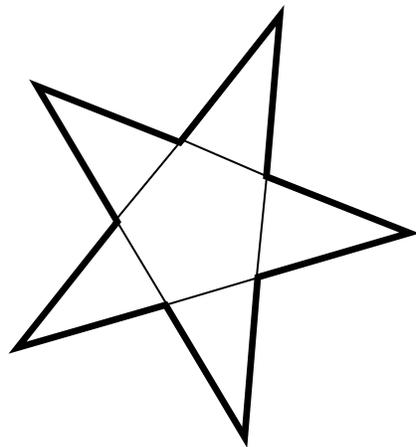
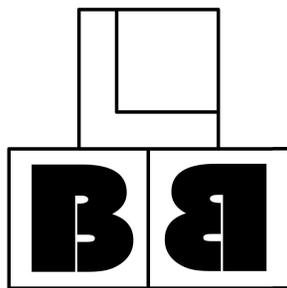


*The
Relaxation
Notebook*





The Relaxation Notebook

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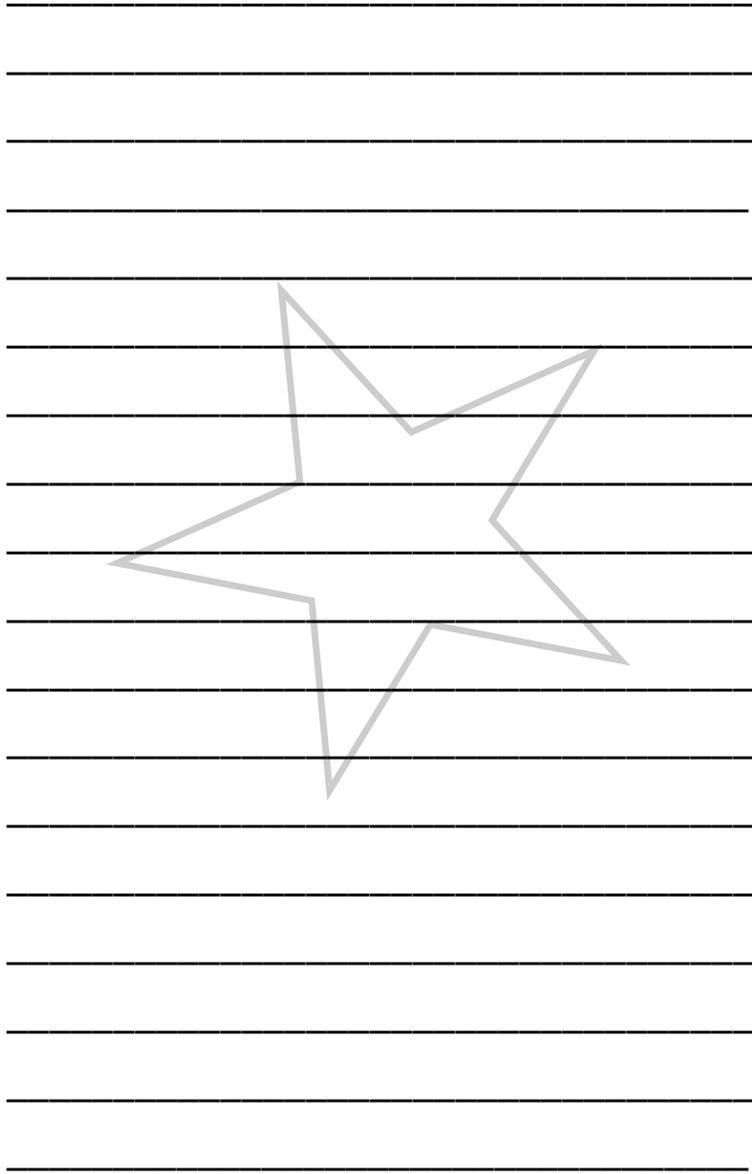
It's time for relaxation!

You deserve it... Relaxation is perfect for you and it doesn't have to be difficult. This notebook can help you. Try the following stress relieving techniques, keep your own notes and improve as you go. It takes less time than you think.

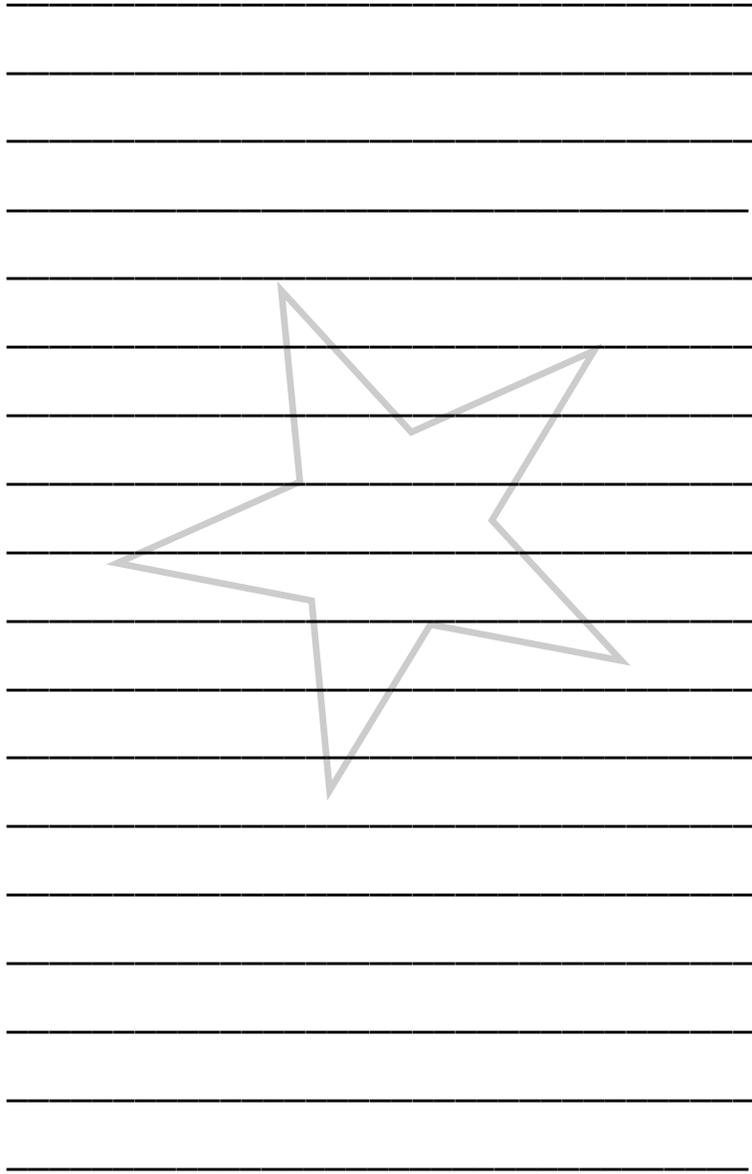
Relaxation Technique #1: Meditation

Meditation requires only 10-15 minutes per day and helps you fight anxiety and stress in many ways. If you meditate daily you can alter your brain's neural pathways and this will make you more resilient to negative feelings caused by today's stressful world. Meditation can be very simple. Just sit on the floor with your legs crossed (or find another comfortable position), close your eyes and focus on reciting a positive phrase (mantra) like "Peace is inside my heart and soul..." or "I love myself..." etc. Try to sync the mantra with your breathing pace. Clear your mind from any distracting thoughts.

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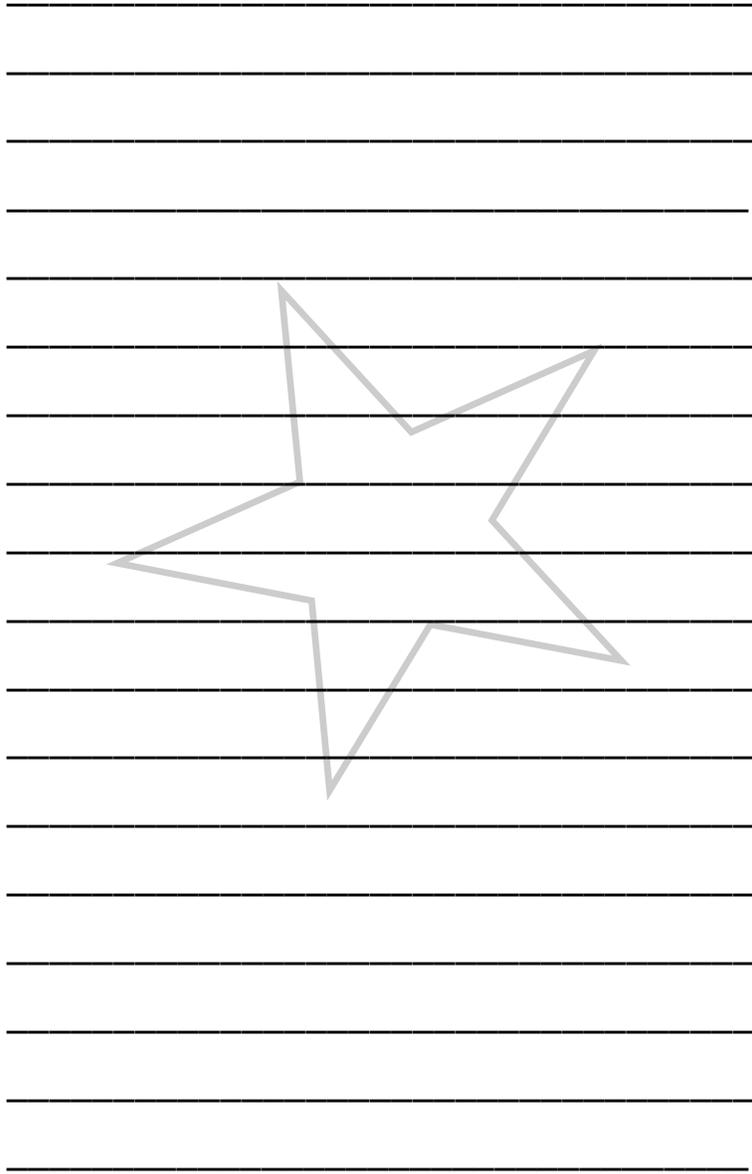
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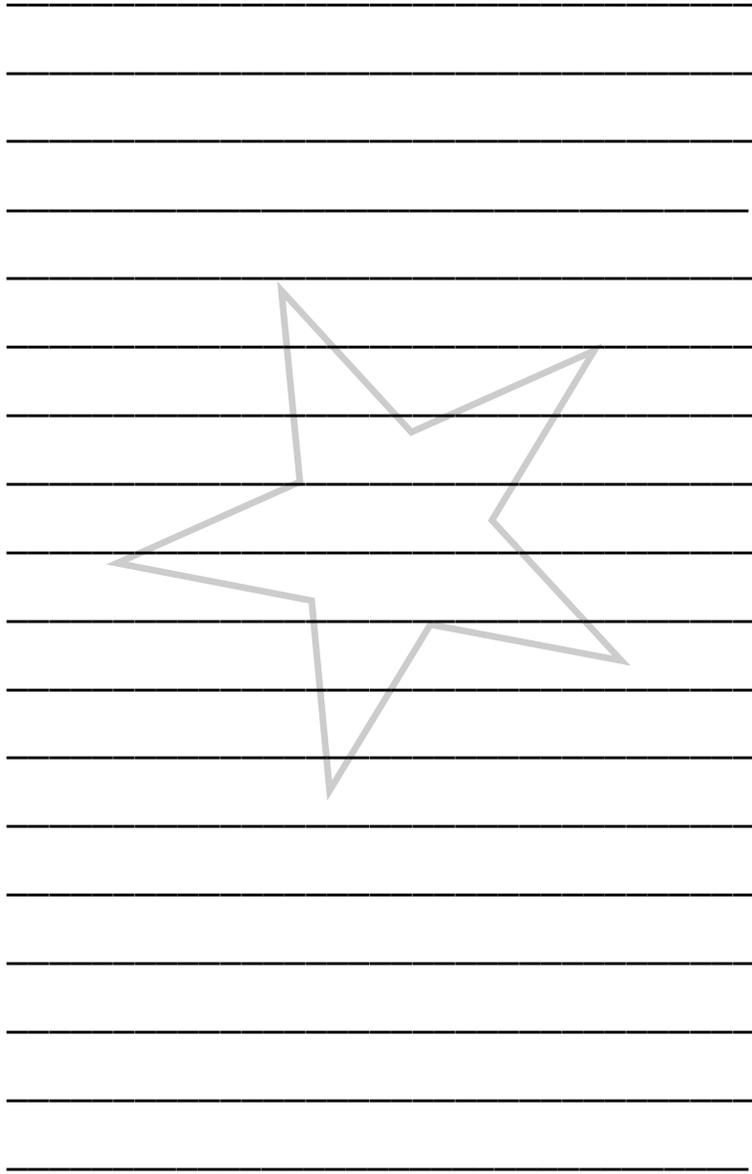
*Relaxation Technique #2:
Take deep breaths*

This exercise takes about 5-10 minutes and it works wonders. When you feel stressed, take a small brake and focus on your breath. Close your eyes, place one hand on your belly and start inhaling slowly through your nose. Try to feel your breath starting from your abdomen and all the way to the top of your head. Then exhale through your mouth. Deep breathing slows the heart rate and lowers your blood pressure. This way, all the negative feelings of stress and anxiety can be easily destroyed.

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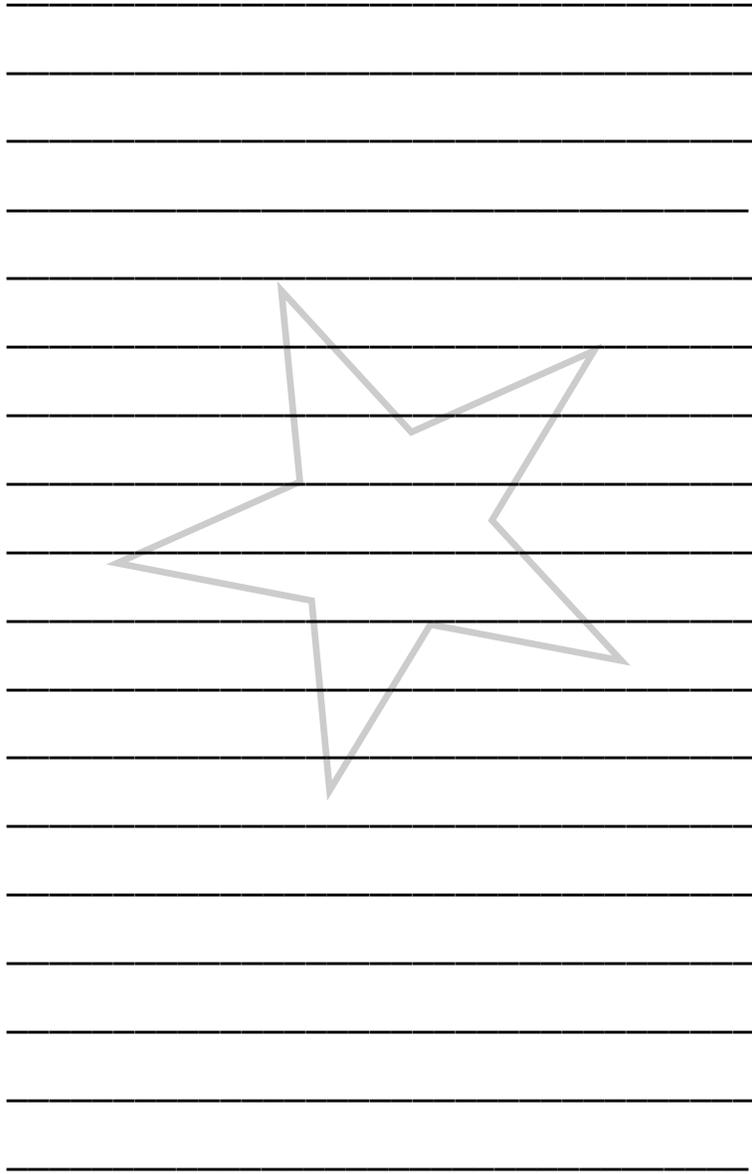
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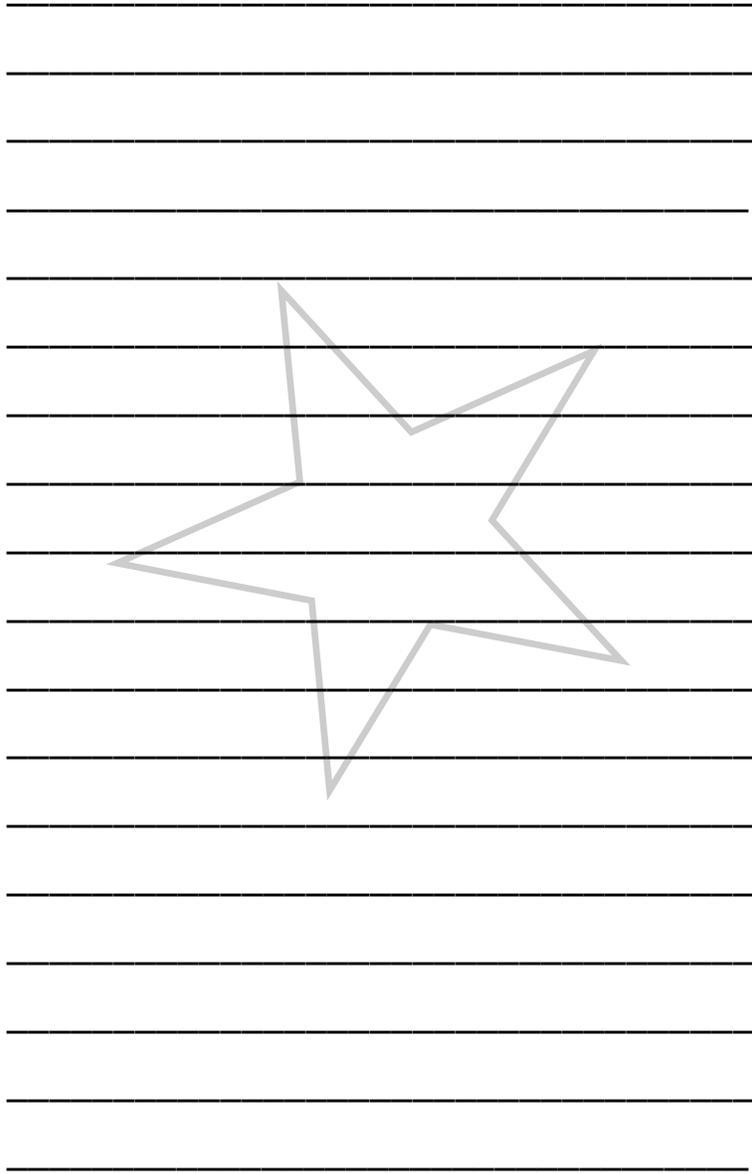
*Relaxation Technique #3:
Focus on your senses*

This exercise is more simple than it sounds. The idea is to focus on one behavior with awareness. For example when you are out in the street, pay attention to how the air feels on your face while you walk. Notice how your feet feel with each step you make. When you eat notice the texture and taste of each bite of food. When you try to get some rest focus on your breath. You want to have a generally positive attitude during all instances and this will clear all obstacles that stress puts in your way. When you seize each moment and focus on your senses you will feel less tense.

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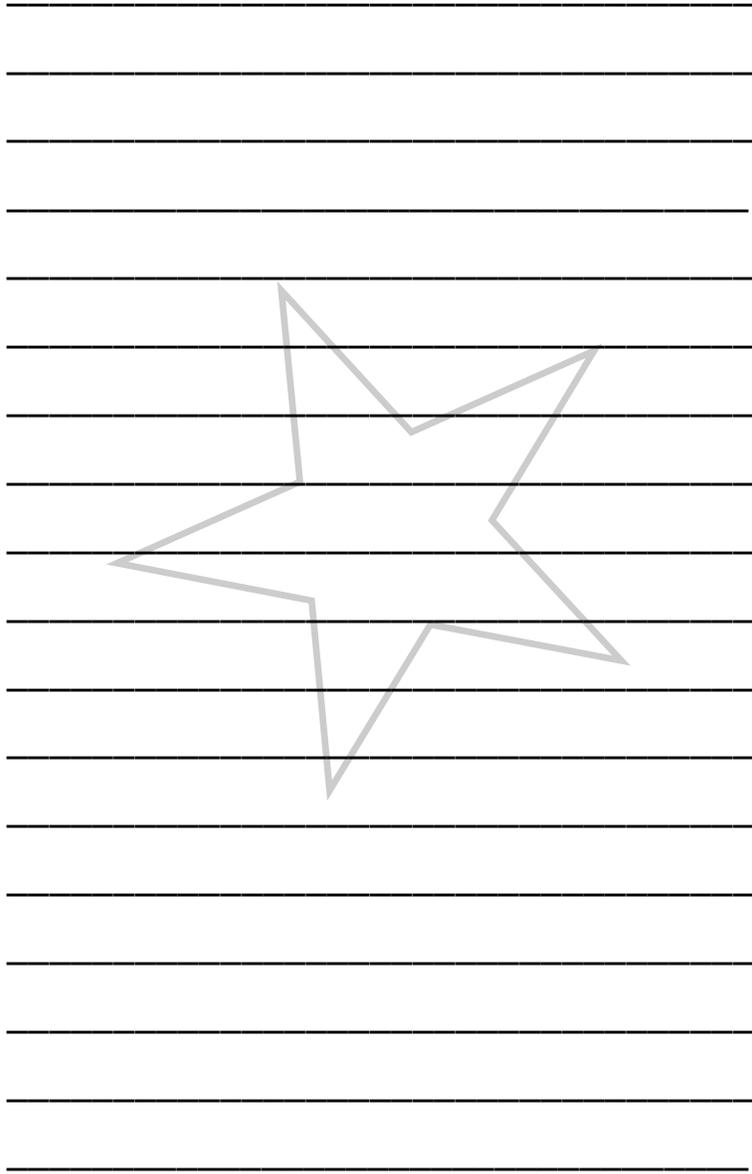
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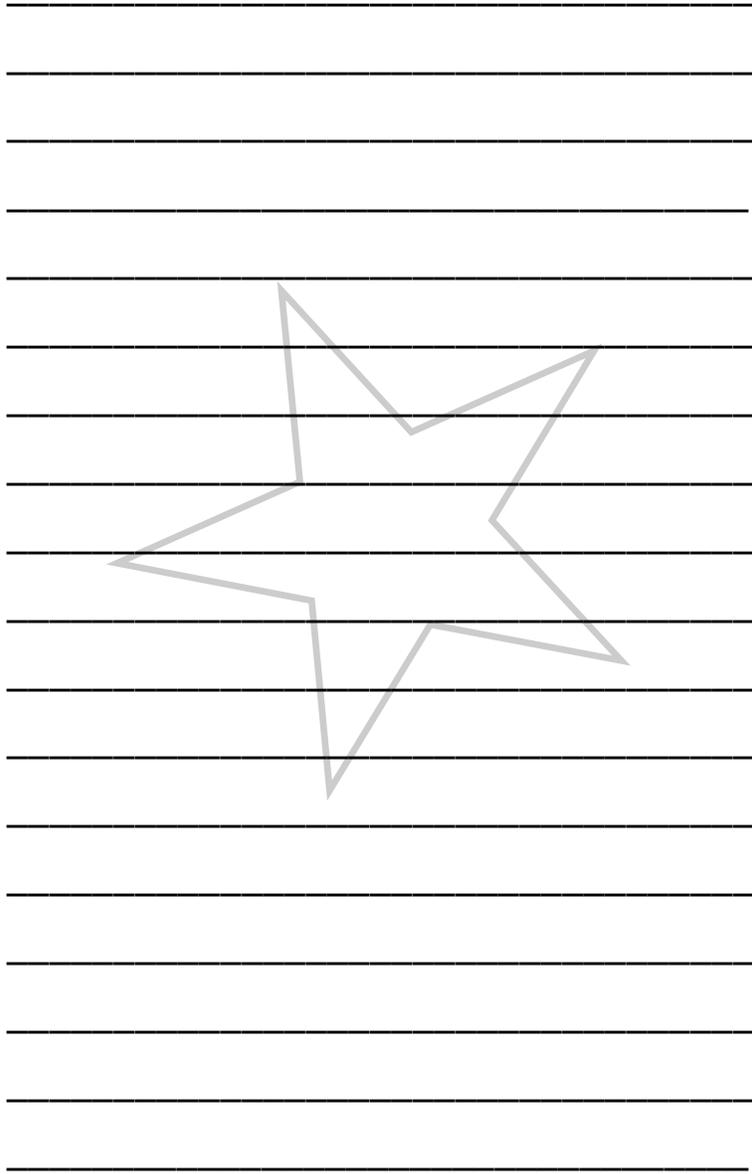
*Relaxation Technique #4:
Be social*

This technique is a powerful tool for handling stress. It is not difficult to apply, just go for it. When anxiety strikes, try to socialize with other people. Talk, laugh, exchange opinions, don't let the negative feelings grow inside you. Spread the word instead. The best would be to talk to others face to face but you can do this on the phone. Share your thoughts. Let others know what's going on. By directly communicating with other people you can always get a fresh perspective while keeping your connections strong.

