

# Top 10 Stress Busting Tips

Garth Delikan – *The LifestyleGuy*



## 1. Powerful Visualisation Techniques:

The purpose of visualization is to enable you to quickly clear mental stress when your mind is racing with tension, and anxious thinking.

This visualization process, when practiced frequently, is very effective for eliminating deep-seated mental anxieties or intrusive thoughts.

There is no right or wrong way to carry out the visualization. Be intuitive with it and do not feel you are unable to carry it out if you are not very good at seeing mental imagery. As long as your attention is on the exercise, you will gain benefit.

## 2. Natural Herbal Remedies:

### St. Johns Wort

**Although often easily accessible from your GP, there are many well-established reasons why taking an antidepressant drug to deal with stress is not a particularly smart move. However, there is absolutely no reason why you should do so because St John's wort is widely believed to provide exactly the same benefits as leading antidepressant brands like Prozac without the side-effects.**

**Indeed, in some countries in Europe (particularly Germany), St John's wort is prescribed as a treatment for anxiety, stress and depression far more commonly than antidepressants for this exact reason.**

## 3. Physical Activity:

These days life is busy: with deadlines and meetings and traffic, it is difficult to find time for your own care. You begin ignoring your body, and slowly signs of stress start showing on your body.

It becomes all-important to undo the harm and be prepared to confront the consequences.

Doing physical activity for twenty - thirty minutes a day could undo several of the adverse effects of stress. Each day physical activity not only makes you look and feel good and even loose a few extra pounds. It can also make your life less trying.

## 4. Using Music:

Music is a Healer.

Instinctively we turn to music to unwind and to create a favourable surrounding. Delicate and calming music does a good deal for our frazzled nerves. It washes away the weariness of a busy day.

Music therapy as a healing science is advancing in popularity. Consider the following to understand why music is gaining the attention of healers the world over.

1. Music aids you in sleeping better: In a study of elderly individuals with sleep related troubles, it was reported that listening to Classical and New Age music helped 96% of them to sleep better.

## 5. Positive Self Talk:

It's very easy to get caught up in the negativity of people around you, but if you can implement these four little steps, you'll find yourself having a great day that will rub off on those around you.

Try these simple techniques to bring a little joy into your day:

1. Wake up with a smile on your face. How many of us wake up and groan at the thought of the day ahead? Tomorrow morning try doing something a little different.

Top 10 Tips supplied by...

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• Set your alarm five minutes earlier than normal. • As you wake up, luxuriate in the warmth and softness of your bed. • Smile to yourself to set your inner mood. • Before you get out of bed, think of five things you're grateful for.

## 6. Focus on You:

**Do you feel like something is missing from your life?**

**Learning to focus on you, instead of others, may be the key you've been seeking!**

**If you find that you're comparing yourself to others and coming up short, it's time to stop that destructive habit. Comparisons get you nowhere. Rather than leading to positive improvements, they only cause you pain and discontent.**

## 7. Use Affirmations:

**One of the best ways to reinforce our positive feelings towards ourselves and to reduce the impact of any negative feelings is through the use of daily affirmations.**

**Affirmations are just short, positive and personal statements about yourself and/or about your desired outcomes for specific areas of your life. For example, you may use an affirmation to help you remain calm when making presentations at work, such as, "I am calm, confident and relaxed as I deliver my presentation with authority, composure and self-assurance."**

## 8. Time Management:

Let's face it, no-one lies in their death bed wishing that they had spent more time at the office...

You need to treat each and every day as though you were on a special mission – get in, get the job done and get out again!

## 9. Develop a Stress Management Plan:

A stress management plan does not necessarily require a lot of time and energy. Many times it is just making a commitment to reduce the level of stress in your life, by taking a few small, but meaningful, steps toward improving your overall health and well-being.

A good place to begin your stress management plan is by identifying 5 activities that you really enjoy participating in. These can be anything from reading a good book, to taking a long walk on the beach.

## 10. Laughter is Good for You!:

**Anatomy of Illness written by Norman Cousins, is a book based on the true story of how this man treated his own painful illness. Cousins had a theory that there was more to the old saying, Laughter is the best medicine, than many people realize.**

**In modern times society has come to understand that stress has a negative impact on both physical and mental health. What is not as commonly understood is that laughter has many positive health benefits, which can counteract the negative affects of the stress response.**

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