

Self-Care for Stress Reduction 10 Essentials

It's time to get real
relief from your
stress and anxiety.
It's time to feel calm
and joyful.

J. Marie Novak

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Self-Neglect Never Helped Anyone Live a Wonderful Life

You Deserve More

You were brought into this life to drink in all it has to offer. To live free ... to live happy ... to live out the dreams of your heart. You are here to love yourself and to love others.

You are here to be blessed and to be a blessing to the world as well. Within you are rich gifts, gifts that only you have. You are here to share them. You are here to experience the sheer joy that comes from living a life filled with meaning and purpose.

Everything I've just said is the absolute truth. Yet, it does not describe the lives that many of us are living.

Somewhere along the road we've learned to put others needs before our own, and our needs go unmet. We've allowed others' opinions of us to matter more than our opinion of ourselves. Our gifts are not being used to their fullest ... sadly some aren't being used at all. Our days are not always spent in pure joy, but rather in ceaseless stress and anxiety and even all-out fear.

We live lives that are mere shadows of what we're capable of living, then become so drained of energy that we can barely make it through each day. Depleted of energy. Sapped of strength. Tired and



worn out, we trudge along day after day after day repeating the same day over and over. It's like Bill Murray's character in Groundhog's Day, only it's not funny.

Self-care is a foreign concept. Something we don't even believe we deserve. The idea of self-love confuses us. It's not that we're against it, it's just that we don't even know what it looks like much less how to bring it into our lives on a daily basis.

An Empty Vessel Has Nothing to Pour

Let's do a quick mental exercise, i.e., you don't literally have to do what I'm about to suggest. Take a pitcher and a couple of cups or glasses out of your cabinet. Don't put anything in the pitcher. Now pour from the pitcher into the glasses. What comes out? Nothing. Why? Because there was nothing to give. If you had put even a little liquid in the pitcher, something would have poured forth. If you had put a lot in, you'd have enough to fill both cups, and maybe even have some left over.

My dear friend, if you're not taking care of yourself, you are that empty pitcher. As much as you'd like to pour a refreshing drink out for yourself or your friends or your family, you can't because you've already given out all you had to give.

Now, I know every time you find the strength within you to give to others, you do so, because that's the kind of warm-hearted person you are. Yet, what's the toll on you ... how much are you denying yourself? Will others' thirst be quenched while yours goes unmet for the rest of your life?

When you start taking good care of your needs (and we ALL have needs, so no playing the martyr here), you'll have a lot more energy for yourself and to bring to others.



Even better, when you start loving yourself and taking care of yourself, you no longer pour from a place of lack, but from one of fullness ... of joy ... of abundance. You get to participate in the party, too, and not sit by the sidelines of your life wondering when it's going to be your turn to get your needs met.

Self-Care Is Not a Luxury ... It Is a Necessity

It's time you stopped treating self-care as luxury. You need this! We all do.

These next few pages offer 10 potent ideas for taking great care of yourself and your needs. Maybe they won't all resonate with you, and that's okay ... we're all different so what helps me might not help you, and vice versa.

This list was not random. It is based on some of the best advice on the subject of self-care, so take heed ... all of these ideas are proven to help you manage stress and anxiety. As a bonus, you're going to feel a lot happier about your life, too.

Let's dig into the 10 essentials. Again, don't just read them ... consider this guide your map to reclaiming your energy and vitality ... your lust for living. It'll make a huge difference in your life. Let's get started now!

~ J. Marie Novak, Founder of BelieveAndCreate.com

P.S. There's a very special announcement at this end of this guide. Be sure to stick with it all the way through so you don't miss out!



10 Essentials of Self-Care for Stress Reduction

*You Deserve to Feel Good. You Deserve to Be Happy.
You Deserve More Peace and Calm in Your Life*

1. Get that Body Moving

You knew exercise was going to be on this list, didn't you? Rather than save it for last, we're making it Number One because nearly every study under the sun sings the praises of physical activity for coping with and reducing worry and anxiety.

There's another reason exercise tops the list: It's one of the quickest and easiest way to change your state. So, when worry hits, get out of your head and into your body.

Choose an activity that you enjoy ... or that at least you don't hate so you WILL do it! Maybe it's walking or yoga or cardio or weight lifting. Perhaps there's a sport that you enjoy. If you're a social person, you might want to join a Zumba or Tai Chi class. If you're pressed for time, a walk around the block or an exercise DVD might be more convenient for you. You may have to experiment to find the right activities for you, just don't give up. This self-care tip may be the very best advice on this list, so don't ignore it!

2. Focus on Your Breath

There's nothing like slow, deep breathing to move you from the anxious state of worry to the soothing state of calmness. The best part is that you can practice this self-care tip anywhere, anytime. Just 2 to 5 minutes of focused breathing often does the trick.



Here's one breathing technique you might try: Take a long deep breath, breathing in through your nose for a count of five, hold your breath for another count of five, then release the breath through your nose as slowly as you can. Repeat the process at least 5 times.

For more breathing techniques, go to YouTube and search "breathing techniques for anxiety." We found over 4,000 results, so there are plenty of great techniques out there that won't cost you a nickel!

3. **Watch a Funny Movie or Show**

Laughter is oh so good for you! It relaxes the whole body, boosts the immune system, triggers the release of endorphins, and improves the function of blood vessels while increasing blood flow, which means it's good for your heart. It's also one of the most potent mood lifters on the planet.