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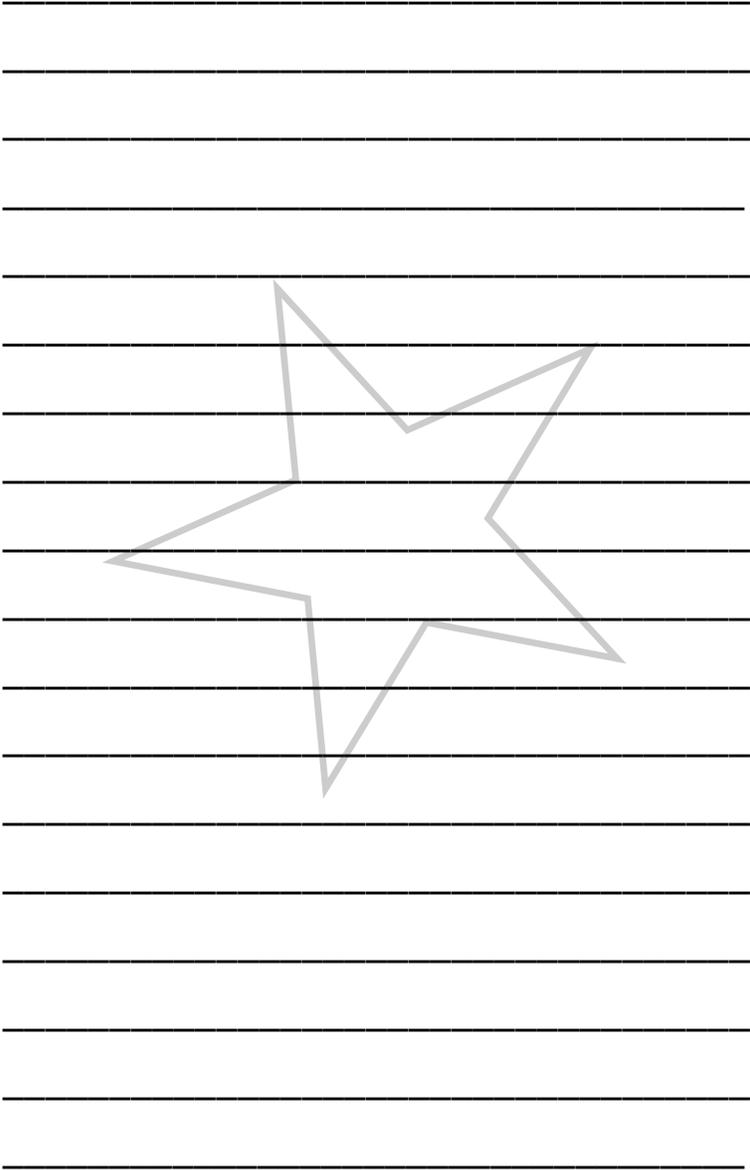
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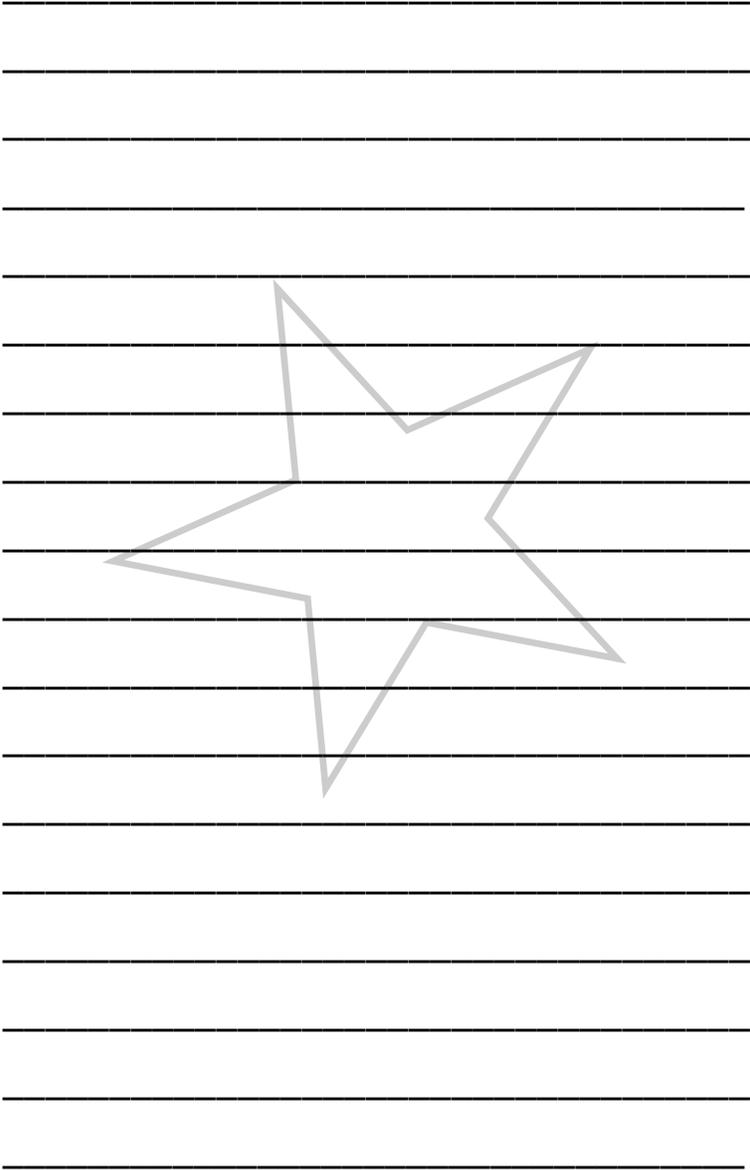
*Relaxation Technique #5:
Scan your body*

This technique can be very helpful especially if you enjoy writing with pen and paper. The idea is to use your mind and mentally scan your body examining the effects of stress in your everyday life. You can then try to keep notes of what you have discovered. This can be very eye-opening. The mental scan can be achieved by sitting comfortably with your feet on the floor and start feeling your toes and working your way up to your scalp noticing how your body feels. Then record your observations in a notebook. This way you can clearly understand the negative effects of stress in your

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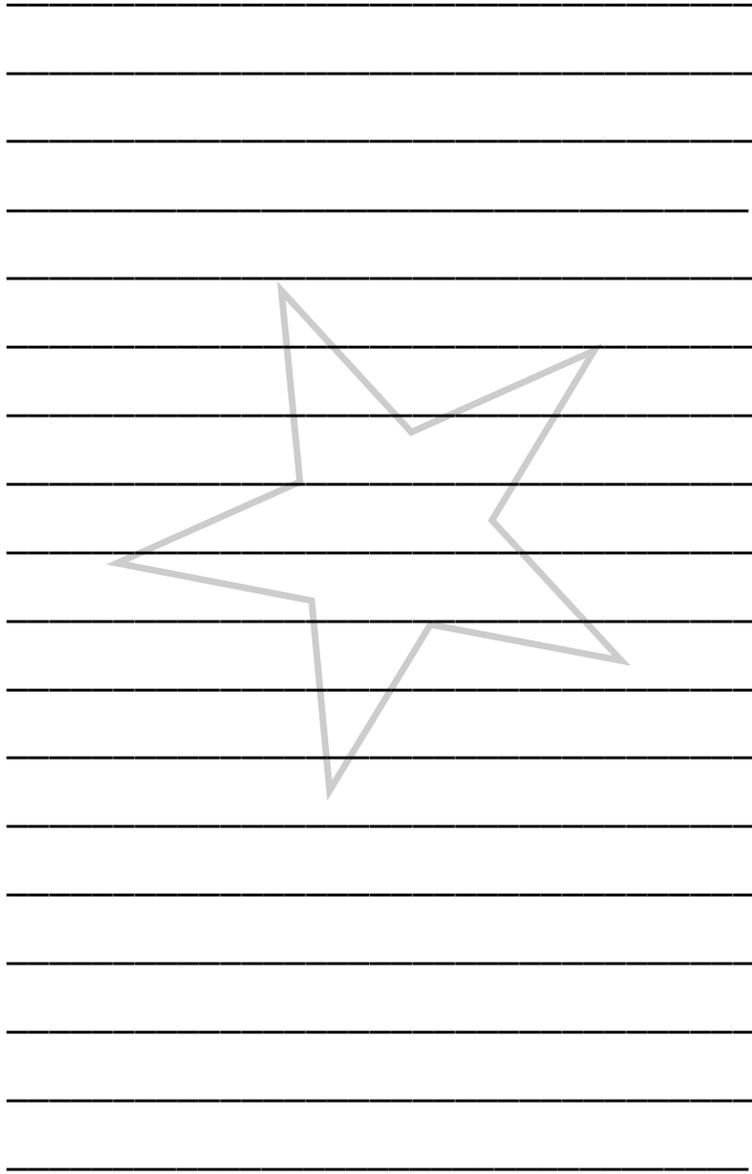
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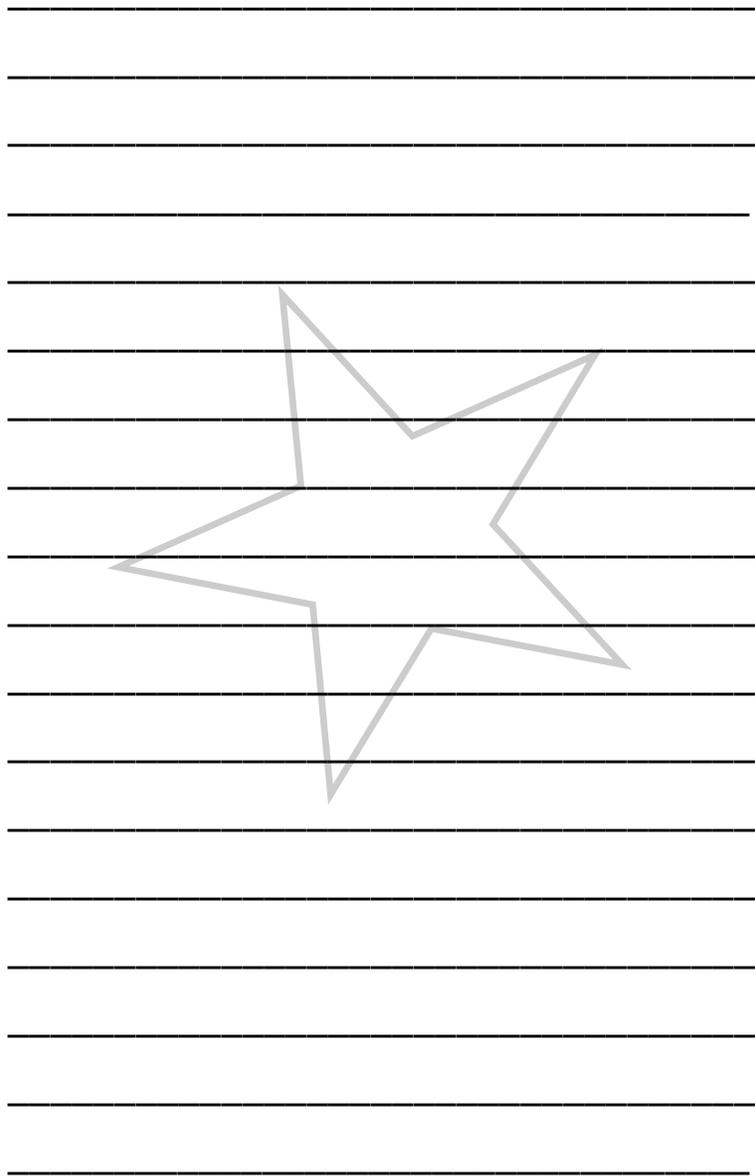
*Relaxation Technique #6:
Destroy the pressure*

This exercise is used by many health practitioners all around the world, especially in modern societies. First step is to take a warm heat wrap and place it around your neck and shoulders. Relax for 10-15 minutes with the wrap on. Close your eyes and feel the stress moving away from the muscles of your face, neck chest and back. The second step is to take a small ball (e.g. a tennis ball) and use it to throw the tension away. You can use the ball by placing it between your back and the wall. Apply pressure for 15 seconds then move the ball to another spot and apply pressure again. Continue for 2-5

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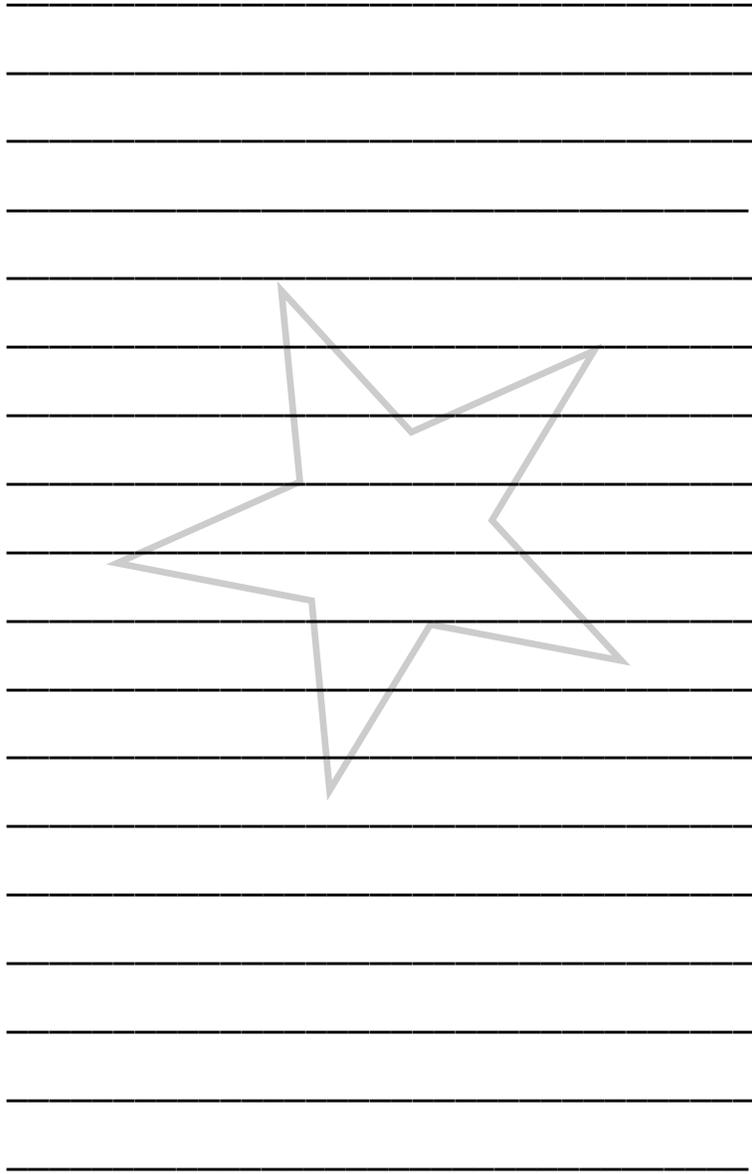
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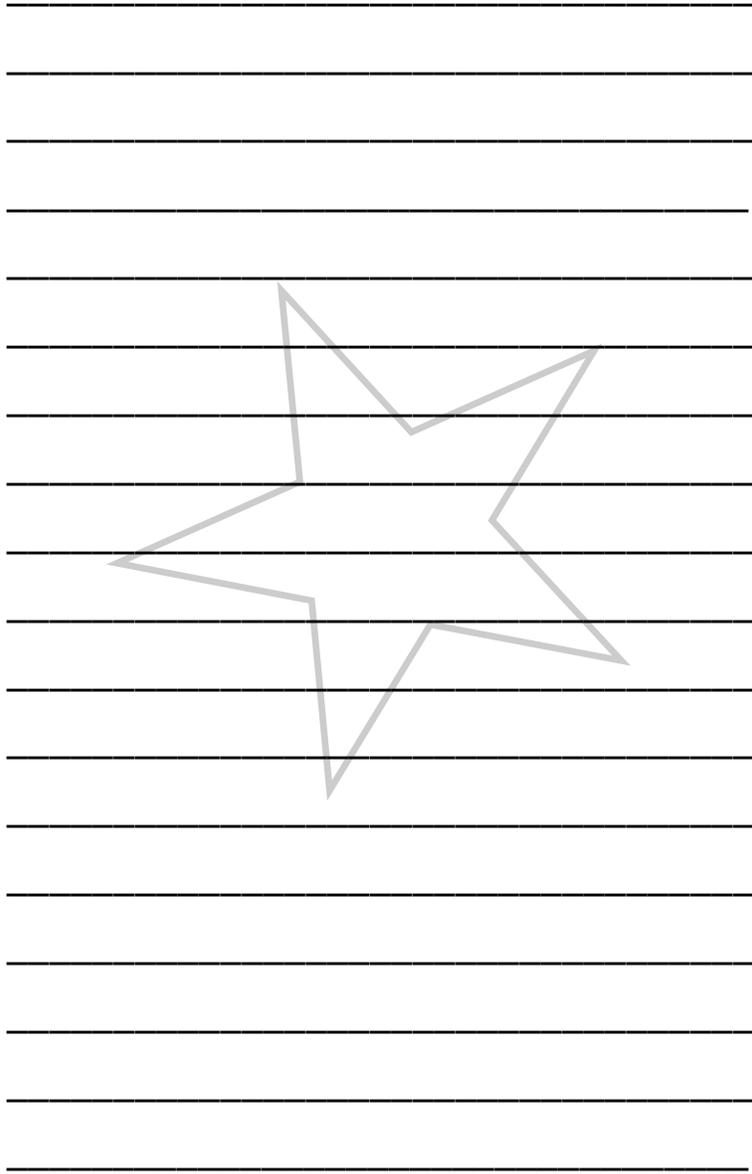
Relaxation Technique #7: Start laughing

This is one of the most powerful stress-relieving exercises. All you need is to laugh out loud. With a strong belly laughter you can mentally lighten the load, plus you can lower cortisol which is the body's stress hormone. Moreover, with a good laugh you boost your body's endorphins which are brain chemicals that balance your mood. You can find many things to make you laugh (e.g. a good comedy or other movie, a nice book or comic or a video online). If you want to combine a previous relaxation technique you can hang around with a person who makes you smile (highly recommend-

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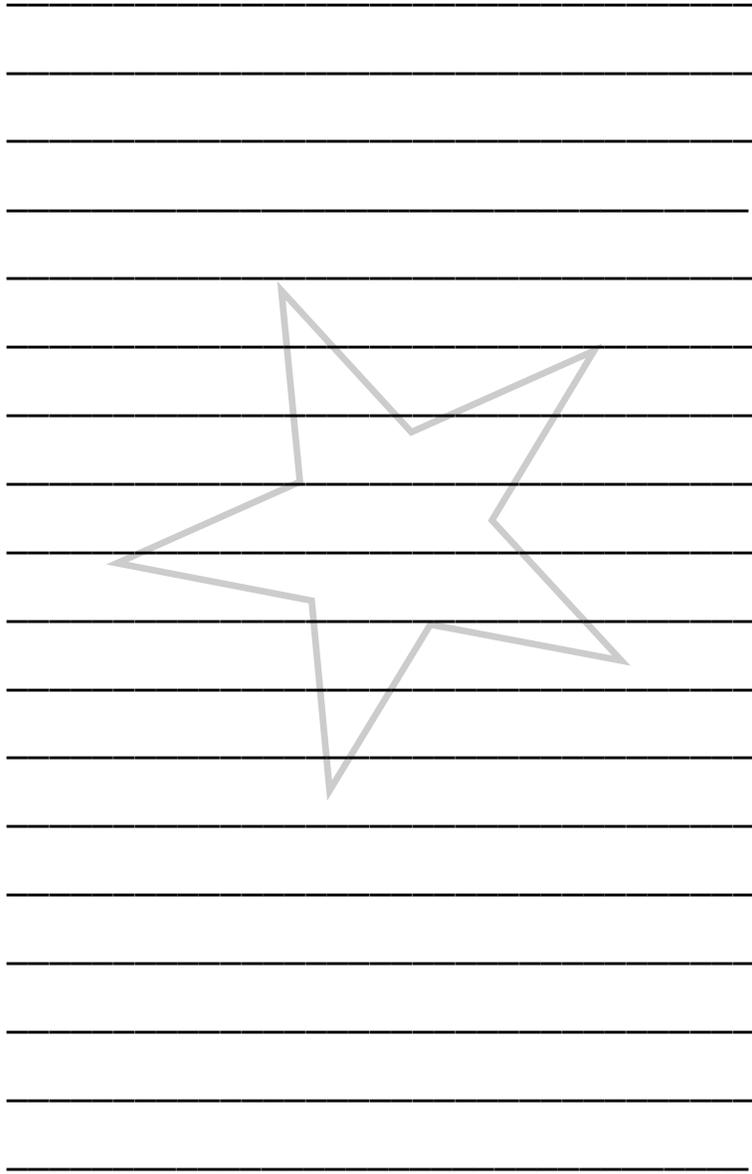
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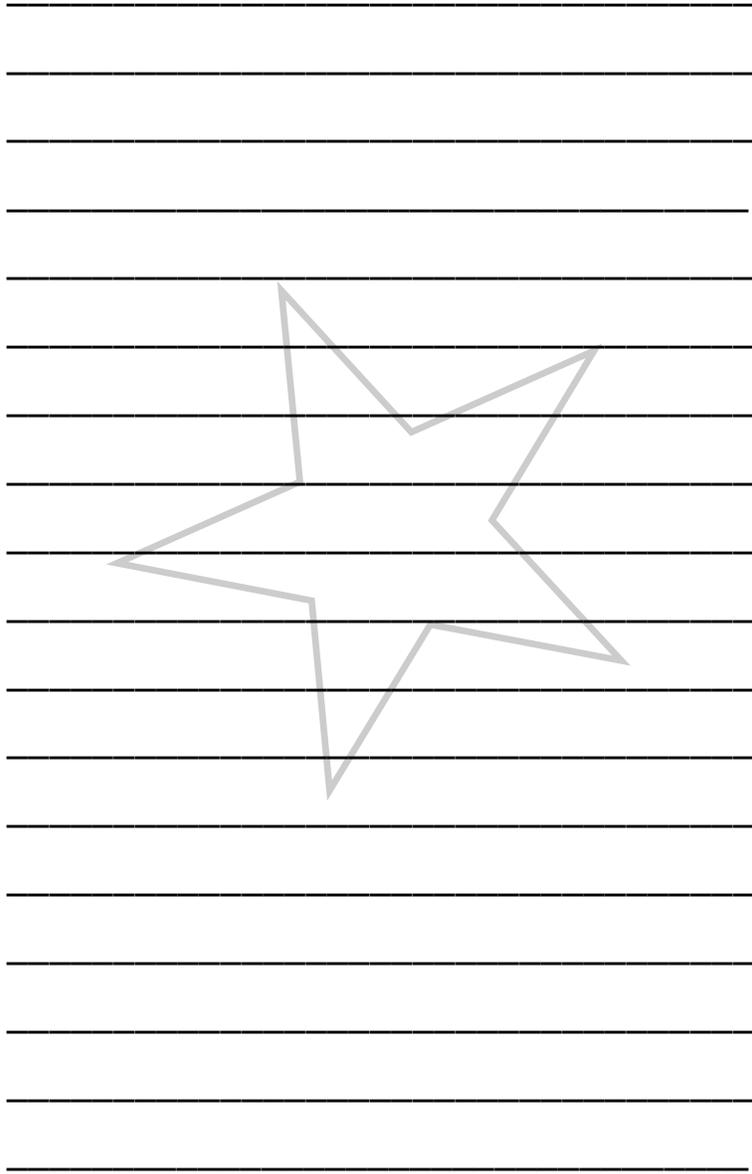
*Relaxation Technique #8:
Listen to good music*

