

8 FAST & EASY TECHNIQUES To Help You Manage Stress

CHANGE NEGATIVE THINKING INTO POSITIVE THINKING

“Cancel” and Pivot

Instead of letting your negative thoughts snowball out of control into complaining and then into a downward spiral of fear and worry. Stop the pattern by saying to yourself **“CANCEL,”** then **PIVOT to a better feeling thought.**

“Wouldn’t it be nice”

After you Cancel and Pivot then say: **“Wouldn’t it be nice if...I could feel happy....calm....peaceful....relaxed..etc”** continue with whatever comes into your mind for 68 sec or more. Breathe deep. This exercise will shift your energy back to what you do want and raise your vibration so you will feel better than before.

RELEASE FACE TENSION

We hold A LOT of stress in our faces. Place pads of fingers against your cheekbones. Push upward firmly. Gradually push your fingers along the curve of the cheekbone toward your ears. This brings blood into your face and opens the spaces that had been tense. Can continue around the ears and into the scalp. That feels so good!!

RELEASE SHOULDER TENSION

Lay one hand over your opposite shoulder. Push in and pull your fingers forward over the shoulder. Working your way outward. Can even massage your shoulder joint area. Do 3 times on each side. Breathing deep with each pull.



3 THUMPS

Thump 1: K-27, Energizes you if you feel drowsy, focuses you if you are having diff. concentrating, corrects the flow of your energy if it by chance is running backwards-30 sec

1. Place fingers on collarbone (clavicle). To locate these points, place the pointer finger of each hand on your collarbone and move your hands toward each other until you reach the two inside corners of your collarbone. Drop straight down from these points to about an inch below your collarbone. For most people, there is a soft spot or indentation there.
2. Breathe slowly and deeply as you firmly tap or massage your K-27 points for 2-3 deep breaths, in through your nose and out through your mouth.

Thump 2: Thymus, Awakens your body's energies, boosts your immune system, increases strength and ability

1. Place the fingers of either or both hands in the center of your sternum, at the thymus gland, about 2 inches below the k-27 points in the center of your chest.
2. Using your thumb and all your fingers, tap firmly, breathing slowly and deeply, in through your nose and out through your mouth, for 2-3 deep breaths.

Thump 3: Spleen, Lifts your energy level, balances your blood sugar, and bolsters your immune system

1. Find the points by moving your fingers down from your thymus, out to your nipples, and straight down to beneath your breasts. Then move them down over the next rib
2. Tap firmly with several fingers for about 15 sec. breathing deeply in through your nose and out through your mouth.

WAYNE COOK POSTURE

Untangles inner chaos, helps you see with a better perspective, unscrambles you, focus' your mind more effectively, think more clearly, learn more proficiently-90 sec



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1. Sit with spine straight, place your L foot over your R knee. Wrap your R hand around the front of your L ankle and your L hand over the ball of your L foot, with your fingers curled around the sides of the foot.
 2. Breathe in slowly through your nose, letting the breath lift your body as you breathe in. at the same time, pull your leg toward you, creating a stretch. As you exhale, breathe out of your mouth slowly, letting your body relax. Repeat this slow breathing and stretching 4- 5 times.
 3. Switch to the other foot. Place your R foot over your L knee. Wrap your L hand around the front of your R ankle and your R hand over the ball of your R foot, with your fingers curled around the sides of your foot. Use the same breathing.
 4. Uncross your legs and "steeple" your fingertips together so they form a pyramid. Bring your thumbs to rest on your "Third Eye" just above the bridge of your nose. Breathe slowly and deeply, in through your nose and out through your mouth, about 3-4 full breaths.
 5. On the last exhalation, curl your fingers into the middle of your forehead and separate them, firmly and pleasantly, pulling across your forehead to your temples.
 6. Slowly bring your hands down in front of you. Surrender into your own breathing.
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CROSS CRAWL

Makes you feel more balanced, think more clearly, improve your coordination, harmonizes your energies- 30 sec

1. While standing, lift your R arm and L leg simultaneously
 2. As you let them down, raise your L arm and R leg.
 3. Repeat, this time exaggerating the lift of your leg and swing of your arm across the mid line of your body
 4. Continue this exaggerated march for at least a min. again breathing deeply in through your nose and out through your mouth.
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CROWN PULL (Amy's favorite)



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Calms your nervous system, releases mental congestion, refreshes your thinking ability, opens you to higher inspiration- 15 sec

1. Curl your fingers and rest your fingertips just above the center of your forehead.
2. Slowly, and with some pressure, pull your fingers apart so you stretch the skin above your eyebrows.
3. Repeat pulling and stretching the skin from the center of the head out or down and then repeating as you move to the back of the head.
4. Repeat the pulling at the base of the head or top of the neck. Pulling to the sides of the neck with 3 passes, then middle and then bottom of the neck, finally resting your fingers with pressure pulling on the shoulders down. This feels amazing.
5. After a deep breath, pull your fingers firmly forward over the top of your shoulders and let the drop.

GROUND YOURSELF

In an ungrounded state, we might experience paranoia, hypersensitivity to the presence of other people, an "energy drain" when we are in public, a generally dysfunctional personality, and a belief that we are profoundly different from other people or even feeling that we are inhuman.

1. Visualize a cord with a hook, from your spine going down into the earth and connecting to the core of the earth. Grounding and stabilizing you.