So what tickles your funny bone? Fire up your Netflix or Amazon Prime, or whatever movie or television show viewing device you have ready access to, and search "Comedy." It's not wasting time ... it's a worry buster!

4. **Get Face-to-Face Social**

Facebook? Twitter? Instagram? Sure, they have their place, but they're not all that effective for shutting down stress. You gotta do it the old fashioned way – face to face (okay, we'd accept a live phone call or Skype, too, but face-to-face is best!).



A word of caution: For good self-care, take great care about the people you decide to spend time with. Choose people who lift you up and encourage you, not folks who'll wallow in worry along with you.

5. **Let Your Inner Child Out to Play**

What activities did you enjoy when you were a child? Coloring? Singing? Flying kites? It's time to get reacquainted with the child who once reveled in the whimsical.

Do whatever brings you joy. Visit a zoo. Go to a park. Walk through a museum with the wide-eyed wonder of a youngster. Paint. Draw. Skip. Make up a song. Play a game.

Take on the imagination of a child and go out and play!

6. **Count Your Blessings**

When you're caught up in a cycle of stress, you're thinking of bad things that might happen ... emphasis on MIGHT happen. They're just thoughts. The mistake people who are constantly stressed out and worriers make is believing that they have no choice but to allow those thoughts to hang around. Nothing could be further from the truth!

You have the power to choose one thought over another. When ugly, deflating thoughts enter, kick 'em out the door immediately and replace them with thoughts of gratitude. Be specific not only about what you're grateful for, but also WHY you're grateful for it. When you count up all that is wonderful in your life, you'll find things are going much, much, much better than the worrier within would have you believe.



7. Meditate

Spend an hour meditating in the morning and another hour in the evening. Keep your mind completely free of all thoughts throughout each hour of meditation.

What? Get real, right?

Many people avoid meditation because they think it'll take too long. Others worry that it's impossible to completely calm their incessantly chattering mind. My advice: Don't give up on meditation ... you can do it and it will help! (And for goodness sake, don't WORRY about whether you're doing it right! I'm suggesting this self-care technique as a means to reduce worry, not increase it!)

Meditation is a powerful way to tap into an inner calm that most people who neglect their self-care experience far too infrequently. You can benefit from meditation even if you only have a few minutes available in your day. As for the "perfectly silenced mind" – forget about it! It's not about perfection; it's about taking time to enter stillness.

If you're new to meditation, you might want to explore various methods available. Here are a just a few of the many places online that offer free meditations: [Meditation Oasis](#), [The Free Mindfulness Project](#), [Audio Dharma](#), [The Fragrant Heart](#).

8. Do Something Good for Someone Else

The great irony of this self-care tip is that you're doing something for others, yet it is a powerful form of SELF-care. When you focus on blessing others, even in small ways, you're not focused



on the stuff that's stressing you out. In fact, you may find that what you're worried about is pretty darn insignificant when compared to the real-world challenges others are up against. Helping others always offers a fresh perspective on how good we really have it.

As an added bonus, the feeling that comes from knowing you've made someone's life a little bit better is flat-out wonderful.

9. **Cozy Up with a Book that Makes You Happy**

When was the last time you read a good book? Reading is not just a low-cost way to escape from your worries and stress, reading can actually shift your perspective and your mood. So next time you're weighed down by your troubles, why not give reading a chance. Just make sure that you select a book that'll help you access your happy place within ... no downer material allowed!

10. **Spend Some Time in Nature**

I saved the best for last, because this is my VERY favorite. There's nothing like nature to lift you up. It doesn't matter where you live or what the landscape has in store for you, there's always a treasure to be found outdoors.

To make this method of self-care super-beneficial for you, it's important that you leave your worries and cares back home or at the office. When you're spending time in nature, make a solemn commitment to staying present to observe and feel the wonders all around you.

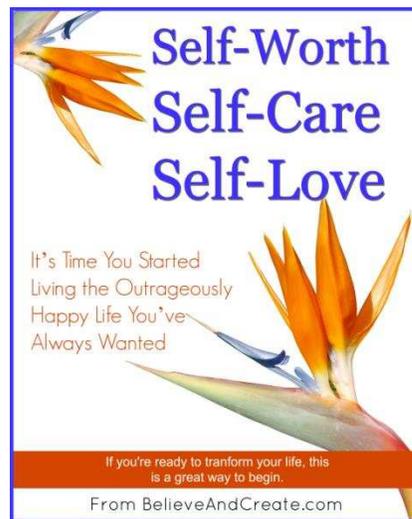


Please don't ignore the miraculous, life-enriching practice of spending time outside. The power of nature to heal your troubled mind is simply priceless.

NEXT STEPS

I hope you've enjoyed **Self-Care – 10 Essentials**. The ideas here work so I encourage you to put them into practice in your life immediately.

Obviously, in our short time together here, I've only touched the surface of the many ideas and techniques possible for living your best life, which is why I'm excited to announce that shortly we'll be launching a new program that I believe you might be of interest to you. It's called ...



If you'd like to be the first to know more about this when it launches, visit our "KEEP ME IN THE LOOP" page at: www.BelieveAndCreate.com/SelfProgram. We'll add your name to the VIP list and we'll even throw in a special discount offer as our thank you for already accessing **Self Care – 10 Essentials**.





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