The term "good" means music that you enjoy although it is advised to listen to soothing music. There are countless researches that show how good, relaxing music can lower blood pressure, heart rate and anxiety. All you have to do is create a playlist with songs (or sounds from nature that you can easily find online e.g. ocean waves or birds singing etc.). When listening, you can focus on the different melodies or instruments and lyrics. To make the method more powerful you can allow yourself to sing! By using this relaxation technique you will discover the stress-relieving powers of music and

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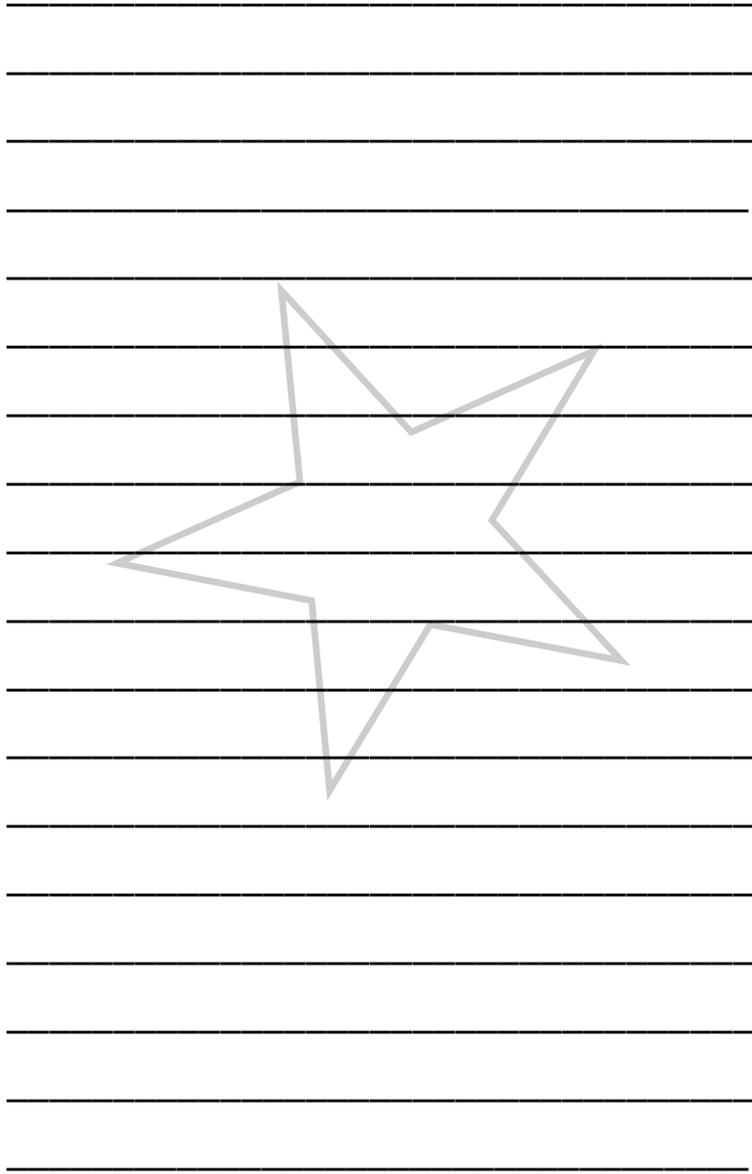
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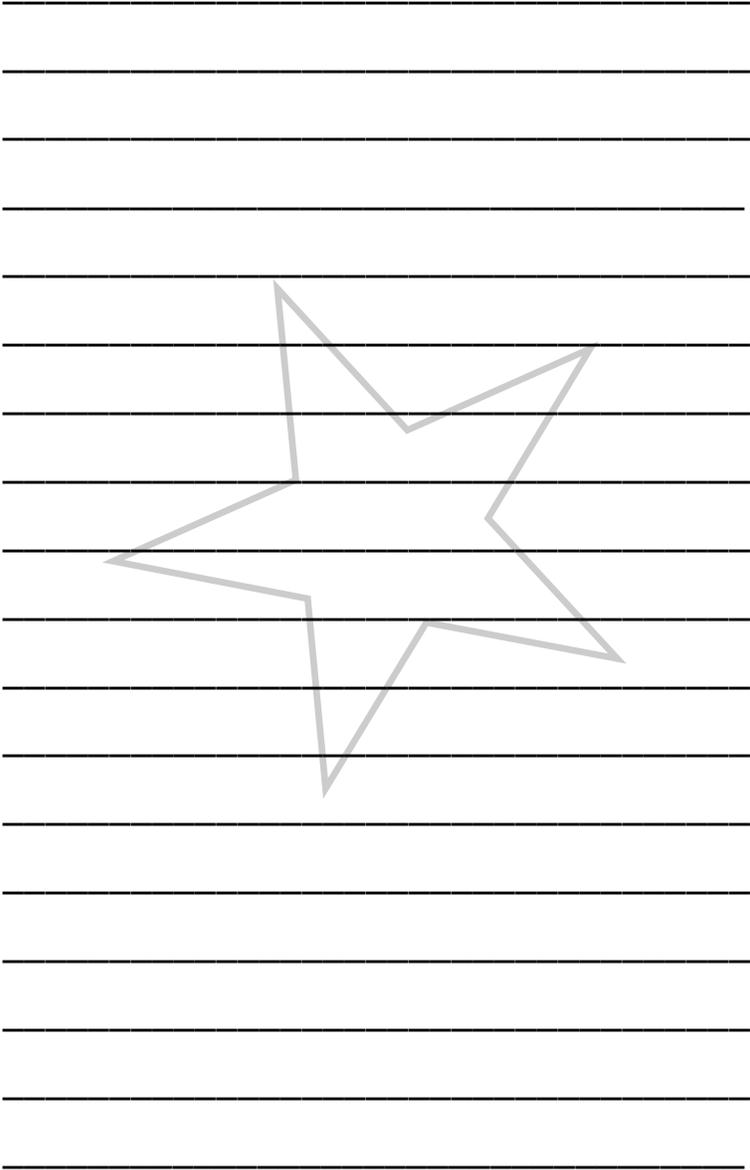
Relaxation Technique #9: Body Exercise

There are many people who enjoy a complete stress-free life by utilizing various body exercises. You don't have to run in order to get high. You can take a walk around the block (you can combine previously mentioned relaxation techniques) or perform a yoga session to ease depression and anxiety. Exercise allows your brain to release all sorts of chemicals that make you feel good. All kinds of exercise can be beneficial. If you don't know what body exercise to use then start cleaning your private space or take the stairs up and down a few times or do some stretching exercises. Move your body

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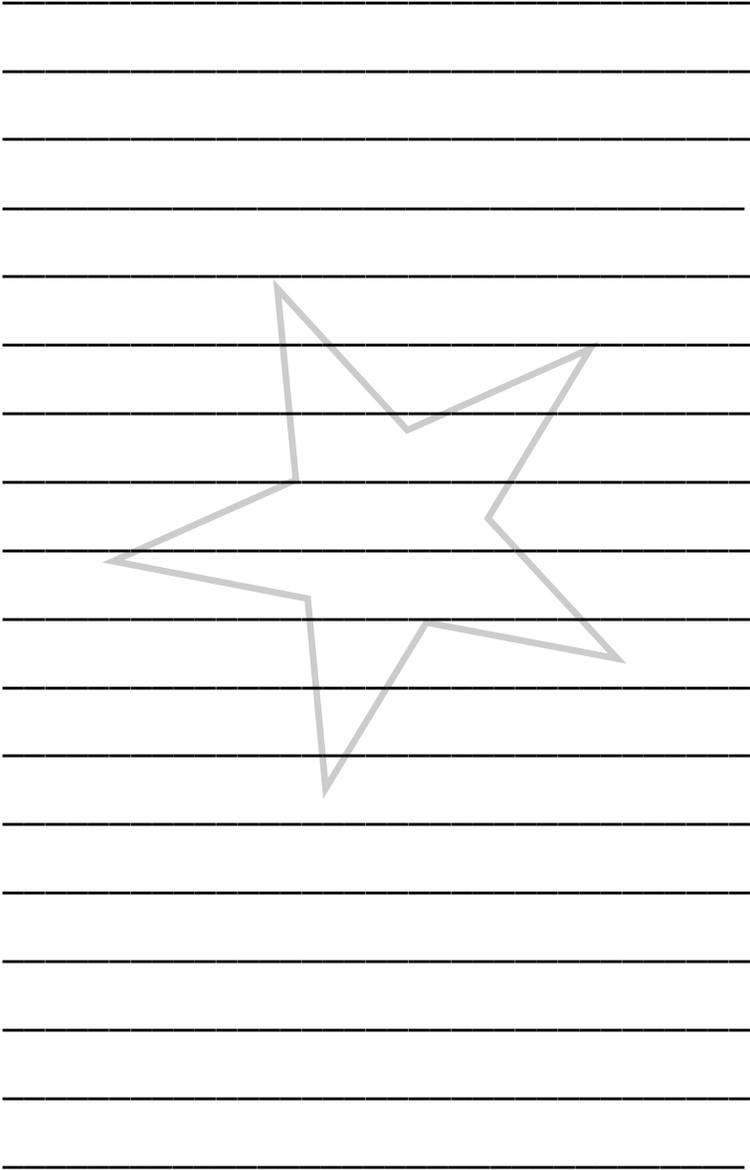
*Relaxation Technique #10:
Be grateful...*

This method can really help you get rid of stress and anxiety. All you have to do is record all the things that make you feel good and recall them later. You can use a diary or journal which you can call a "gratitude journal" and start writing all the positive aspects of your life. This will help you remember all the things that are good in your life. By being grateful you cancel out all negativity and worries. You can use more than one journal (one in your purse, one by your bed and one at work). It is important to use pen (or pencil) and paper though, not an online journal or social net-

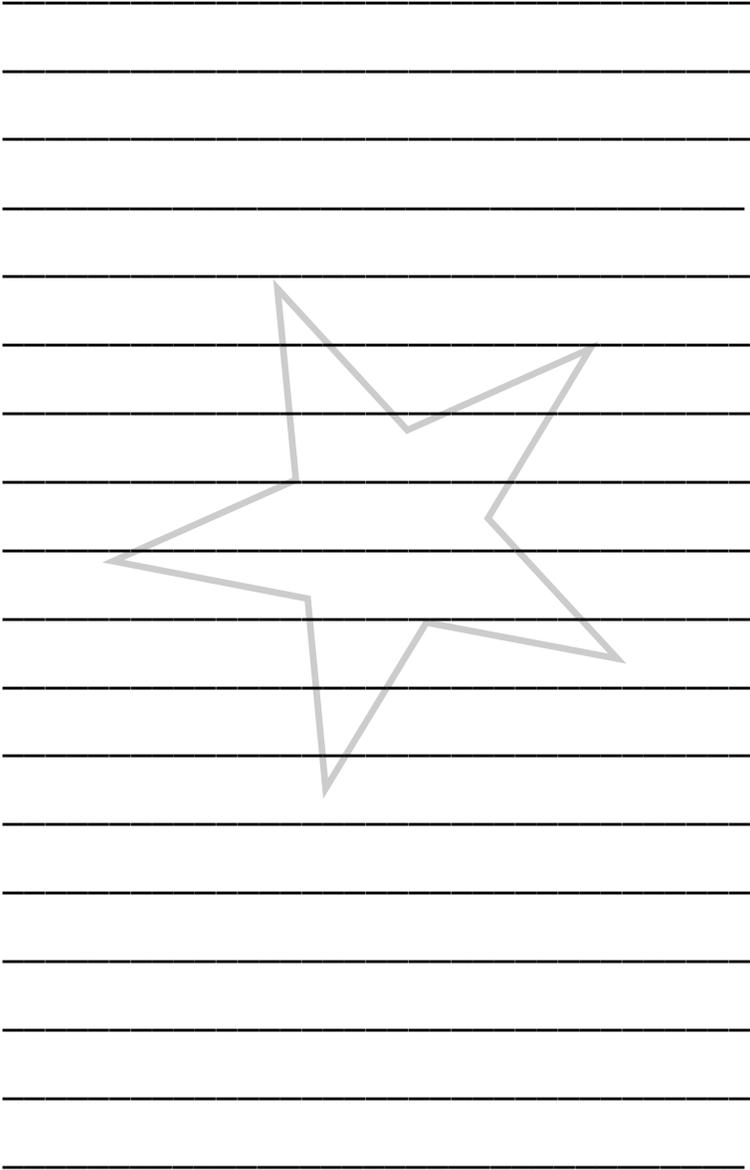
work. Writing is powerful and very stress relieving. Record everything that is good, from a child's smile to a bright sunny day. When you feel stress coming your way, spend a few minutes looking through your notes to remind yourself of what really matters.

Now write your thoughts and experiences from Relaxation Technique #10:

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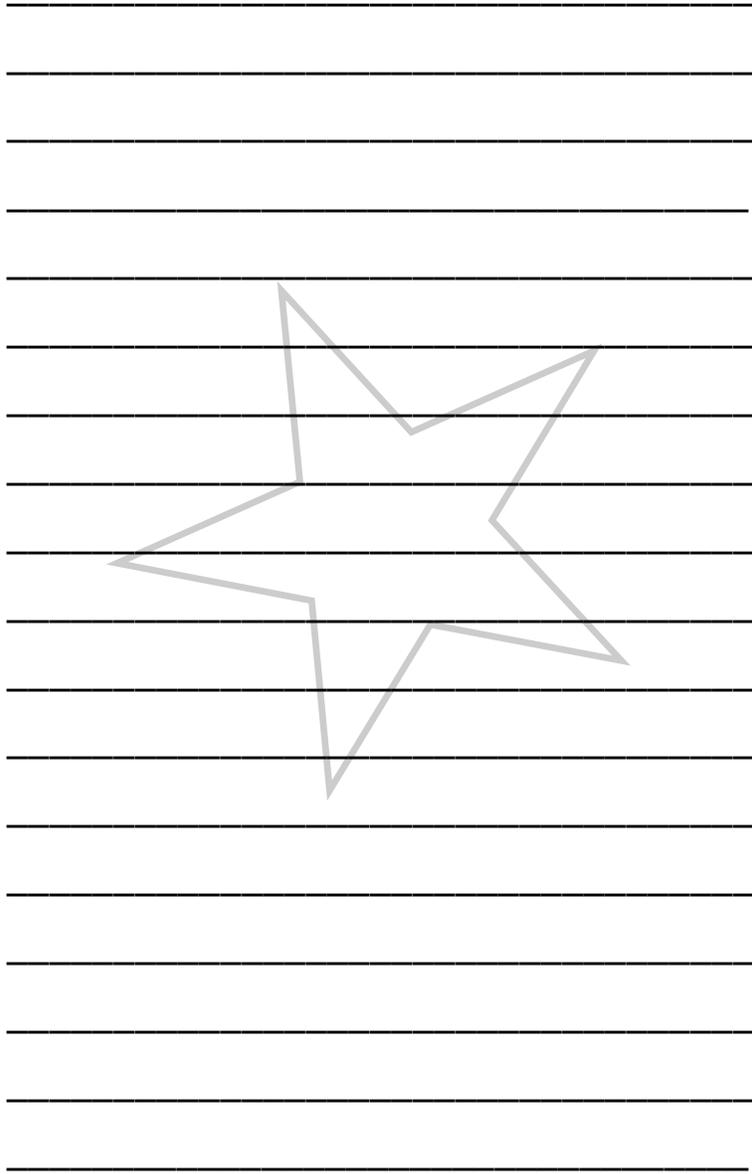
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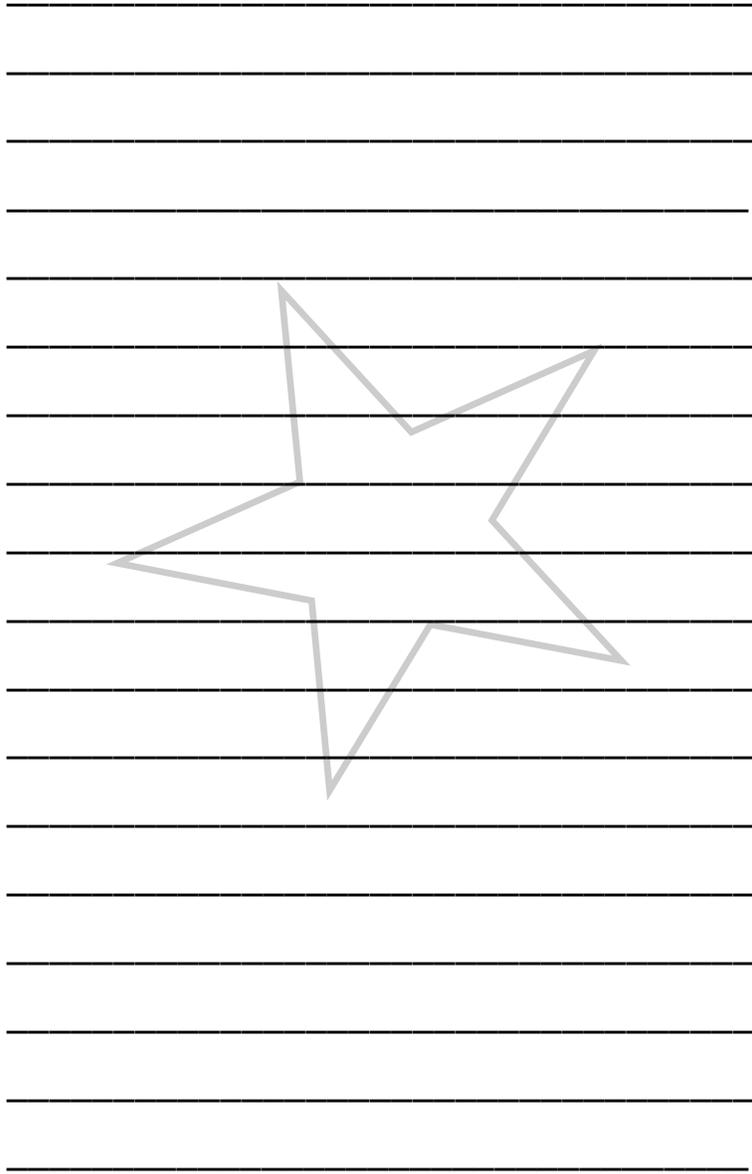
And that was all!

