

# Managing Stress

## **#1 Learn to relax**

Clinical studies have shown that relaxation is one, if not the most important and immediate methods of reducing blood pressure in humans.

Relaxation tapes are a 100% natural way to lower blood pressure and instantly improve your health in the privacy of your own home.

Meditation contributes to over-all well-being.

Just like changing or creating any old or new habits... it must begin with a conscious effort to make the change happen. To reduce the effects of stress on the body and mind it is imperative that you find a way to make the stress stop controlling you and allow your body to totally relax for a few minutes every single day!

One way to begin is to use a tool to help you. There isn't one method that works for everyone.

We have become conditioned to have a reason to work, or worry. Or we keep our mind occupied with "negative influences" such as the news, negative people and stressful, violent TV shows.

Here are some more alternatives.

## **#2 Laughter is a proven form of relaxation**

Check out the humor section of your local video rental store.

Watch one funny movie every night for a week.

Buy a home blood pressure device and use it often to check your blood pressure before and after watching a funny movie and again in the morning when you wake up.

Compare these results with your pre funny movie statistics to see how they may be affecting you.

You may be pleasantly surprised!

## **#3 Go on news fast**

Avoid reading the newspaper or watching the news for a week and see how much better you feel without all that extra stress being injected into your mind.

Make a note of it on your personal blood pressure chart, and check your blood pressure every day for a week to see how well it's working for you.

## **#4 Laugh**

Laughing is very physically and psychologically stress reducing. Test it for yourself.

Laugh. Go ahead laugh out loud. Think of something funny and just laugh.

The convulsions your body makes to laugh are very good for you physically, (honestly) and the psychological side effects of laughter can make you (and the people around you)

"feel better" and lower everyone's blood pressure instantly.

### **#5 Exercise daily**

Movement is a powerful cure for stress and a mandatory requirement if you want to stay healthy and lower your blood pressure. Find some physical activity you are willing to do at least once every day... even if it only begins with learning to do some deep breathing exercises every day until you find a better Warning: If you are just beginning an exercise program, please consult with your Medical Professional first!  
If you have High Blood Pressure, avoid lifting heavy objects.  
Lifting heavy weights can cause blood pressure to increase dramatically .

### **#6 Eat right**

Eat foods that reduce stress and provide a calming effect such as turkey, chicken, seafood, nuts, chocolate and red wine.  
Eat foods rich in magnesium to fortify the nervous system.  
Whole-wheat bread, raisins and spinach are just a few.

Buy a book (a tool) about eating healthy foods. Not a FAD diet.  
Remember this is a tool to help you lower blood pressure...  
not a diet that adds stress to your life.  
The first three letters of diet are DIE.

Eliminate most (all) processed foods from your diet! They are full of harmful additives, preservatives and chemicals.  
Try to make one "smart choice" each week.

### **#7 Reduce alcohol intake**

Consider a plan to cut down on your alcohol consumption.  
Heavy alcohol use usually increases blood pressure.

### **#8 Also avoid stressful situations whenever possible**

Don't go looking for stressful situations. Walk away whenever possible until you're healthy enough to be fighting about things that could quickly stress you out.  
Take a vacation from stressful situations by not allowing them into your life.  
Just walk away.  
I use the phrase... "It just doesn't matter".

### **#9 Avoid negative people, places and things**

Or at least limit the amount of time you spend with them.  
Remember... An ounce of prevention is worth a pound of cure.  
If there is someone who seems to be adding undue stress to your life... try to take a vacation from him or her for a week. Keep an eye on your blood pressure, and see how much of a difference it makes.  
Make a note on your Personal Blood Pressure Chart for future reference.  
Tell them about the results if you think they will understand...  
ask them for their assistance in your quest for lower blood pressure...  
but don't go looking for trouble.

### **#10 Reduce Conflict**

While it is not surprising that fighting with someone can make your blood pressure increase, research has shown that virtually any kind of negative feedback can raise your blood pressure. Stop fighting for a while. You don't have to agree... just don't take the time and energy to disagree. It could change your life.

---

**Color Therapy**  
**Surround yourself with colors that relax.**

Color Therapy does seem to help some people to relax.  
Pick the ones that suit your tastes.

Blue and green have been clinically proven to help people  
relax and reduce blood pressure.

Pink is considered soft and innocent – without stress

Gray is considered peaceful, quiet - without making any statement  
White is clean, pure – and healthy

Listen to your favorite relaxation music alone  
or while watching a Sunset Relaxation Video.  
Put the Sunset Relaxation Video into the VCR and your favorite  
relaxation CD or cassette into the stereo...  
Adjust the music to compliment the waves on the video and  
produce your very own personal, relaxation music video.

**Get a massage**

Full body, upper body or a foot massage (reflexology)  
are all great ways to reduce stress and blood pressure.  
The physical massage will help to reduce stress immediately, while helping the  
lymphatic system to remove dead cells, cholesterol, and fat from your system.  
A full body massage will assist the lymph system in cleaning up your entire  
system. Check the yellow pages for a massage therapist near you.  
Visit at least 3 places before deciding where you want to go.

It's important that you feel comfortable with whoever is giving the massage.

Any human touch will normally help to reduce stress...  
including things like holding hands, kissing, and intimacy.

Fortune 500 companies use massage as part of their benefits package.

**Quote:**

“The way to a long life and good health  
is to have an aromatic bath and scented massage every day.”  
Hippocrates – 400 BC

**Seek healthy pleasures**

Such as reading, talking with family or friends, a long distance phone call  
to someone you miss, enjoying your pet, pruning plants,  
or a casual walk around the block or around the mall.

Buy a bird feeder and some bird seed, hang it right outside your window on a branch or on a tall plant hanger... and make some new feathered friends... and they'll come and visit you every day.

Feeling helpful and useful (even to a flock of birds) will help you feel useful and relaxed.

### **Aromatherapy**

Use the scents of essential oils such as jasmine, rose, geranium, or lavender to help you relax. Find a pleasant aroma that works for you and use it often.

It can be found in stores that carry massage oils and lotions or any stores that carry scented candles etc.  
(Make sure the oils are from a reputable source and organic)

### **Pet Therapy**

It has been proven that pet owners normally have less stress and a lower blood pressure. Pet therapy has been used in hospitals and nursing homes around the world to help people to relax.

#### **Note:**

If you don't have a pet... but want one... choose something that is small, quiet and doesn't need too much care to begin.  
Some animals can become more dependent (and stressful) than you could ever imagine.

### **Plant Therapy**

Whether watering, transplanting or pruning plants, studies have shown plant therapy to be a stress reducing activity. Plants take peoples' minds off their troubles as they focus on another living thing that really needs their attention.

### **Stop smoking**

While this subject is enough to give you high blood pressure all by itself, it is a very sensible alternative. You've been smoking all your life. It's just now catching up to you... Maybe it's time for a change.

### **Speak Kindly To Yourself**

Many people beat themselves up daily. They focus on what they don't like about themselves instead of all their wonderful qualities. Can you think of a quality you like or admire about yourself? Be gentle with your speech with everyone, especially yourself.