

# How To Relax In A Stressed Out World

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## Step 1

Listen to music or peaceful silence as you unwind.

Go to a quiet place and close the door (if possible). Choose a spot where you cannot be easily accessed. The purpose of this is to remove yourself from as many distractions, stressors and irritations as possible. Sit down in a comfortable position and slip off your shoes. Plug in and listen to your musical device (MP3s, CDs, etc.) of choice if you have one available or just listen to the quiet around you.

## Step 2

Focus your attention away from distractions.

Close your eyes. Slowly count to 20. Feel your heart rate slowing and your breathing deepening. Inhale slowly and steady, relaxing your shoulders, neck and arms. Continue to breath slowly while letting your feet completely rest on the floor. Let yourself feel your whole body give in to the tranquility of the inactivity around you. Whether listening to your own music mixes or the quiet in your space, try to focus your attention away from any thoughts that try to pull you away from your stillness.

## Step 3

Special places visualized, whether visited or imagined, can make you feel peaceful.

Visualize a special place that makes you feel peaceful. It can be somewhere you've actually been or would love to visit. See this place in all of its detail. Try to smell the aromas you remember or would like to smell if there. Continue to breath slowly and normally. Keep your eyes closed. Brush away thoughts that distract you. Replace those thoughts with pictures of your special place.

## Step 4

Use these techniques often to regain your inner peace.

Allow yourself to experience the peace you feel without guilt. We can realize moments of inner quiet only to go back to our lives and let them go. Life, family, and work can take us back to the stress we so desperately want to relinquish. After gaining a few peaceful minutes of calm, remember to take the feeling of peace with you as you re-enter your daily tasks. Try to use these techniques as often as you need to revive, restore and re-energize your inner peace.