Apply one or more (or use a combination) of the relaxation techniques described in this notebook, take your personal notes recording your experiences with each method and start enjoying a stress-free life. Good Luck.-

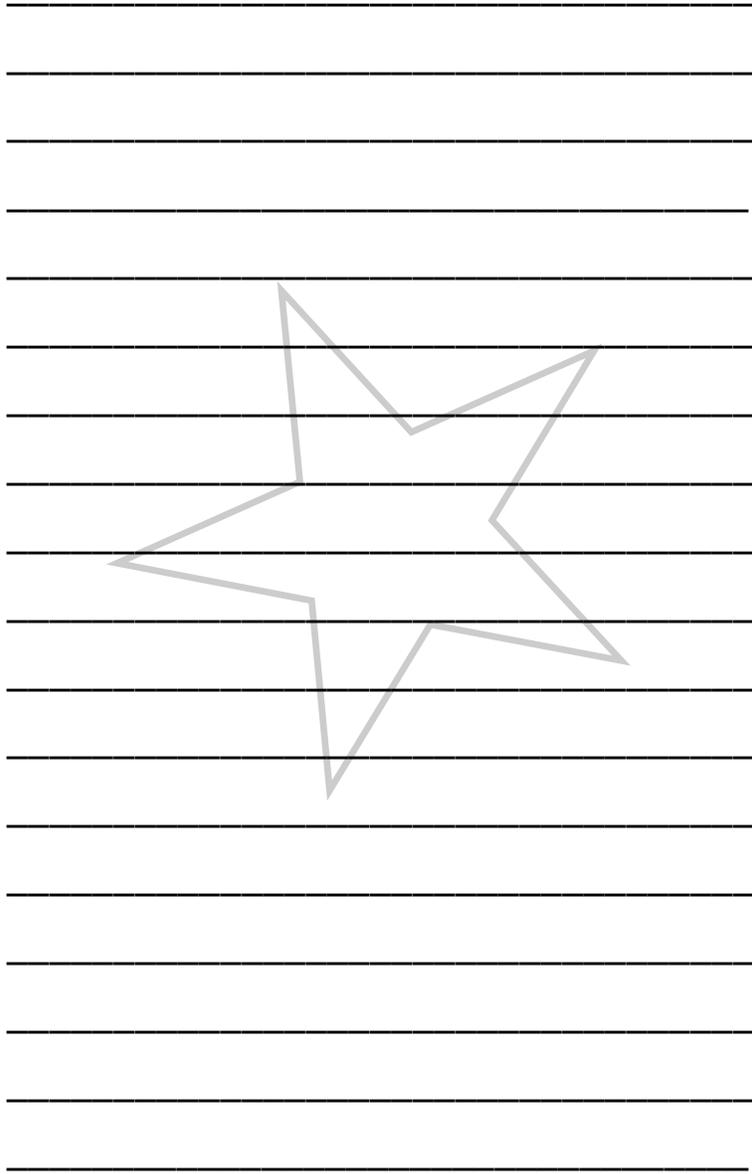
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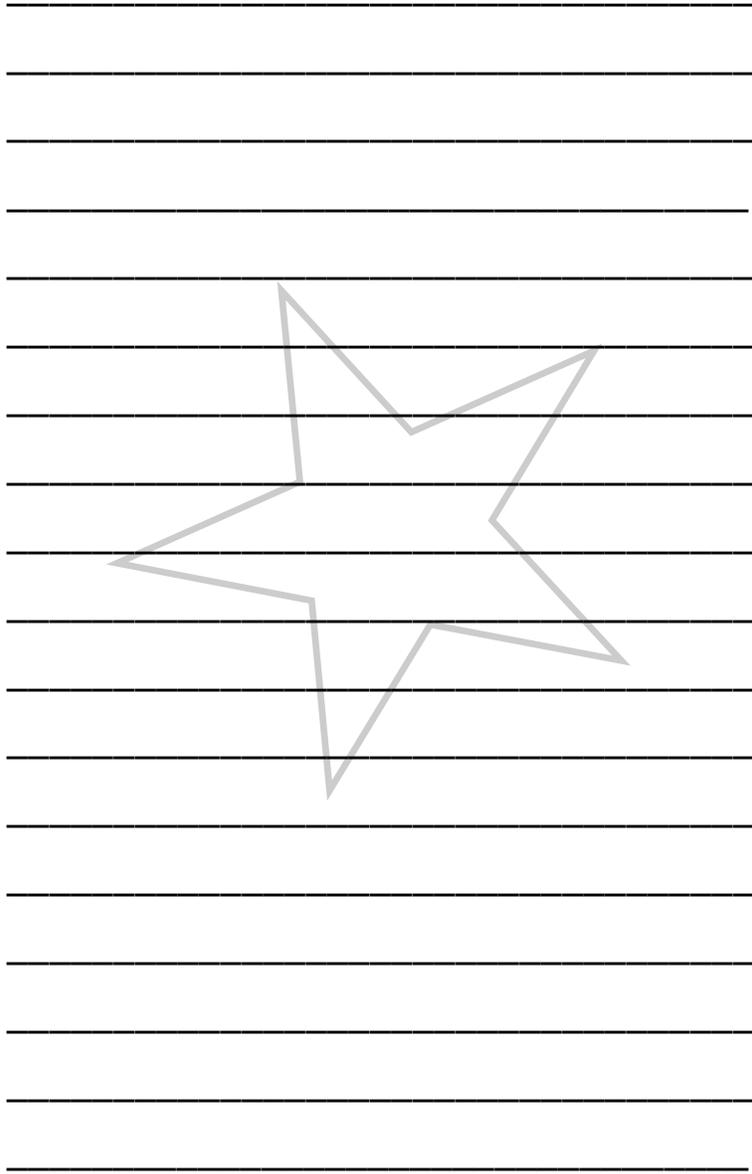
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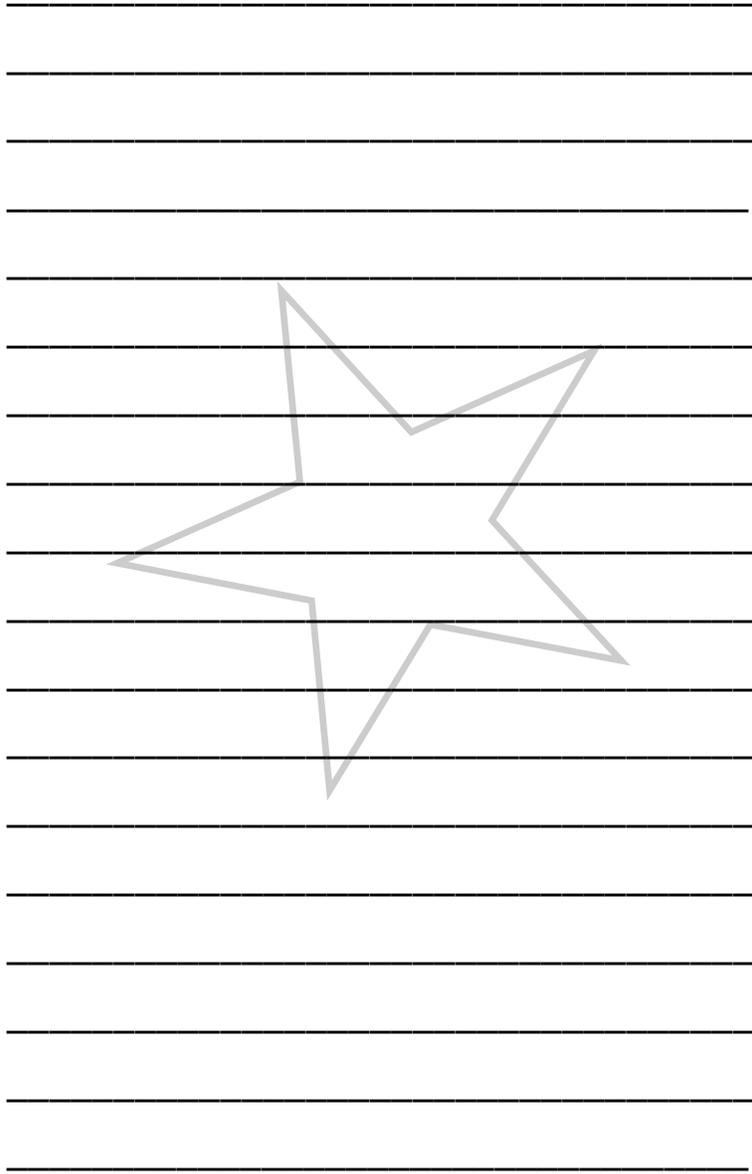
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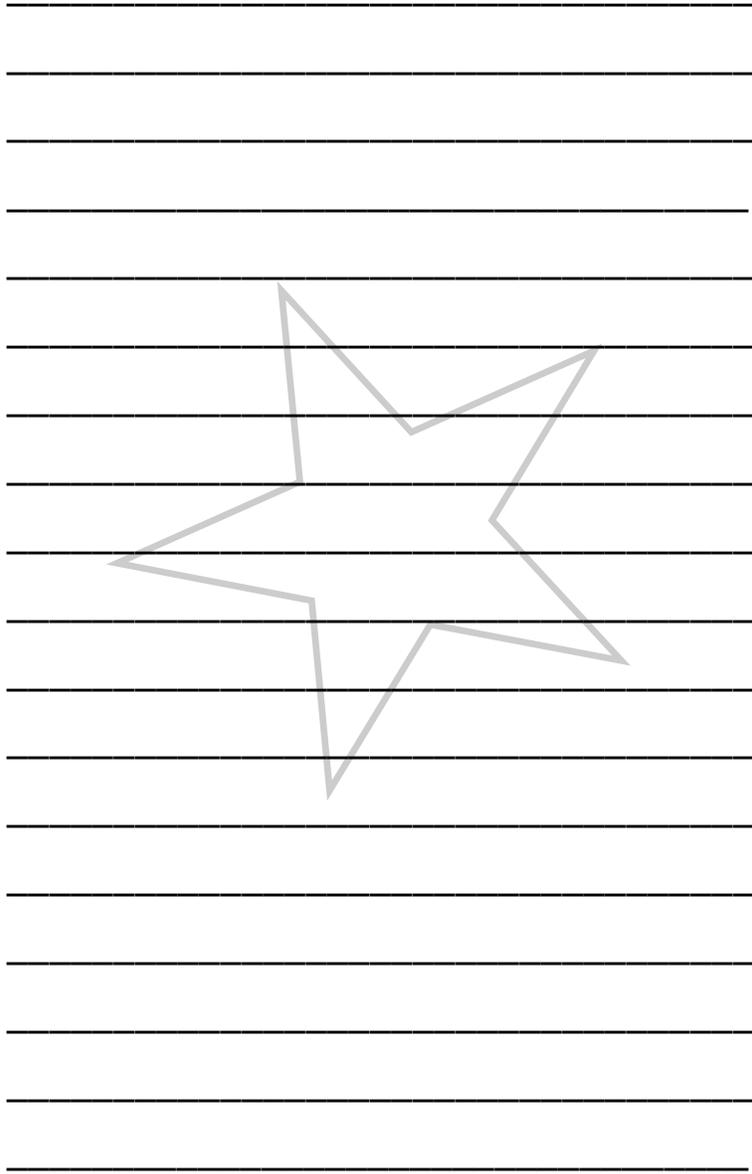
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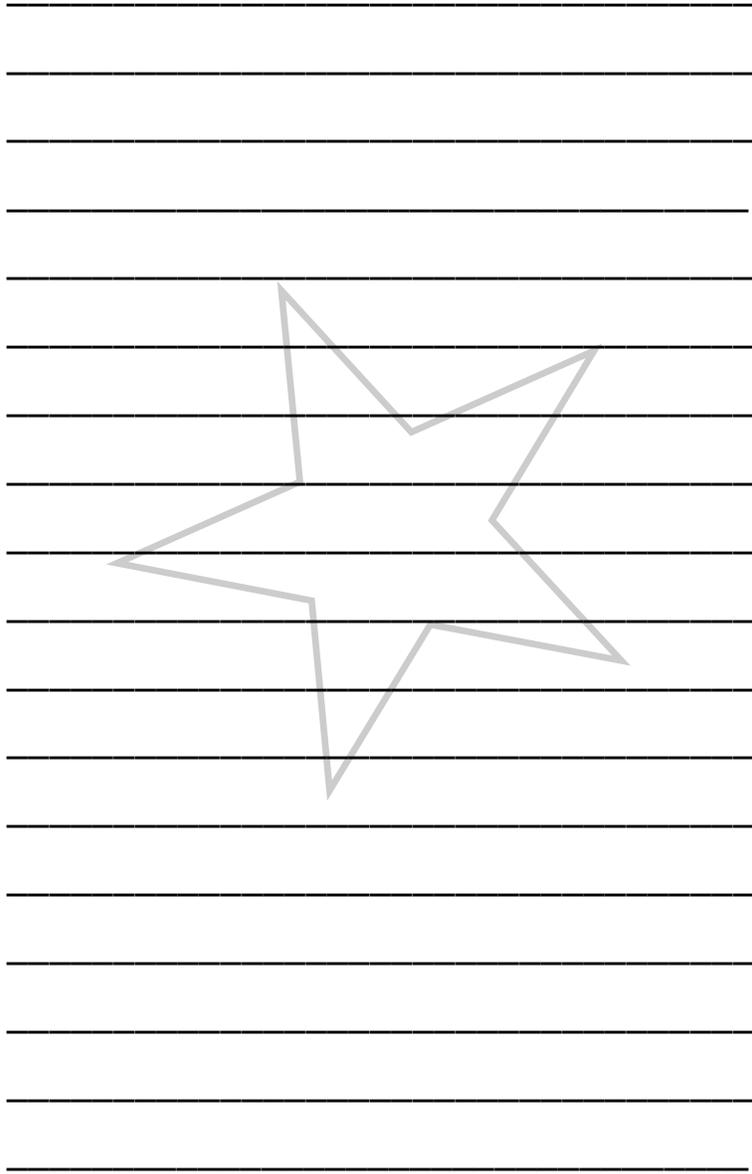
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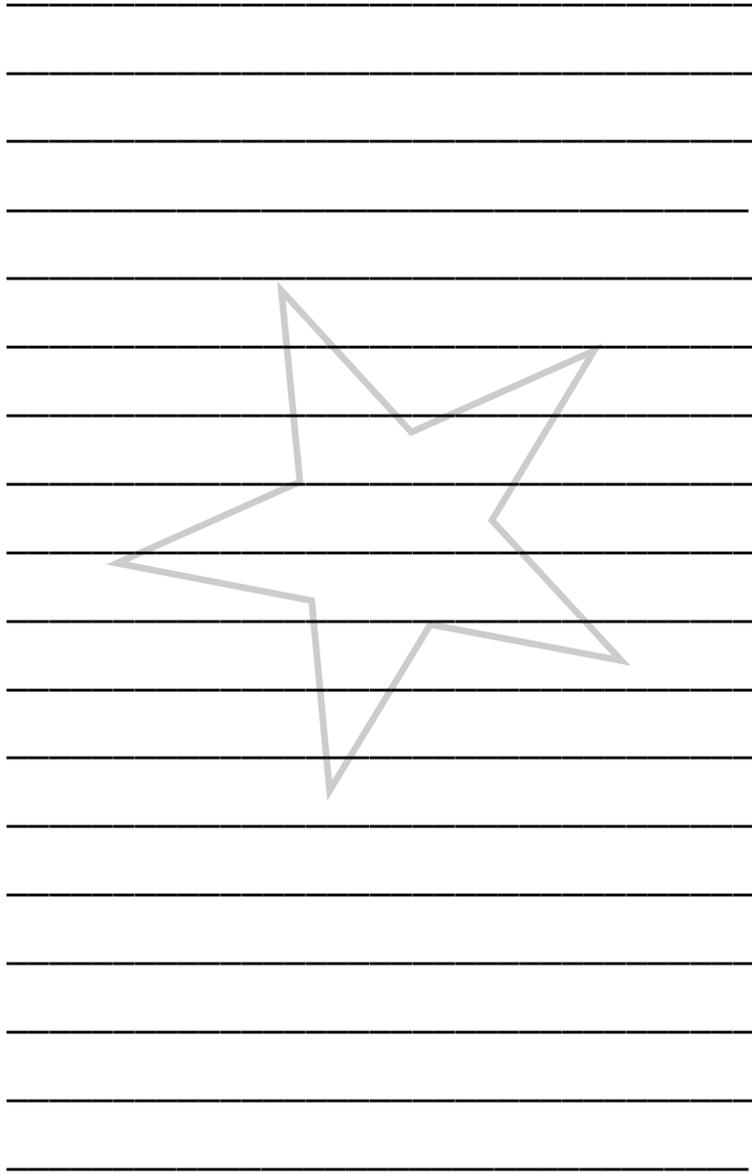
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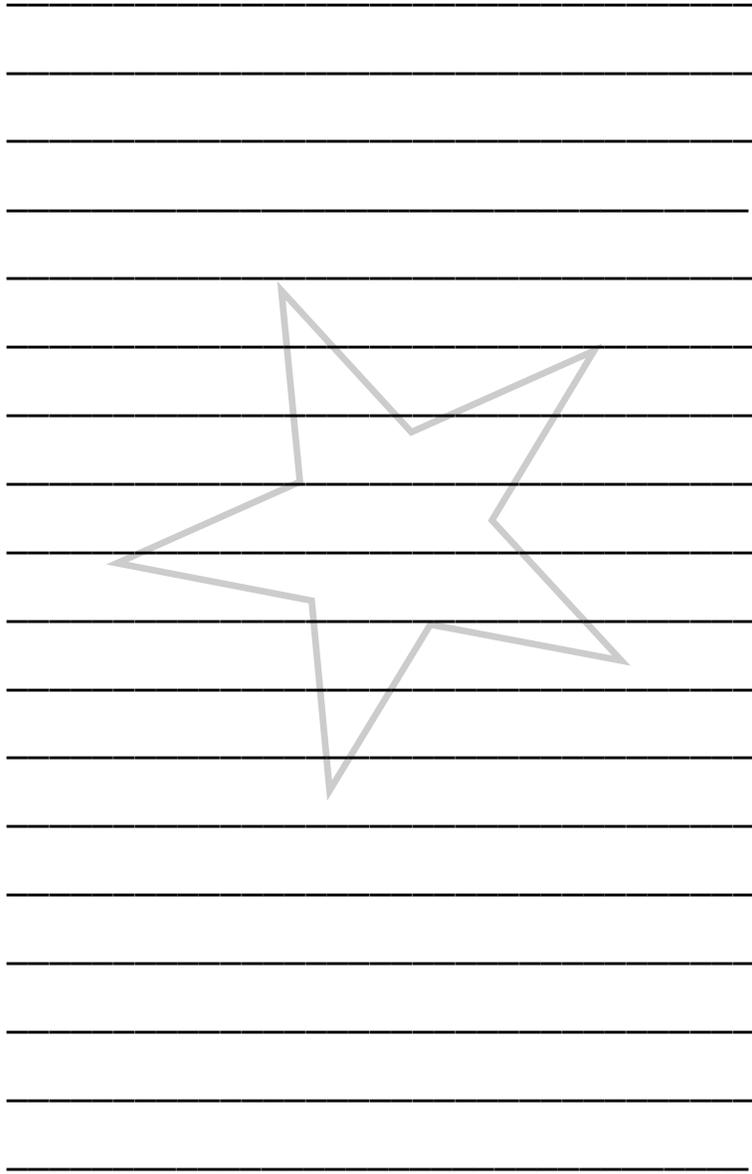
