your life today. You can live a fulfilling, lower-stress life and actually be able to enjoy it much more!

You can lower your stress levels with NLP, relaxation techniques and better sleep. Everyday habits, like meditation, present moment awareness, and goal setting will help you to elicit this state of deep calmness even more. On top of that comes the attitude of taking responsibility and action, which is the key to changing anything in your life.

Maximize your life and minimize your stress by doing things that are fun and that you love. Go out and socialize! Play sports and encourage hobbies. Spend time with those that you care about and are fun to be around. The world is your playground. Sure, there are things that you have to do, but you cannot accomplish the task at hand if you are too stressed out. You must allow for 'me time'.

Get started today! All of the techniques and tips in this book are practical and doable. You just have to **STICK** to these tools and exercises. **Don't give up.** It may take some time at the beginning, until you fully understand how to use them and apply them to your everyday life as an obvious routine, as you will also have to train your imagination a little bit, but it's absolutely worth it! Why waste another ounce of energy stressing about what you cannot control? Why waste another second of your life worrying about things you cannot change? **Control and change your mind! It is the most powerful weapon against stress that you have!**

You are slowly, but surely building yourself to be a calm, peaceful person in spite of the ever-changing world around you. Just knowing you have all of these tools at your disposal will help to quiet your mind and calm your spirit.

Congratulations on being part of less than 2% of the population to start fighting for a better tomorrow and an even more awesome today! You will take control of your life and your stress levels beginning NOW! Enjoy your fulfilling, fabulous life. Make it everything you dreamed it could be. No one else can do it for you!

Finally, if you enjoyed this book, you could do me a really great favor by taking a few minutes of your time to share your thoughts and post an honest review on Amazon. It would be greatly appreciated as your feedback will encourage me to create more books for you to enjoy! If you liked it, please let me know, if you think it was boring, you can also post that. 😊

If you have any questions, don't hesitate to write me an email!

**Thank you and GOOD LUCK!**

# About The Author

**Author's blog:** [www.mindfulnessforsuccess.com](http://www.mindfulnessforsuccess.com)

**Author's Amazon profile:** [amazon.com/author/iantuhovsky](http://amazon.com/author/iantuhovsky)

**Instagram profile:** <https://instagram.com/mindfulnessforsuccess>

Ian is an avid reader and writer and he calls himself "the observer of people and reality". He had always been interested in studying the human mind and the society. Ian holds a BA degree in Sociology and apart from writing and investigation he works as a HR consultant for many European companies from various sectors.

In his free time he really enjoys travelling and getting to know different cultures. His favorite way of travelling is a spontaneous, adventurous travelling on a very little budget- something he has been doing since he was a teenager and became a part of his lifestyle. Hitchhiking, as well as using services like "couch surfing" are his preferred modes of immersing himself into new cultures and staying out of his comfort zone. He just loves the thrill of unpredictable travelling!

Another passion of Ian's is music. He plays the guitar, sings and composes music. He is also an electronic music producer- something he does as a hobby.

As a child and a teenager, Ian suffered from shyness and low self-esteem. Looking for solutions he would find consolation in doing lots of reading and writing songs. It wasn't until he began to confront his fears and do exactly the opposite that his brain was telling him. He likes putting his experiences on paper, who knows maybe they can inspire you in a way?