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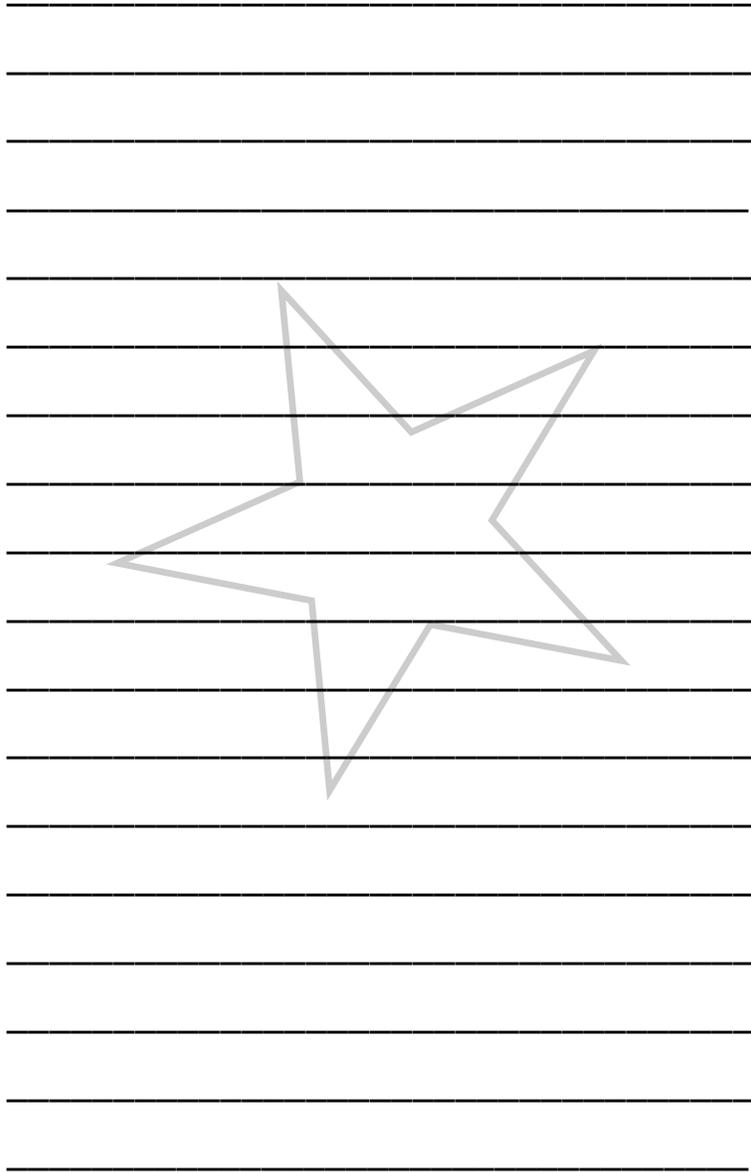
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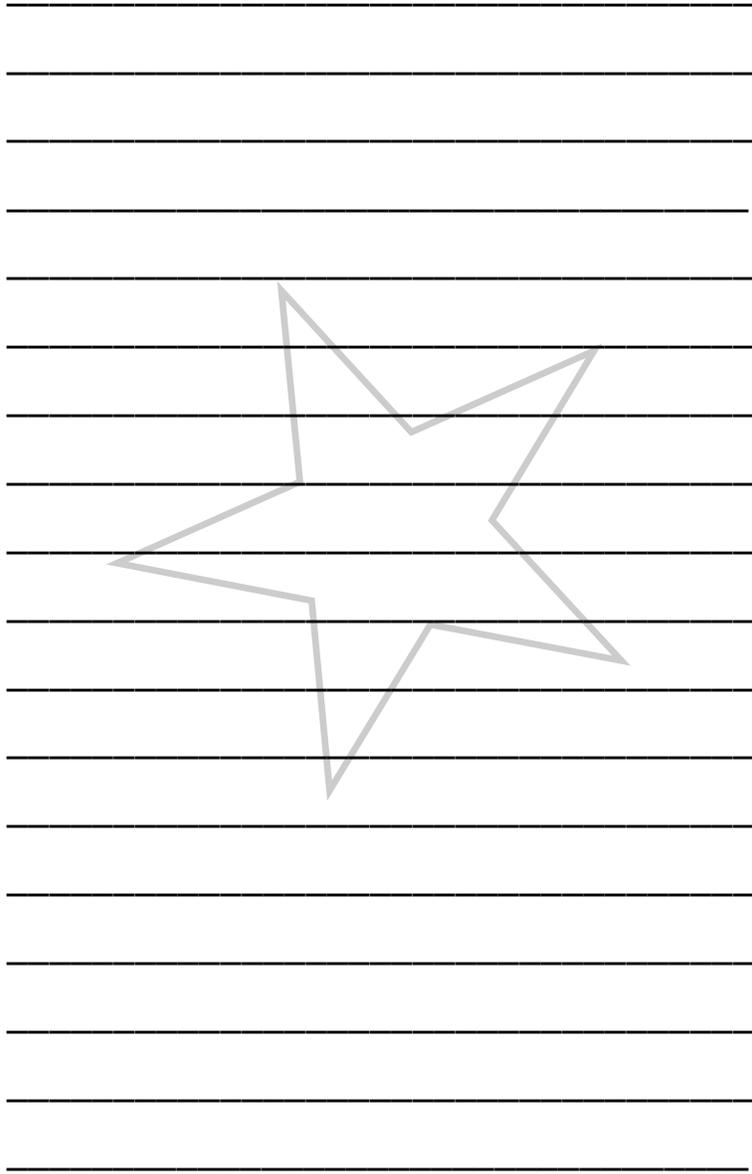
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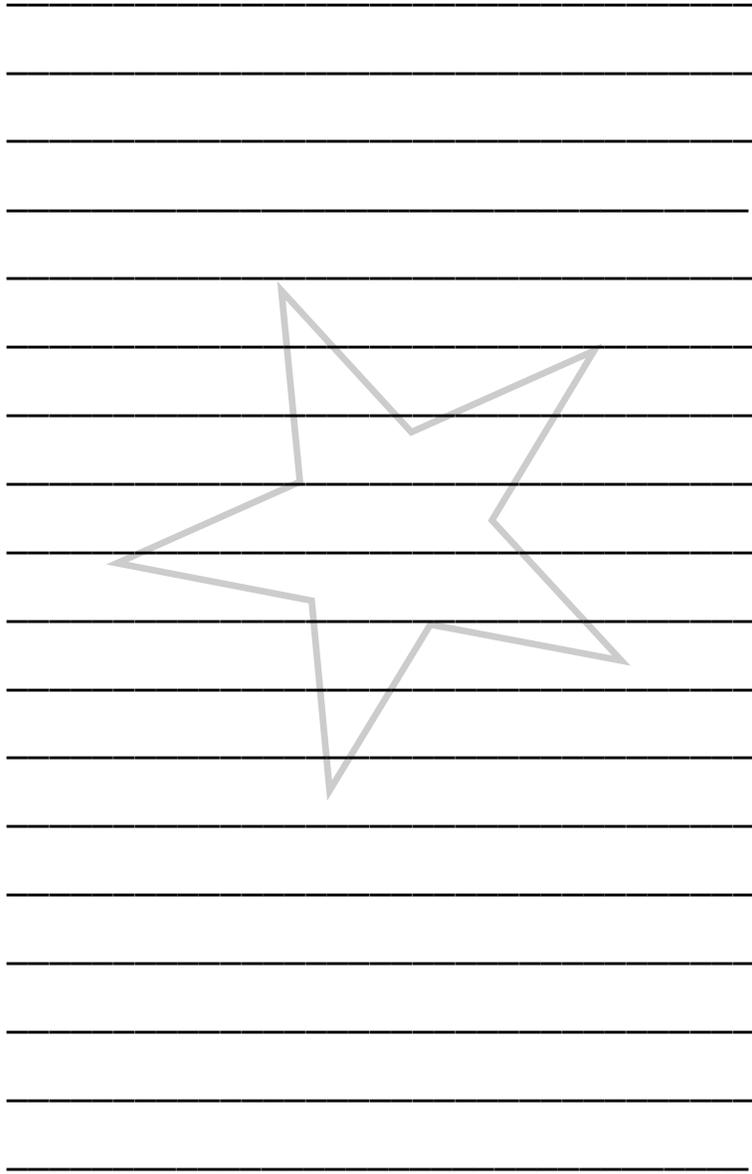
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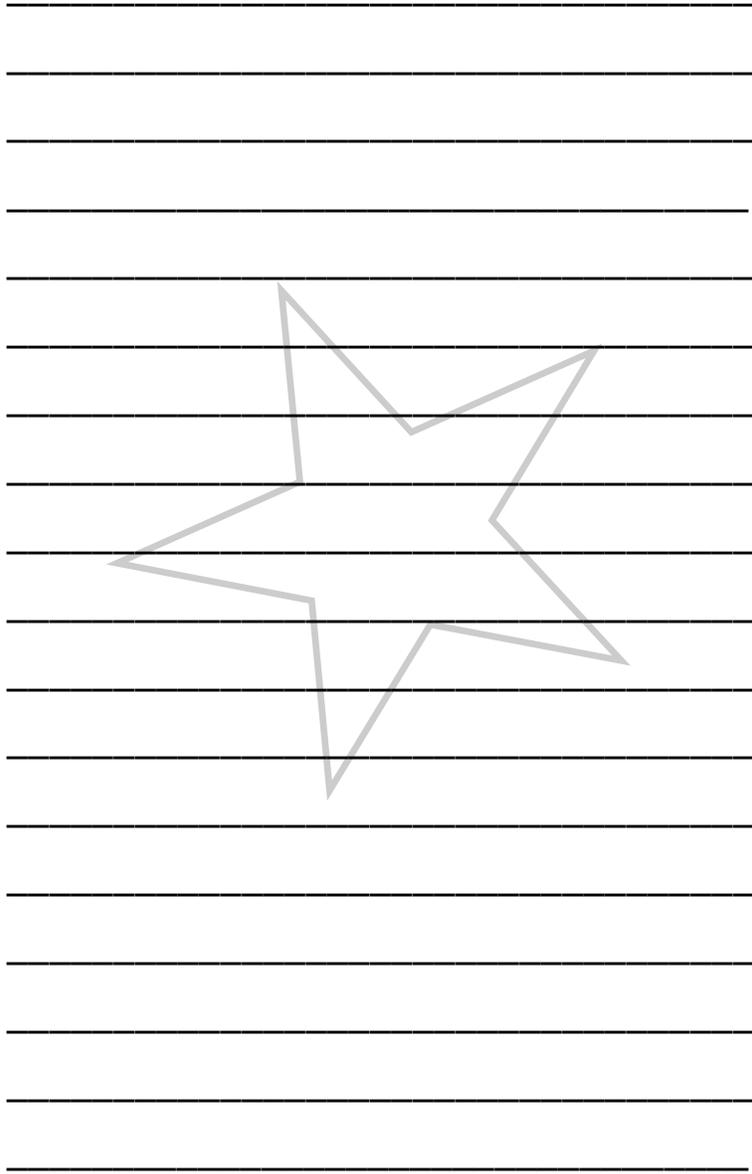
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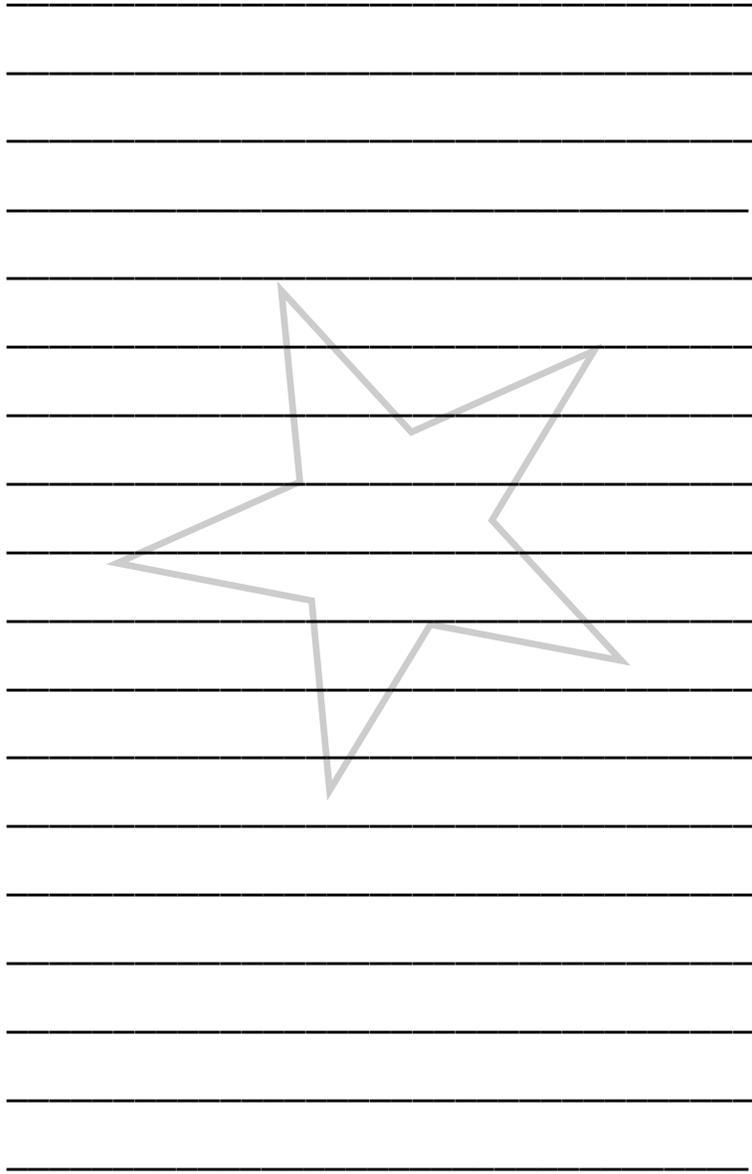
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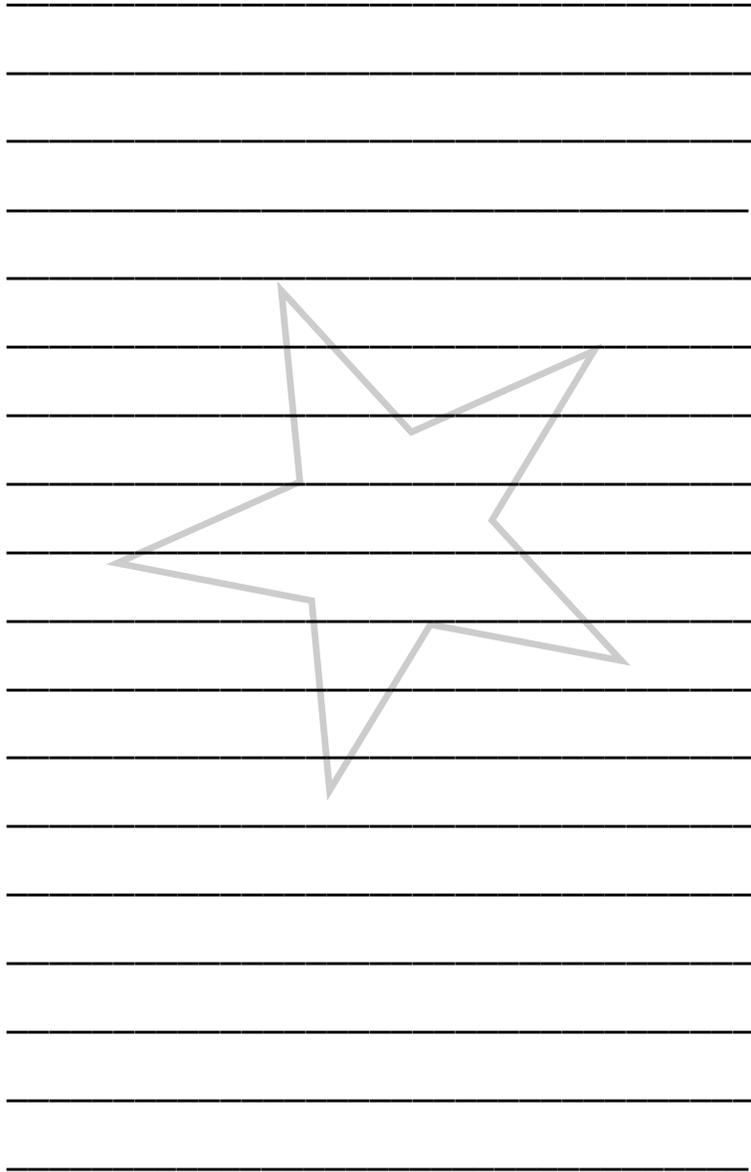
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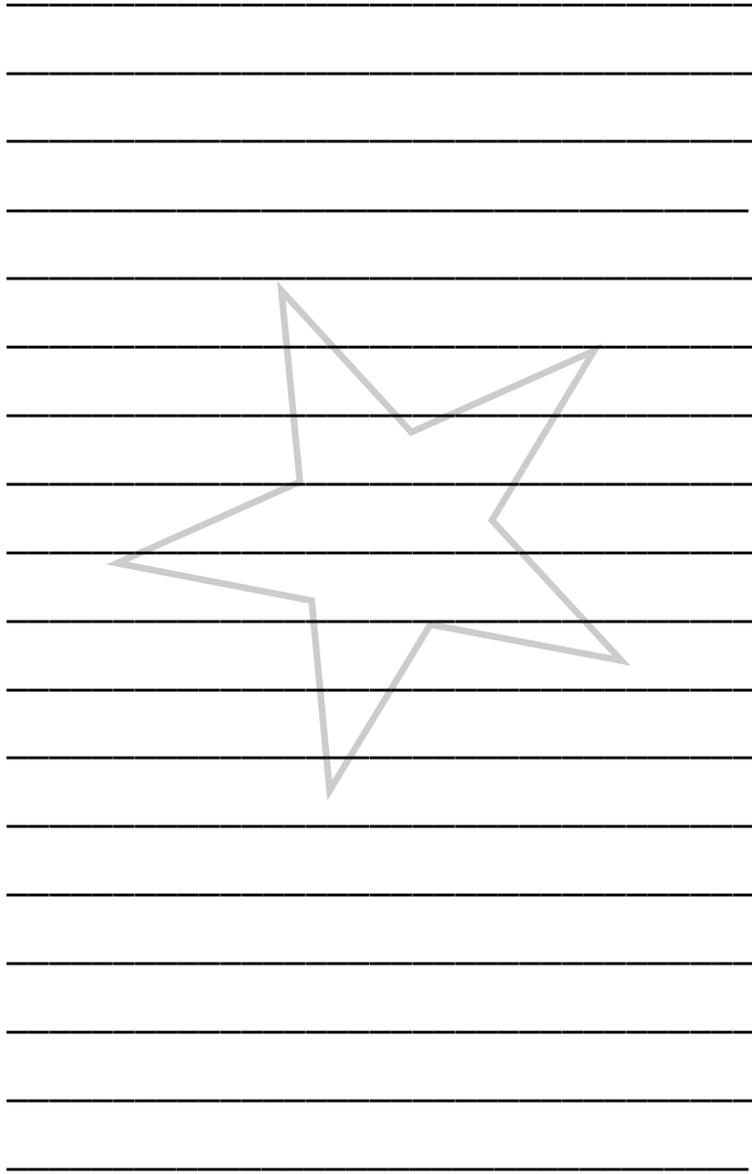
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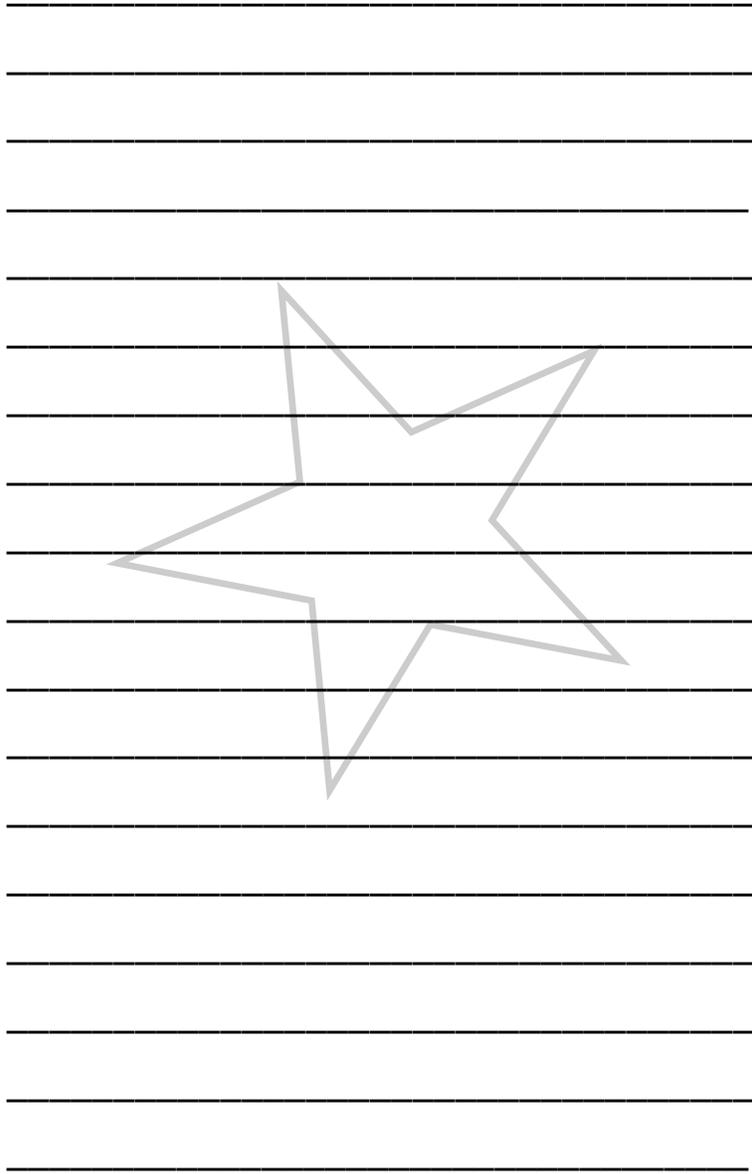
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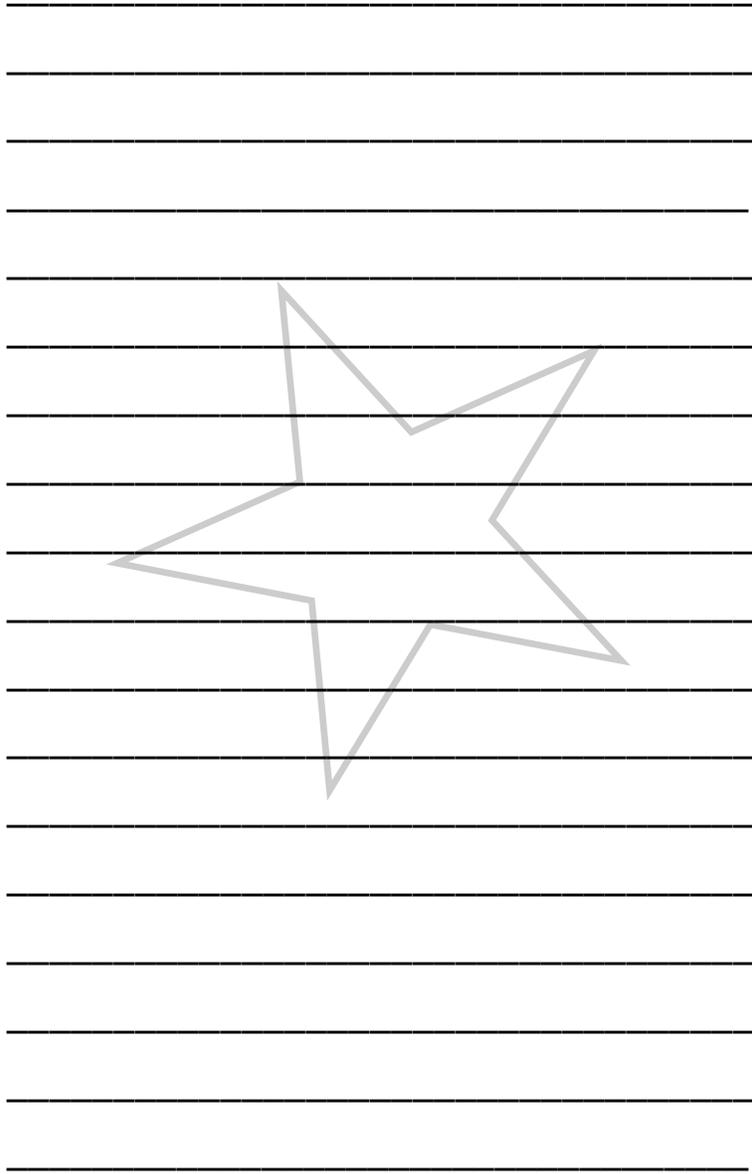
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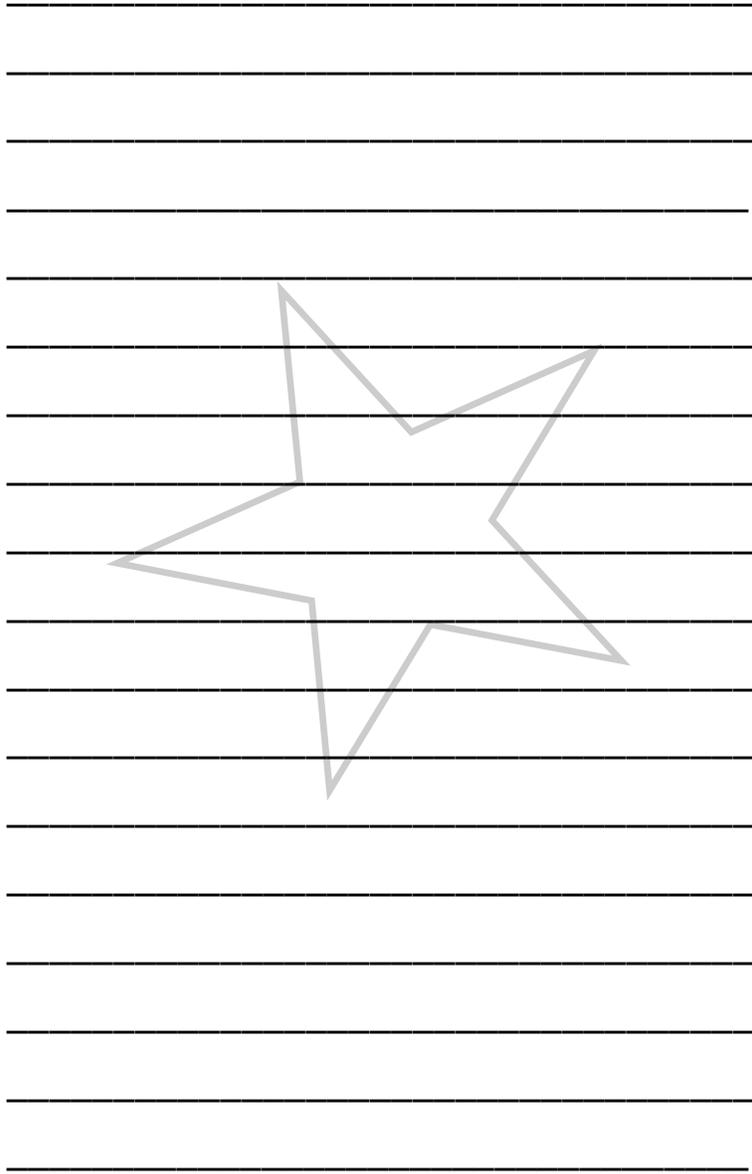
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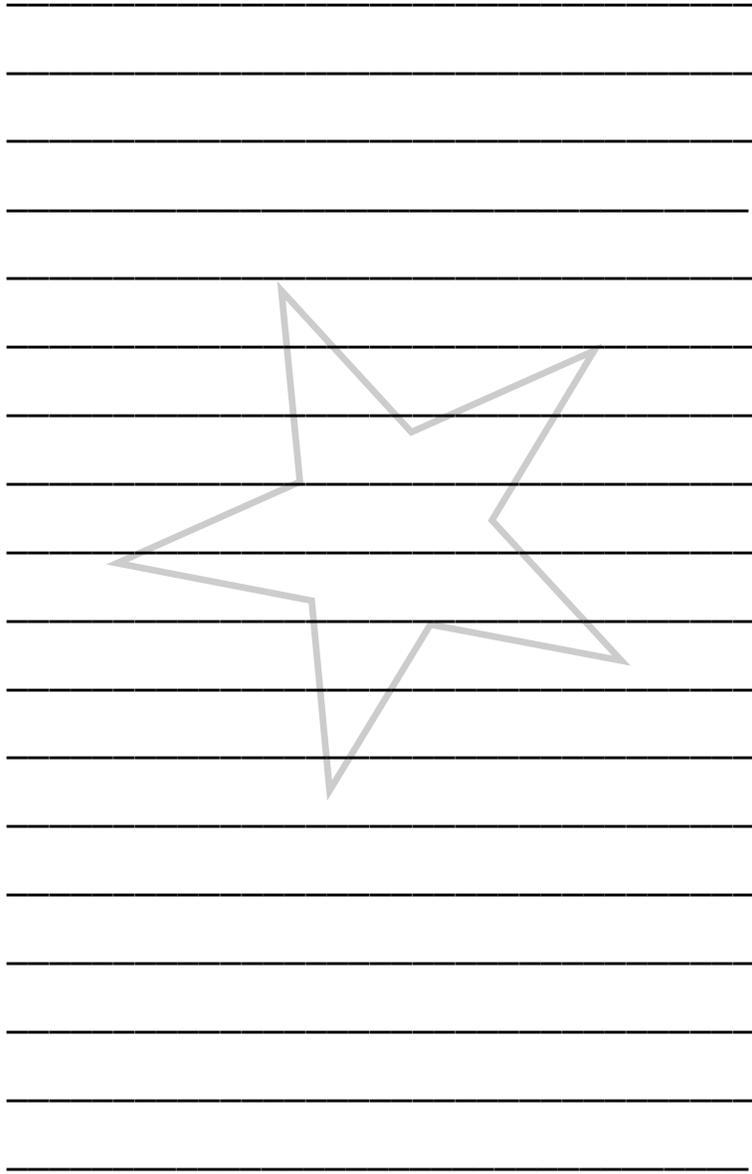
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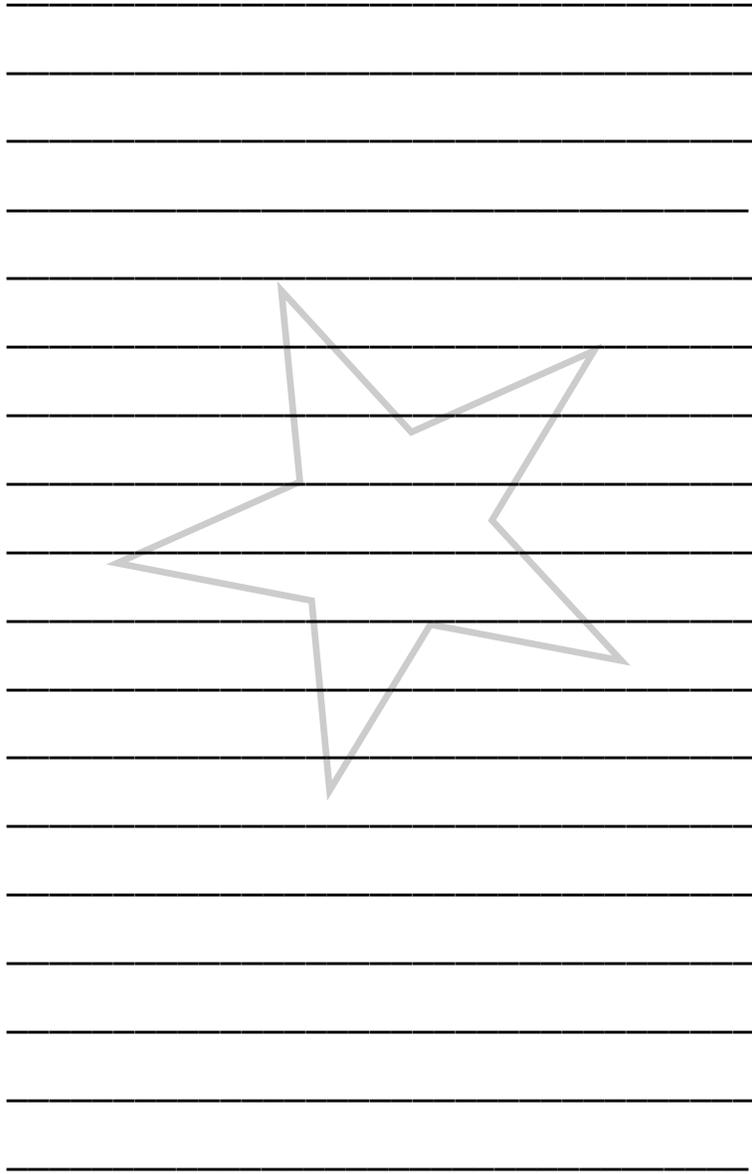
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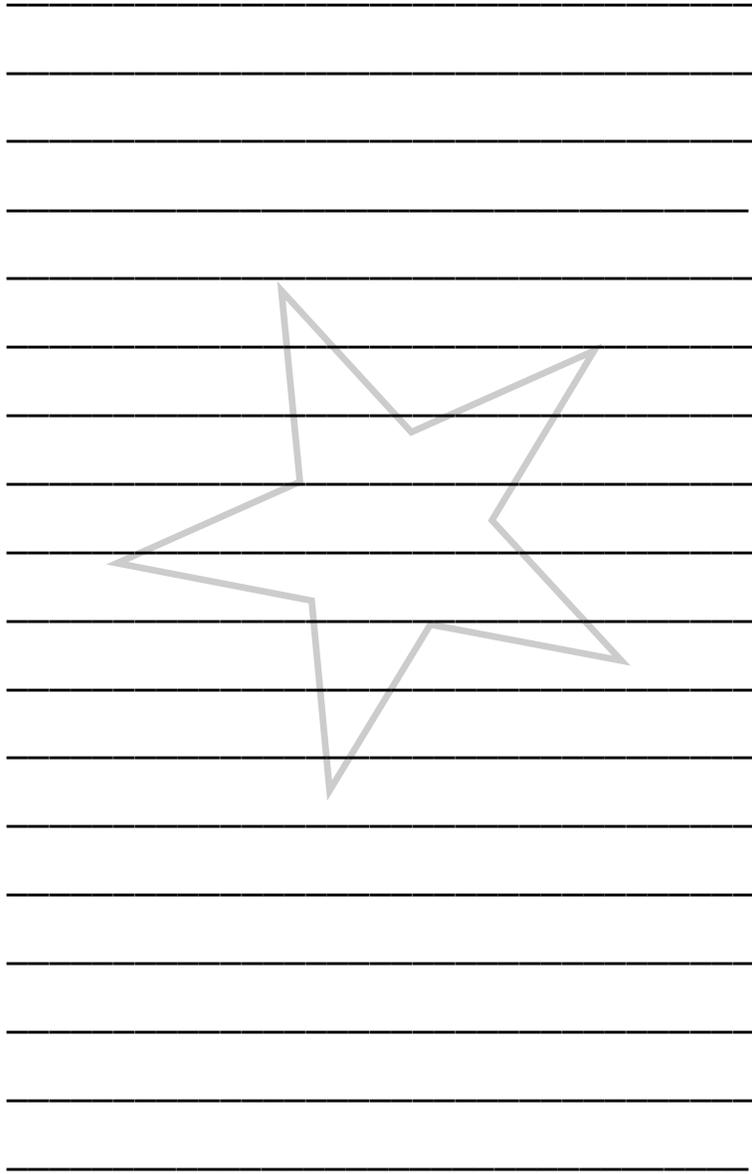
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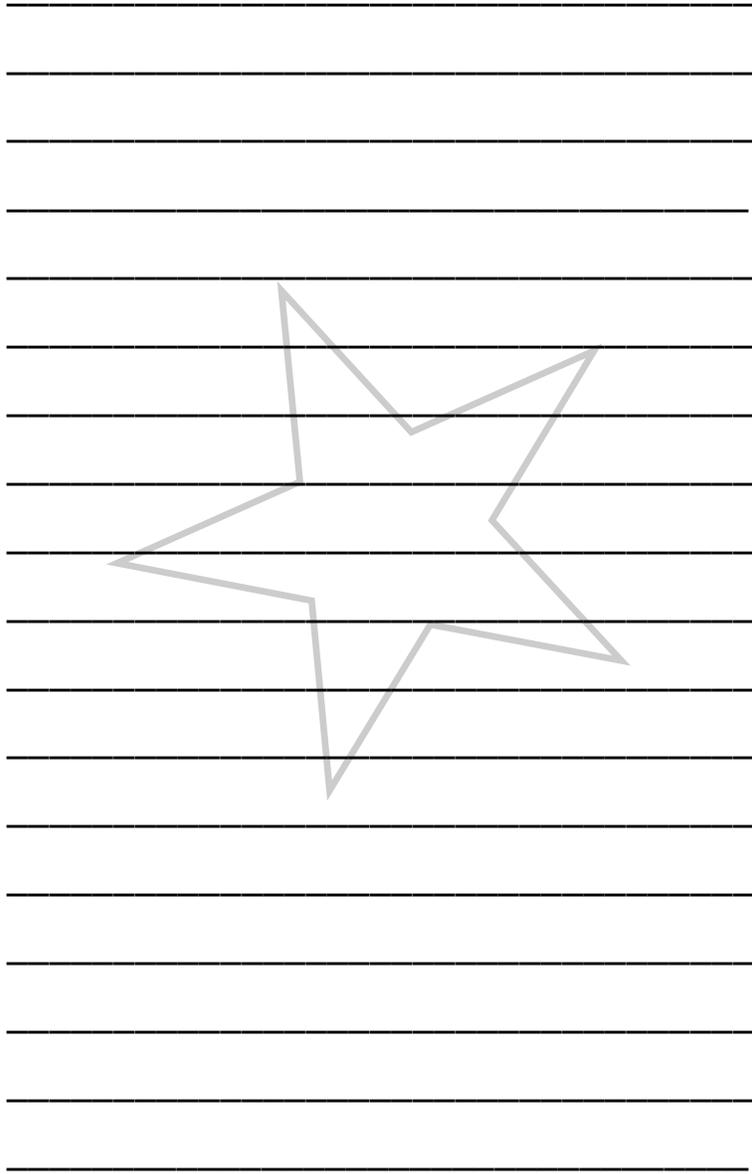
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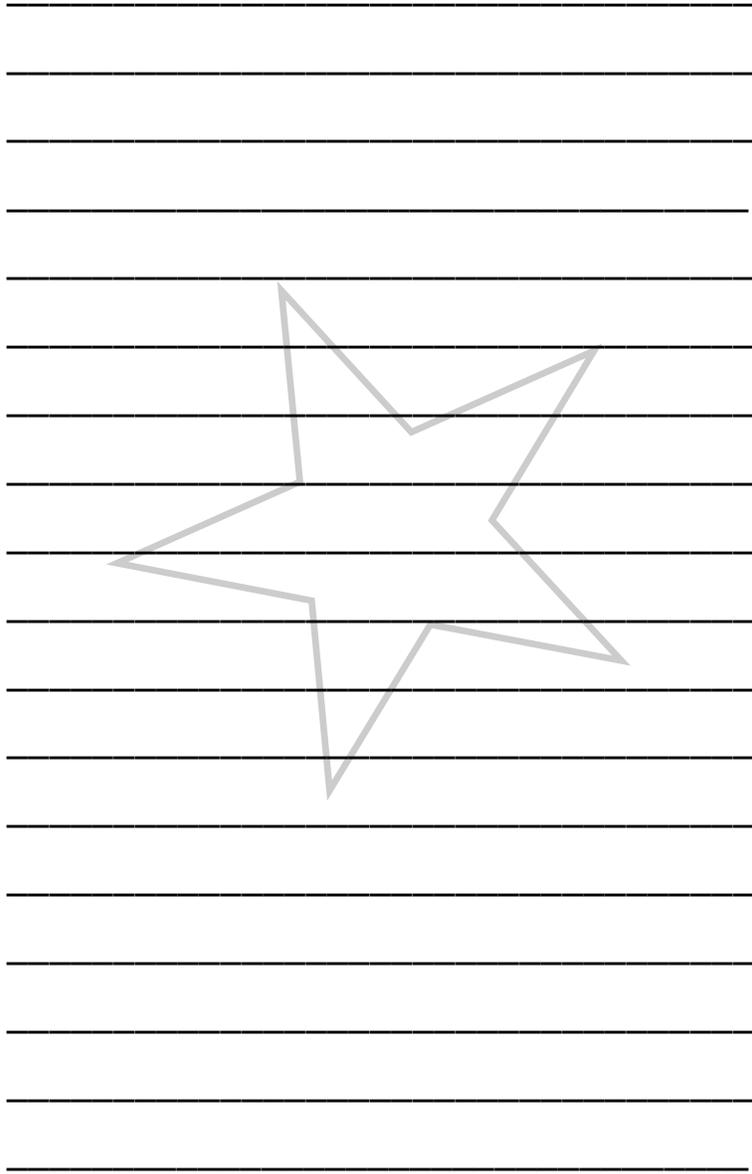
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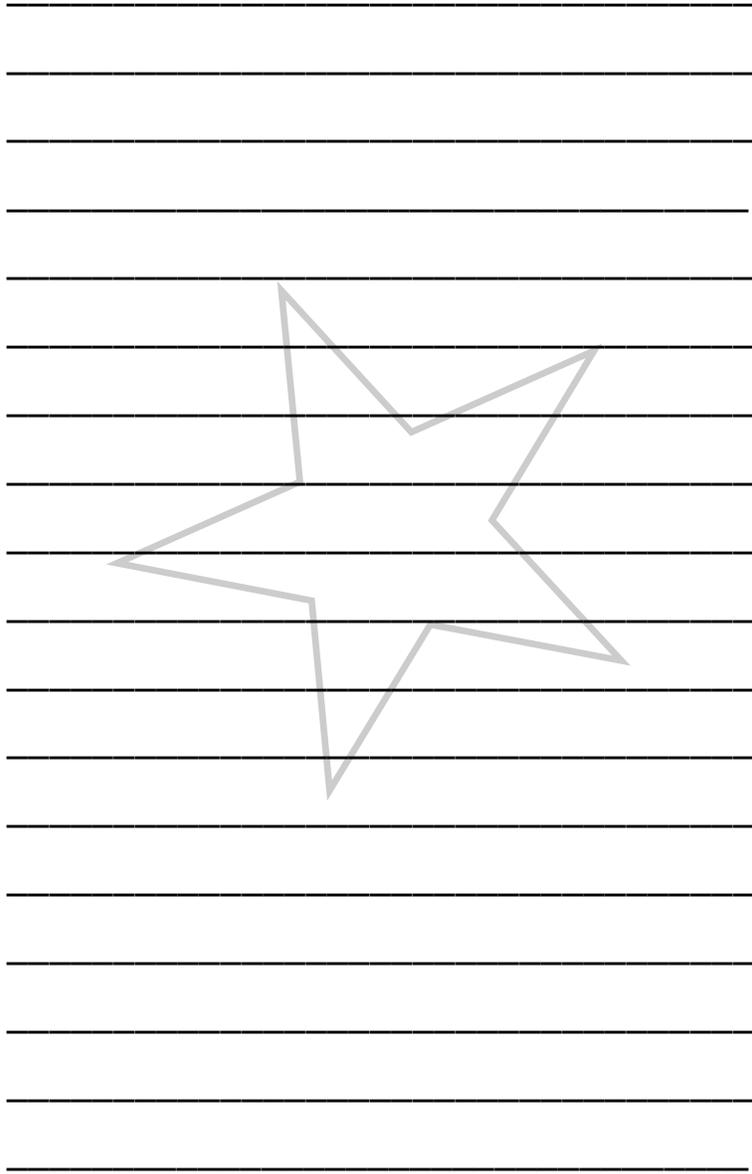
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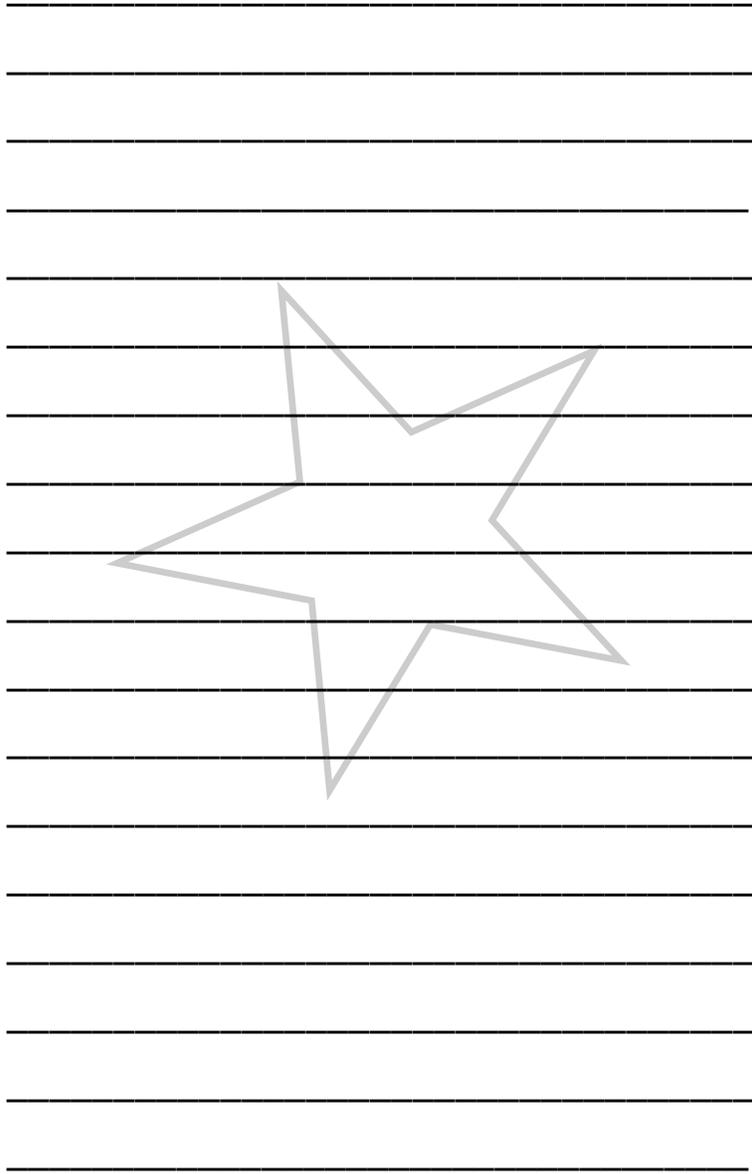
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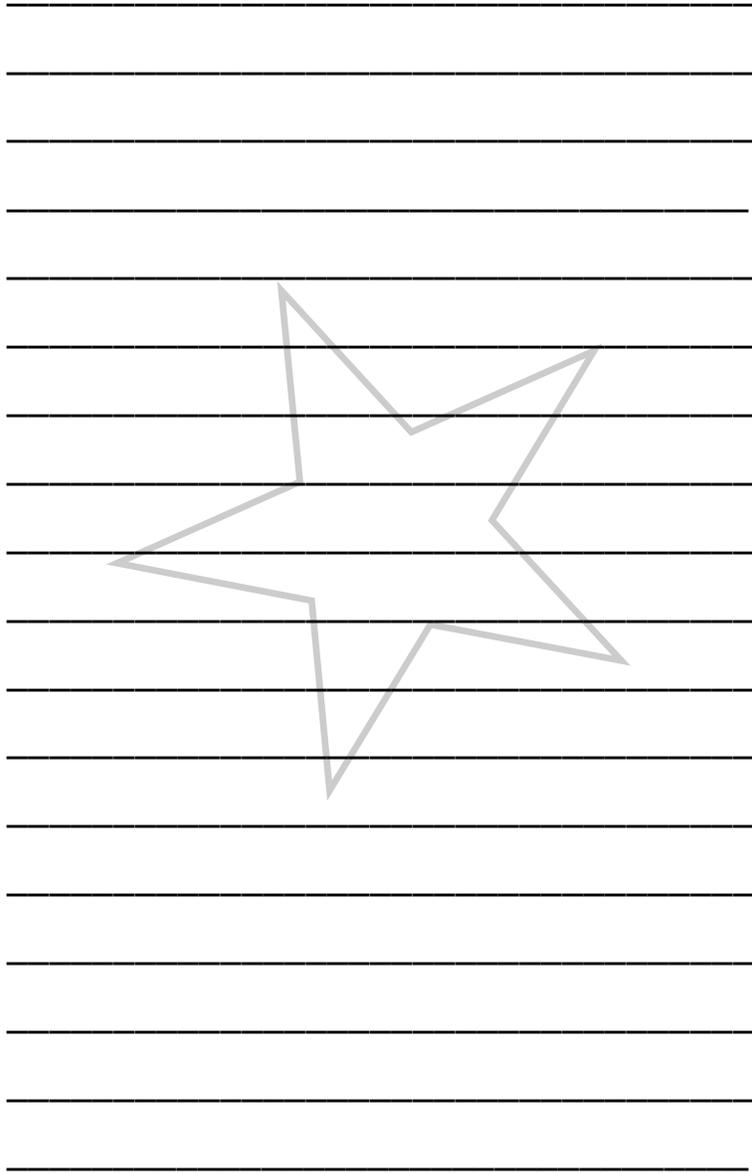
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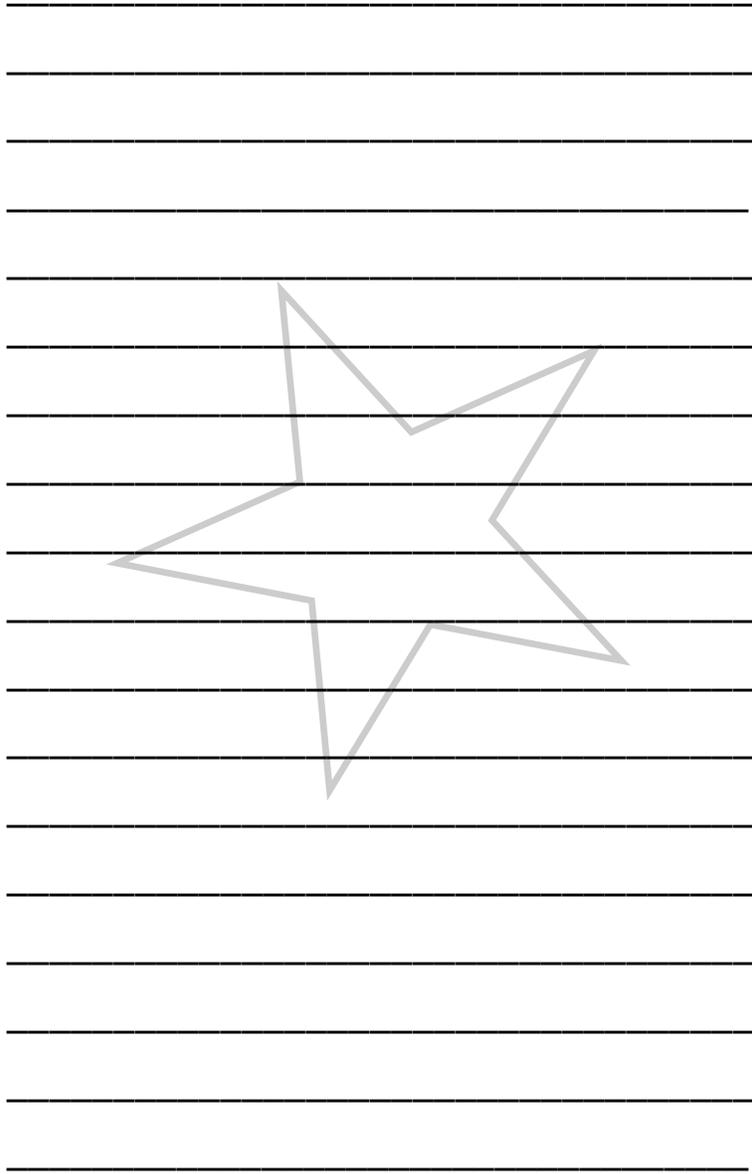
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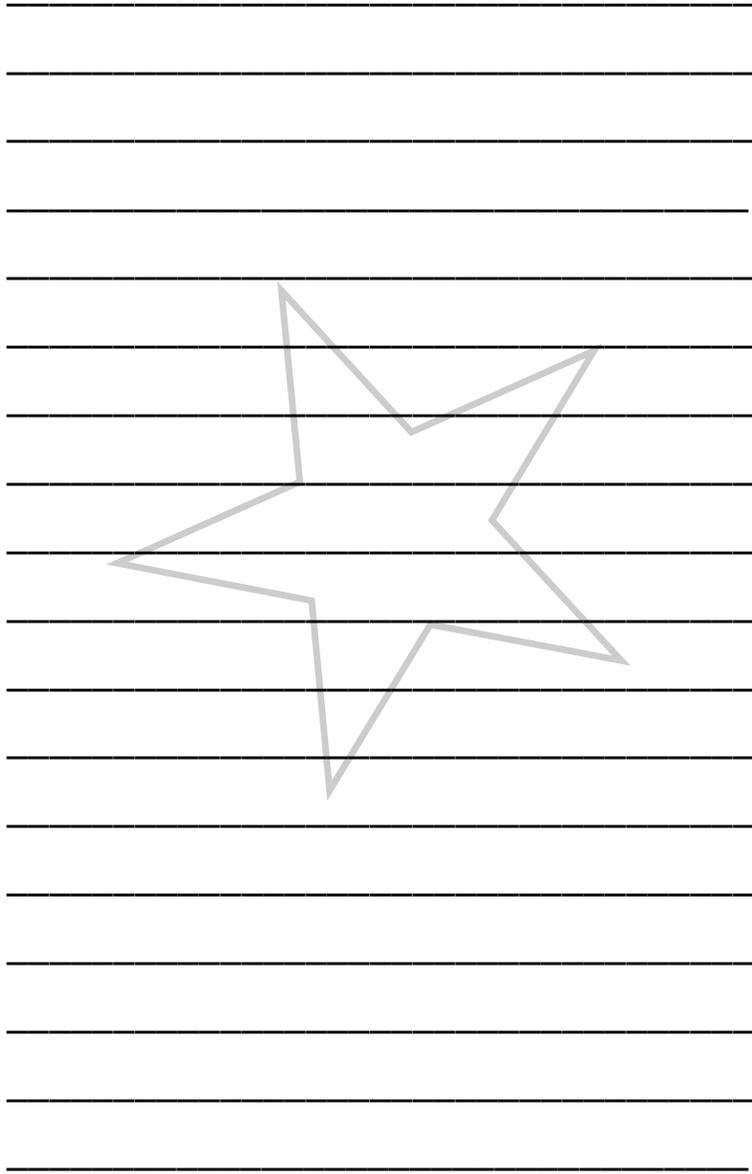
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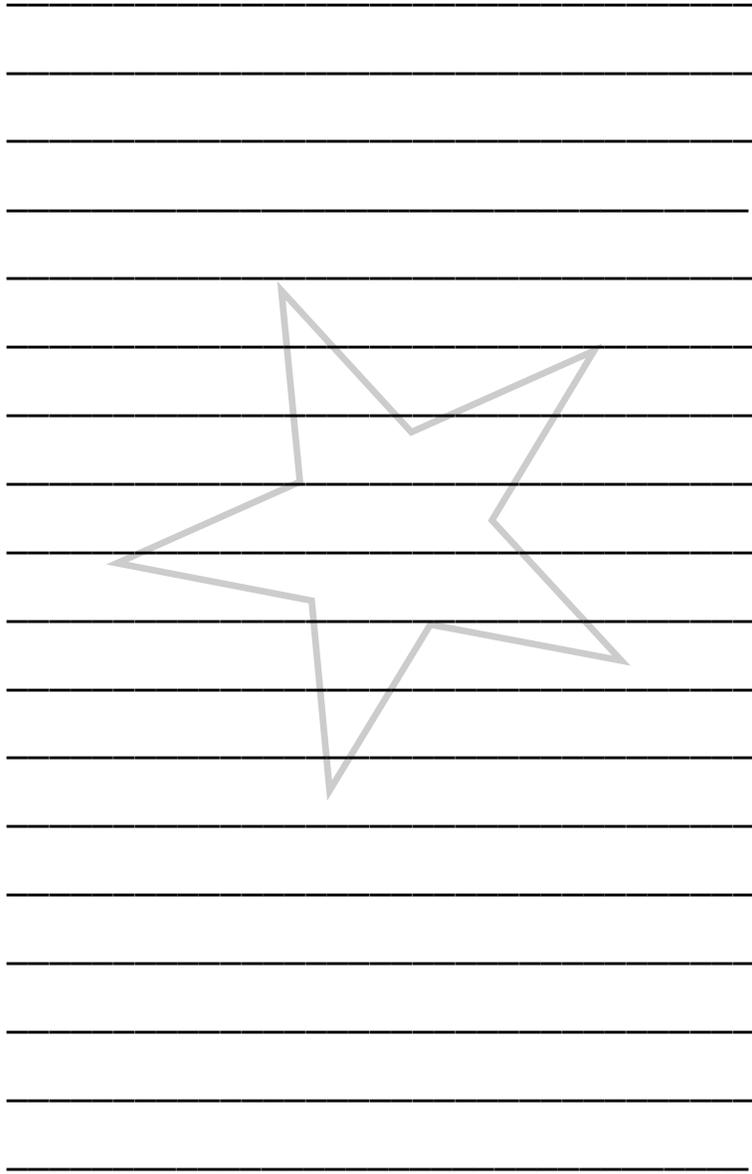
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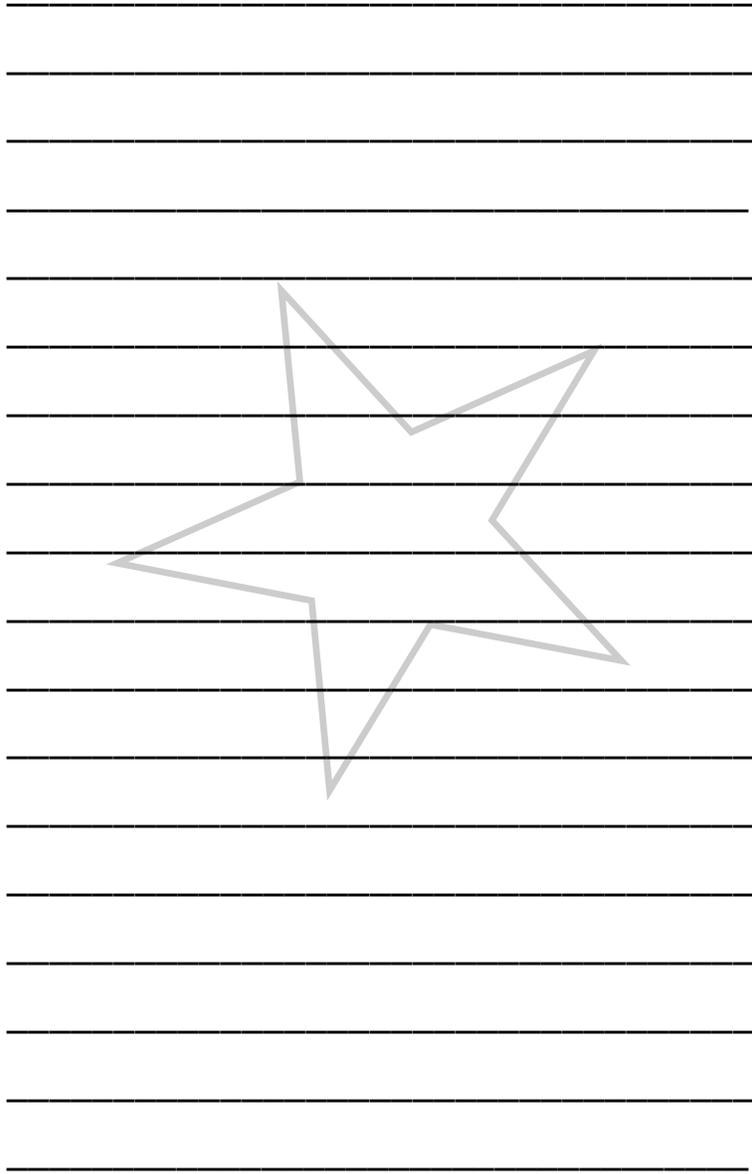
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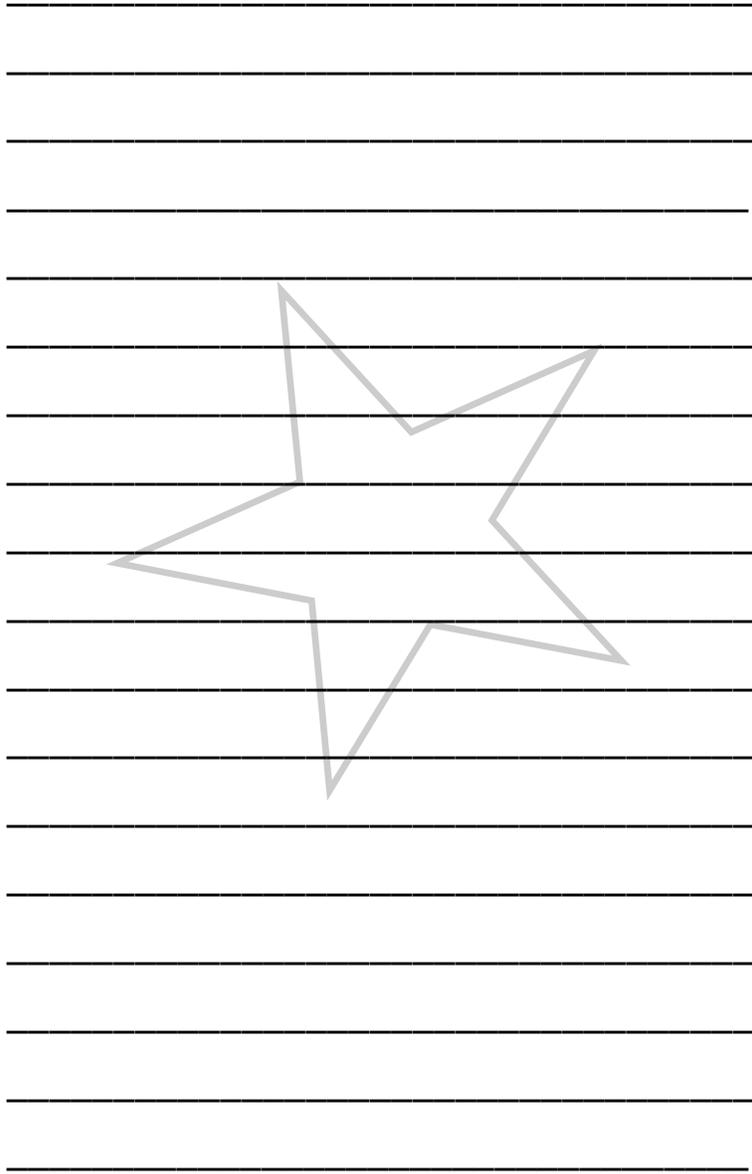
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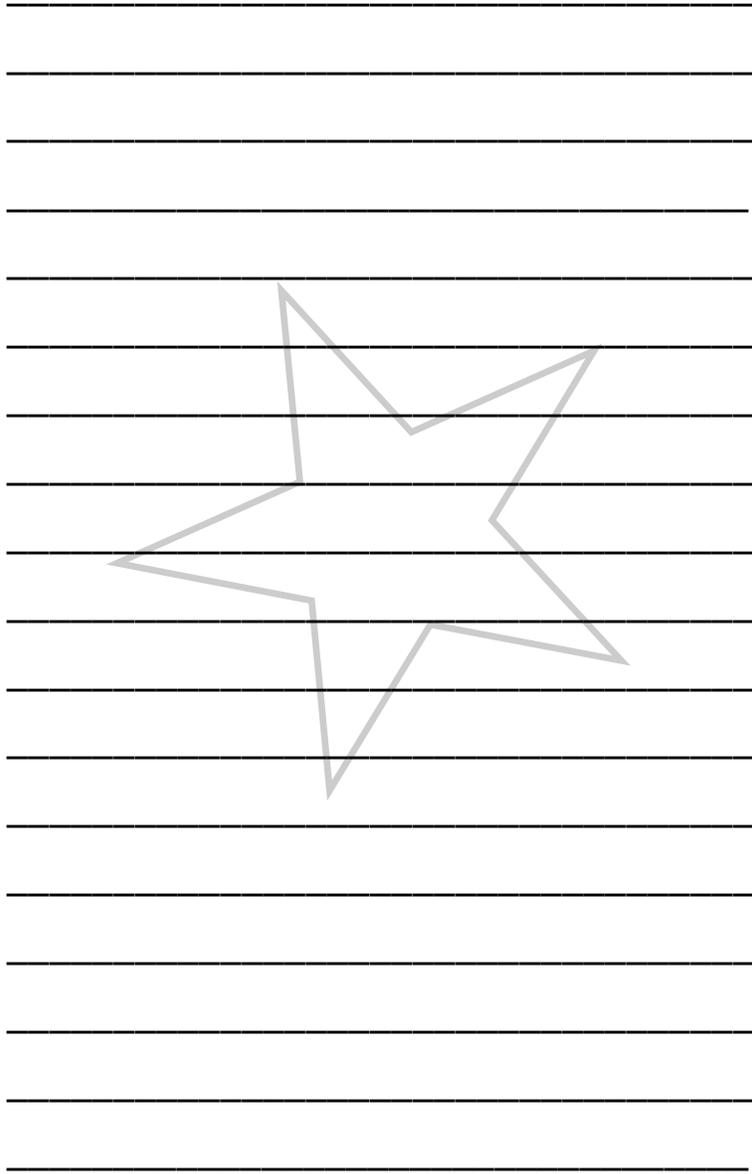
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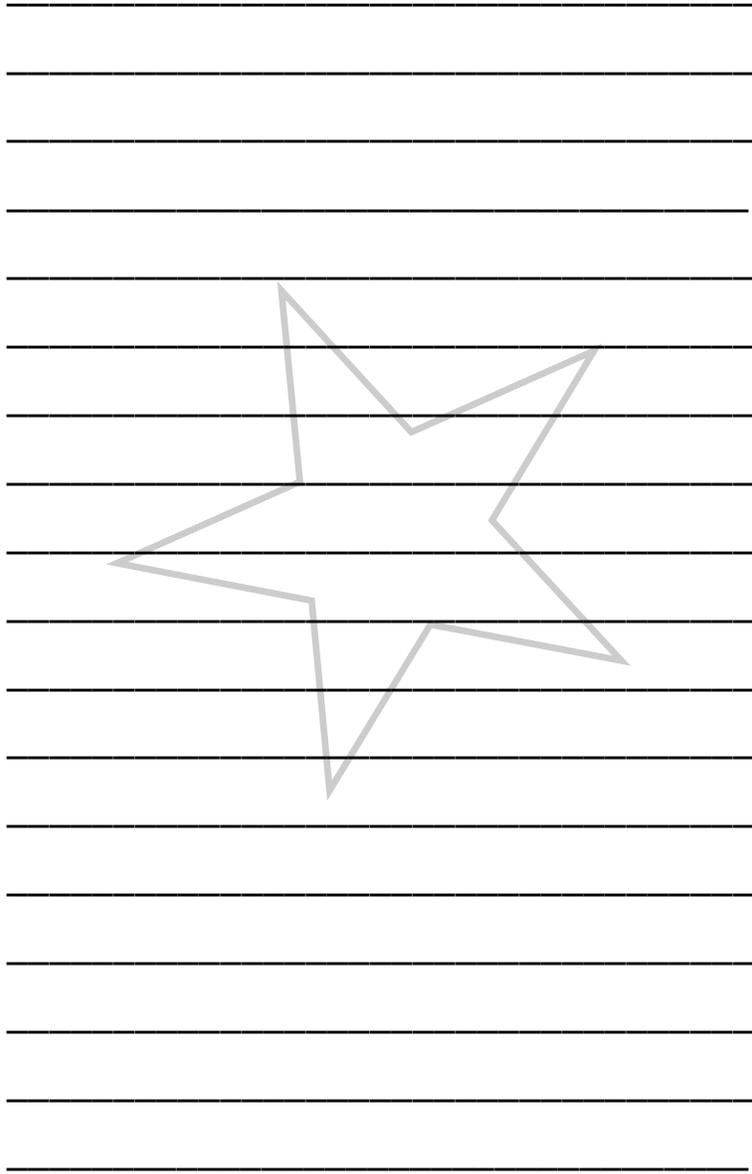
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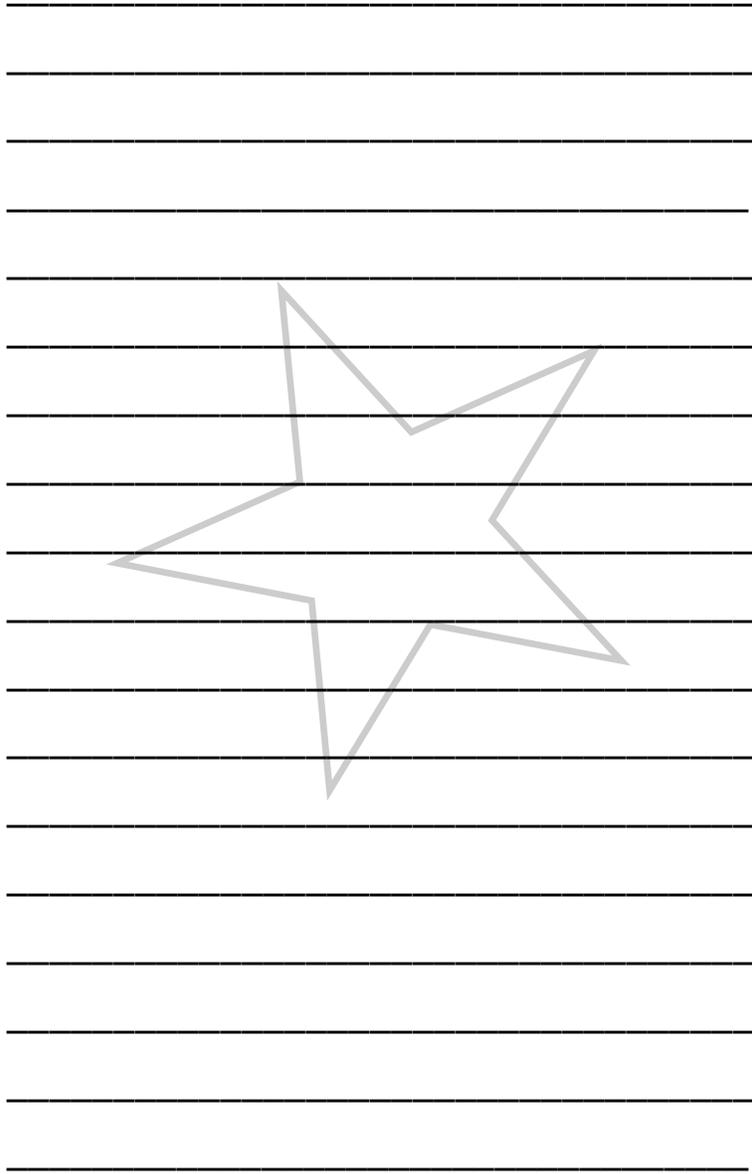
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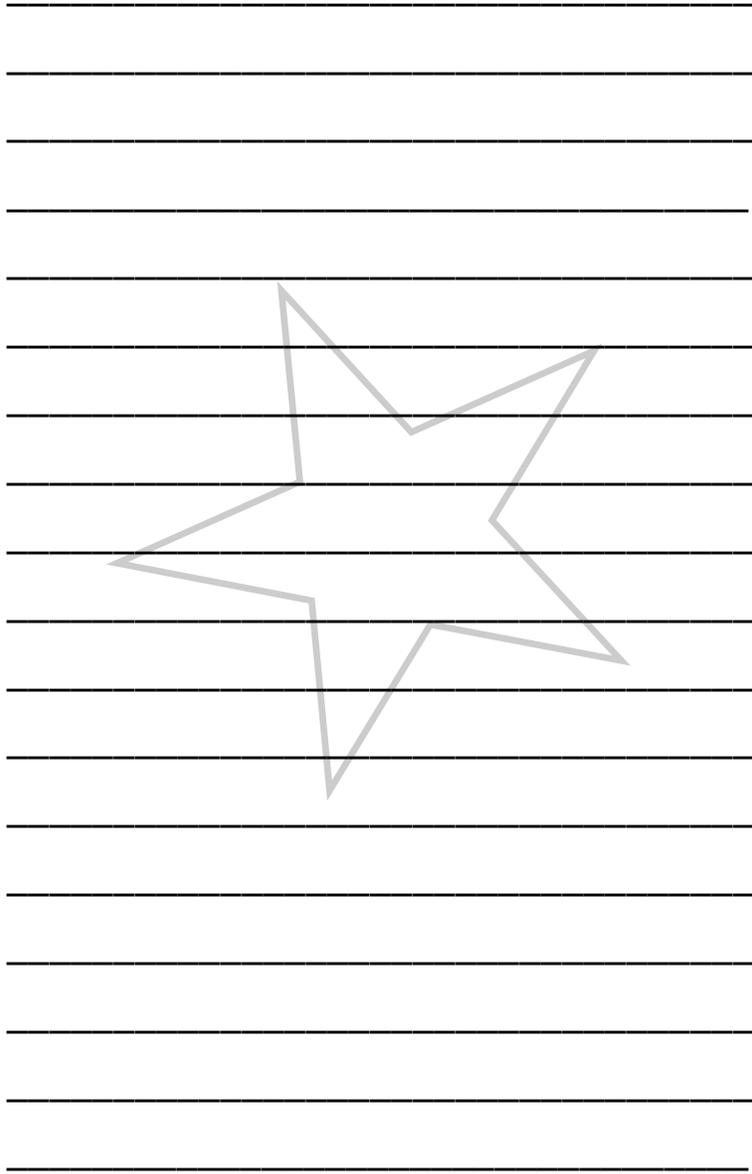
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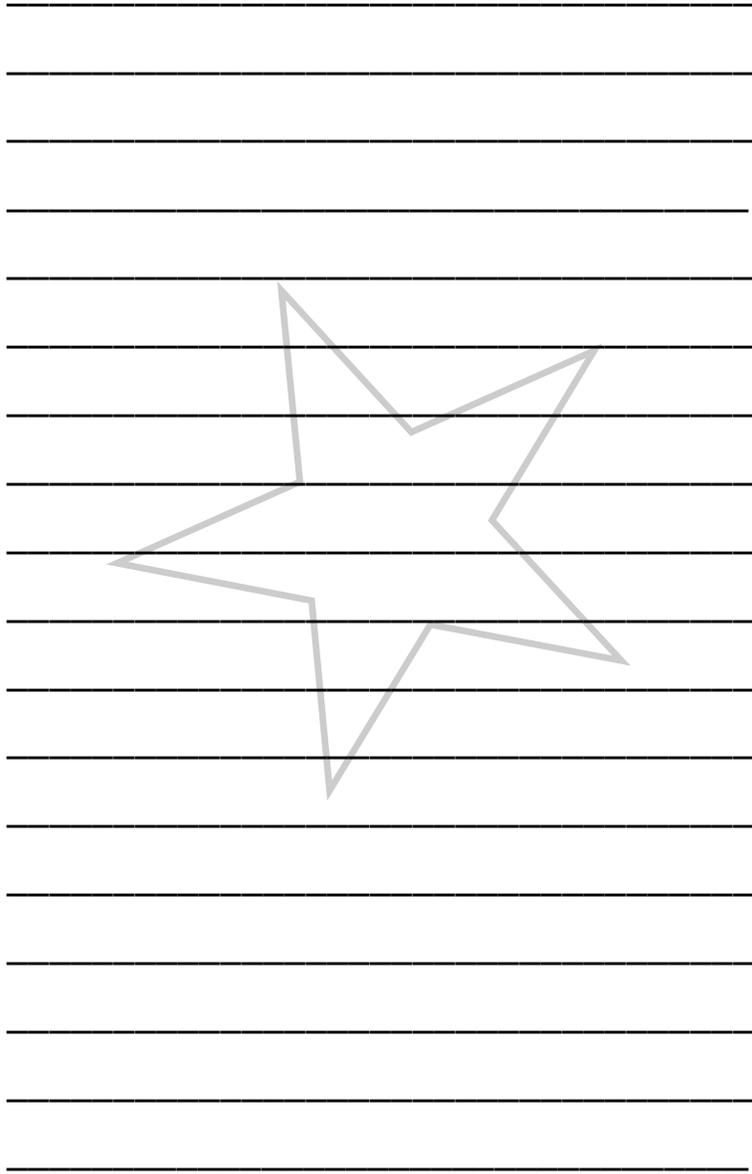
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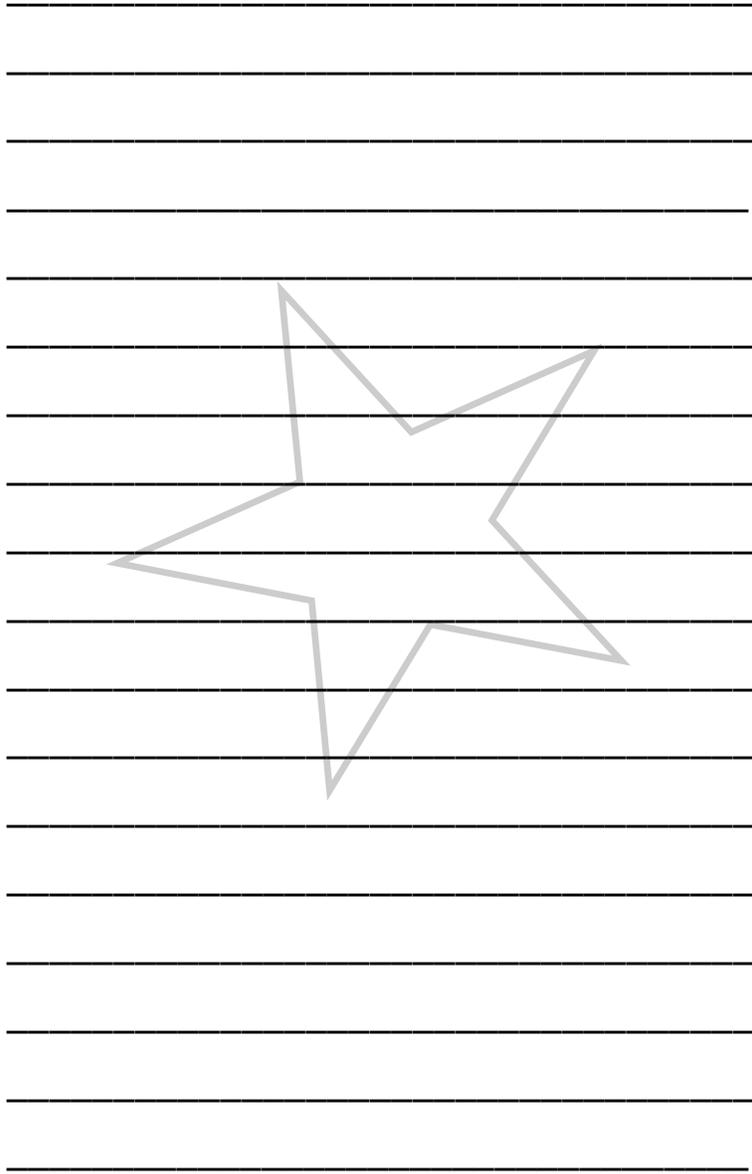
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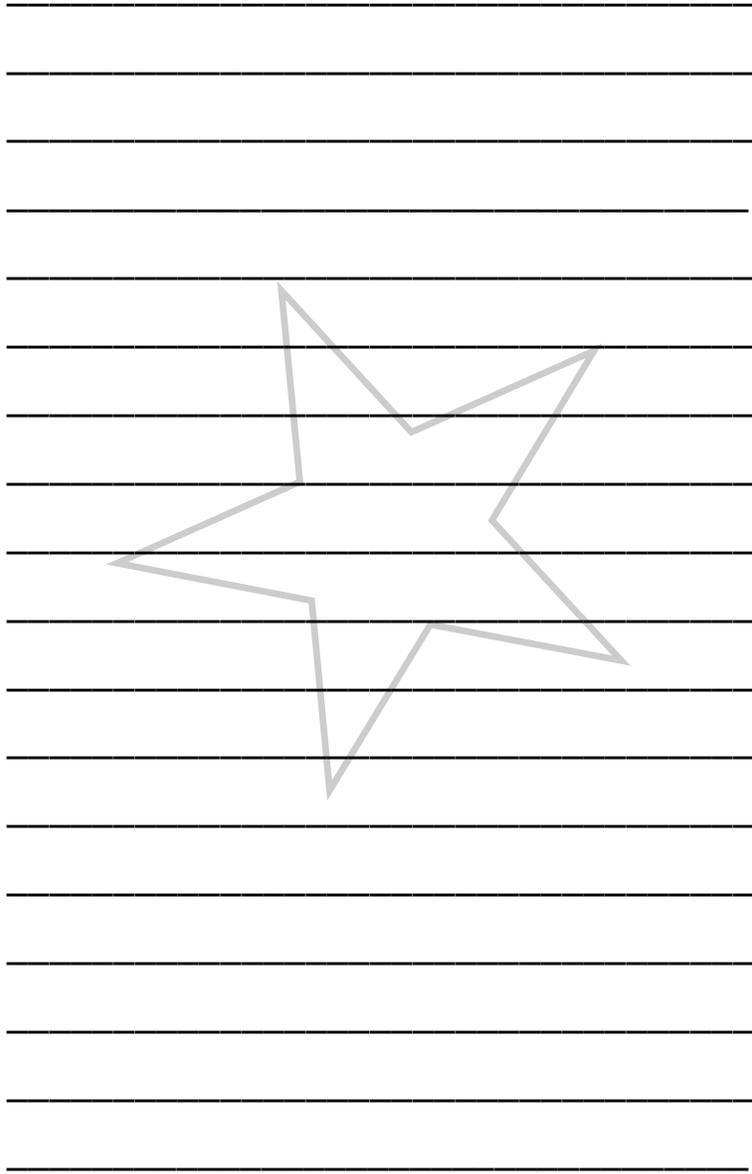
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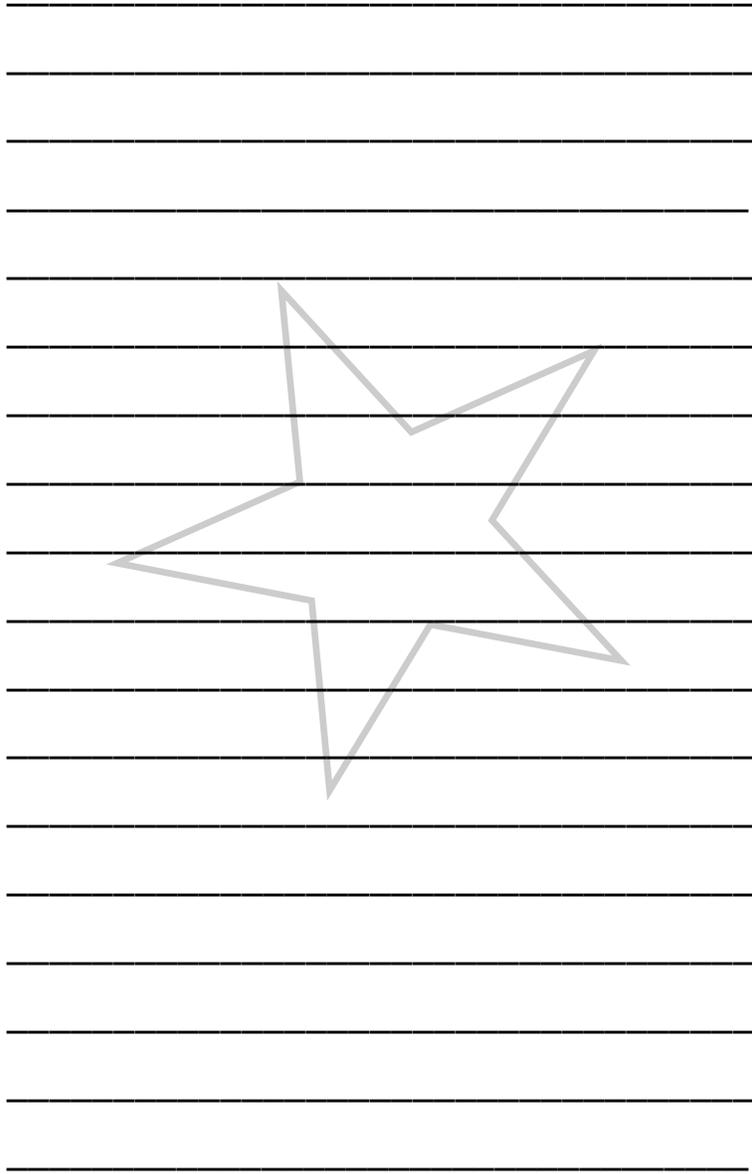
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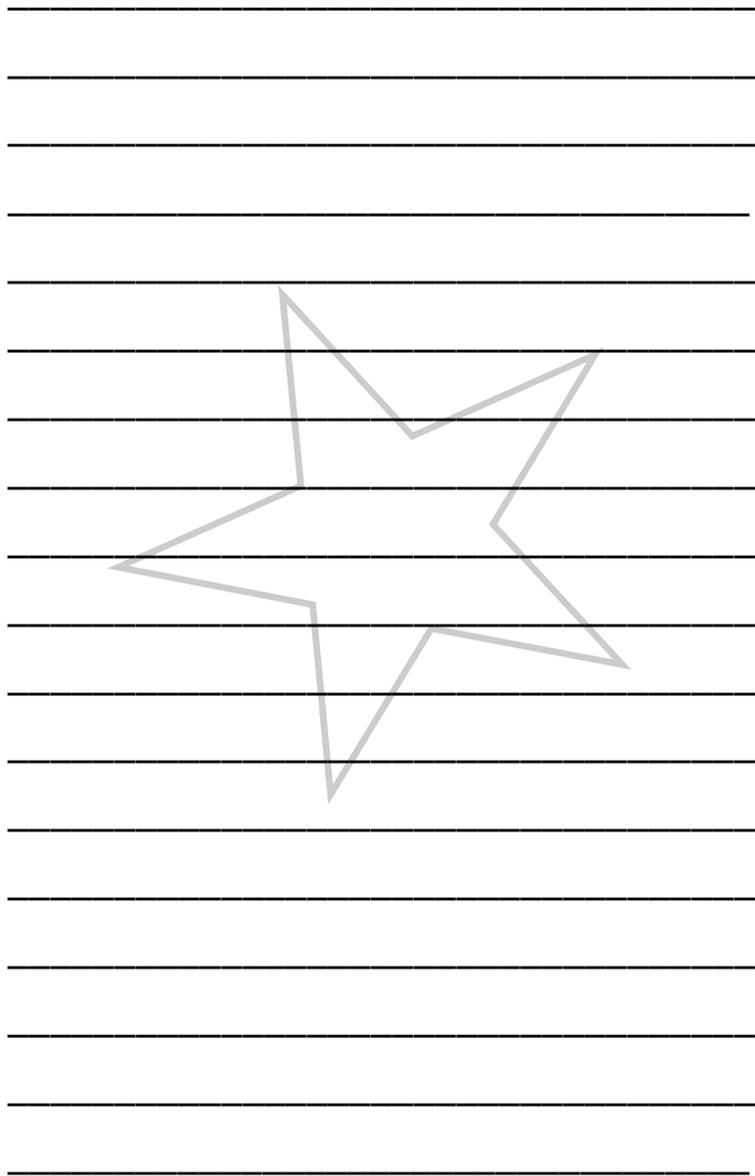
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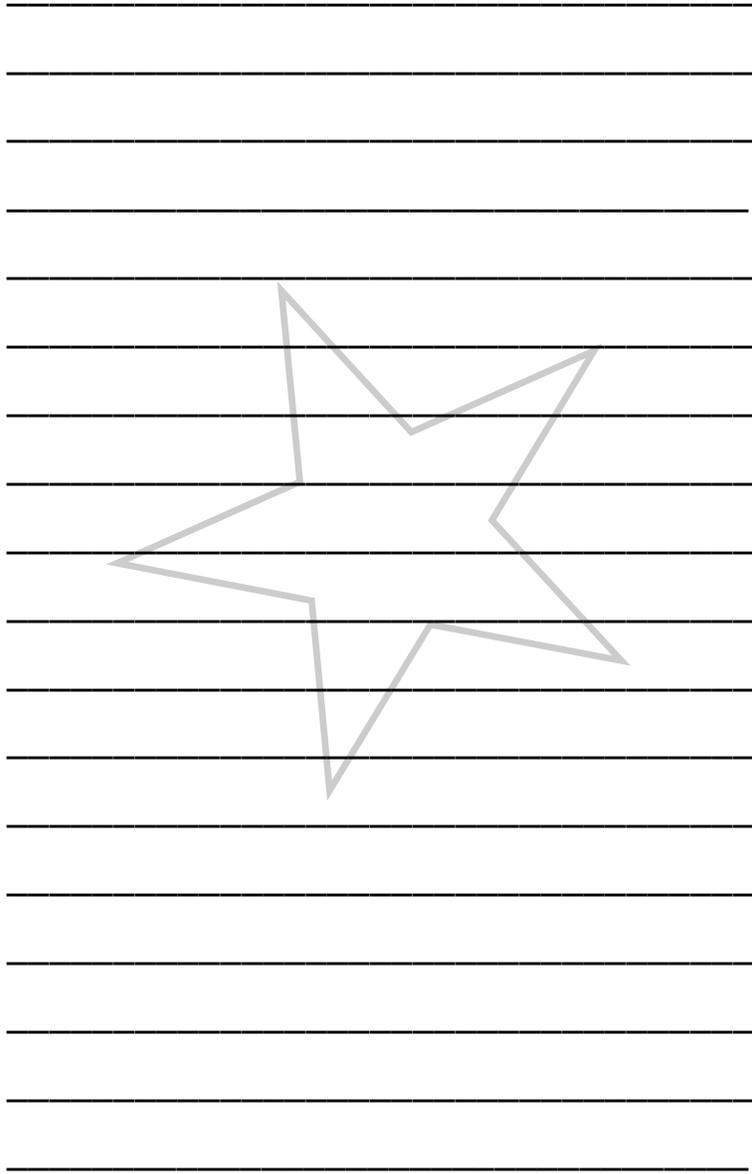
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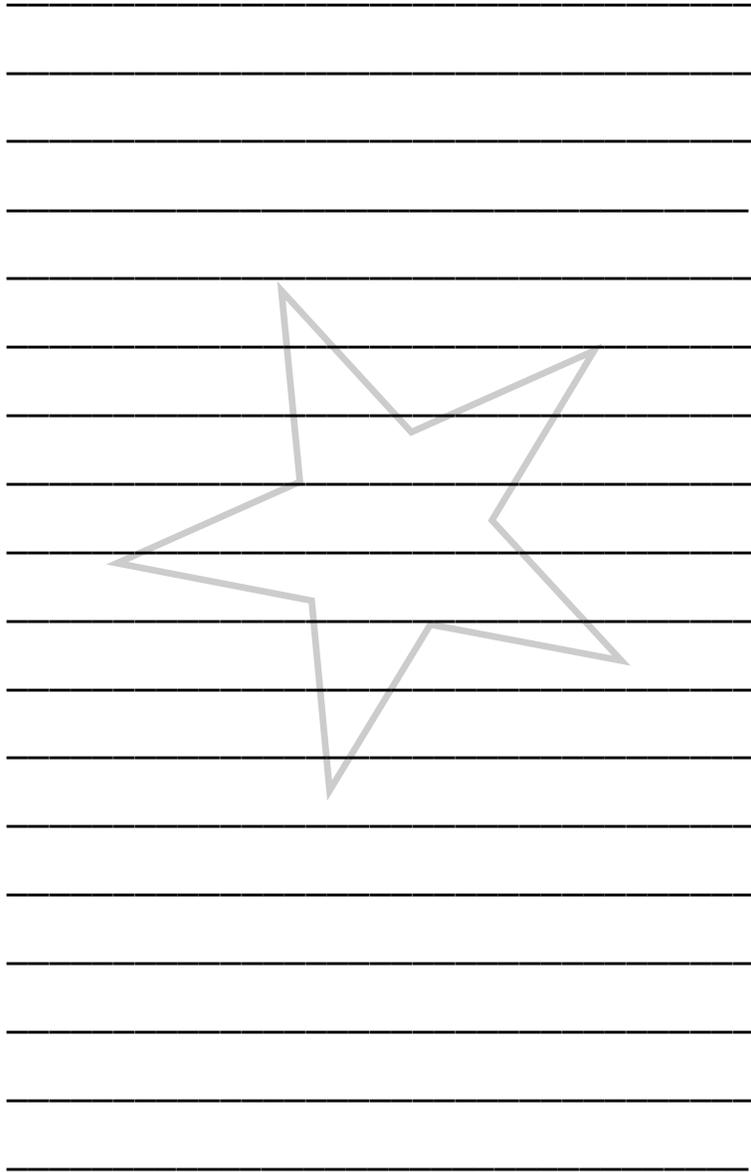
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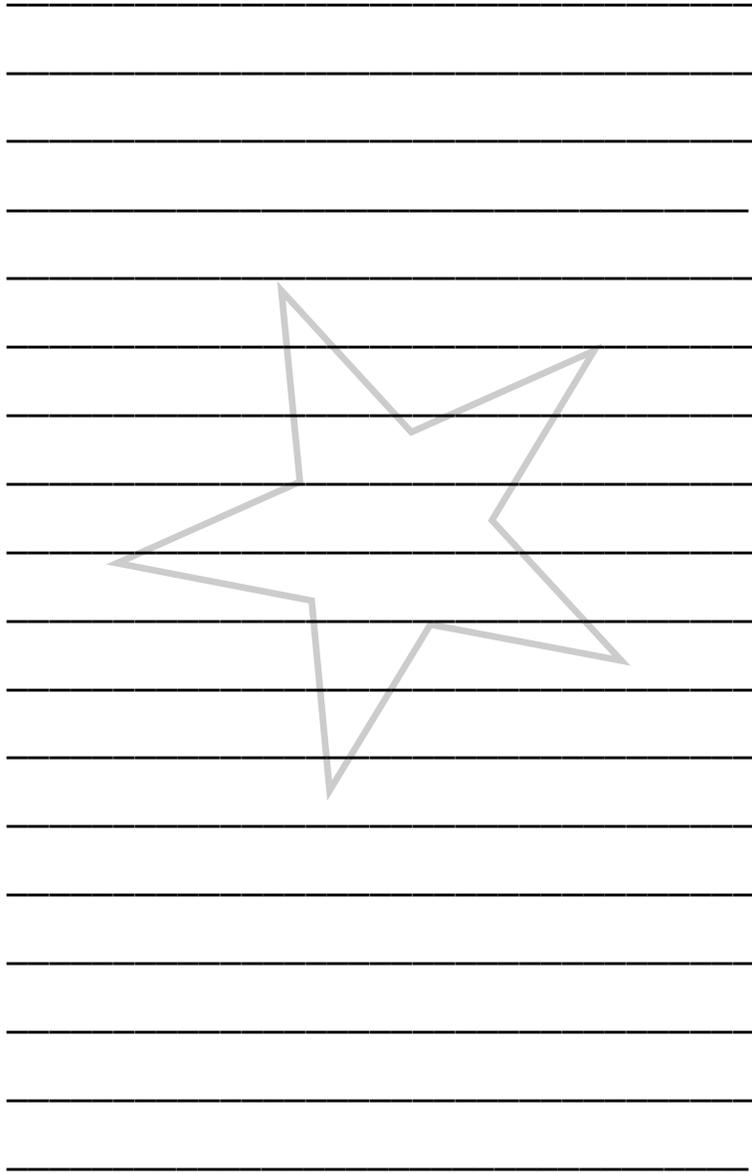
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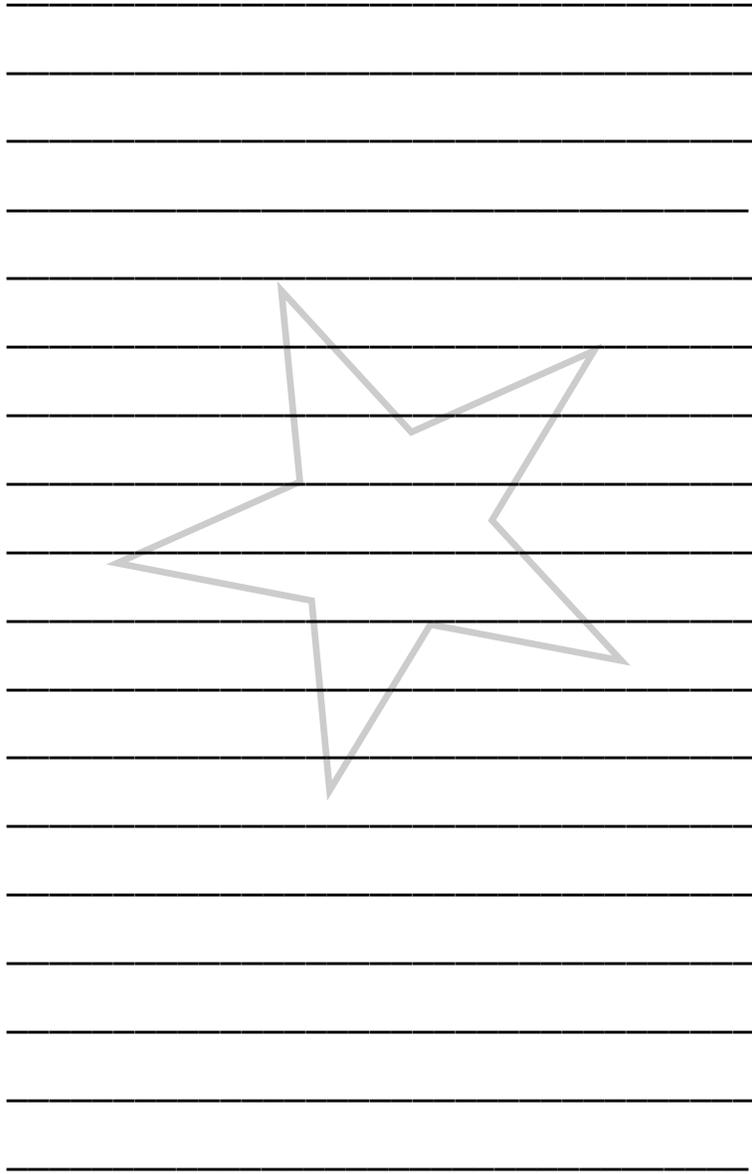
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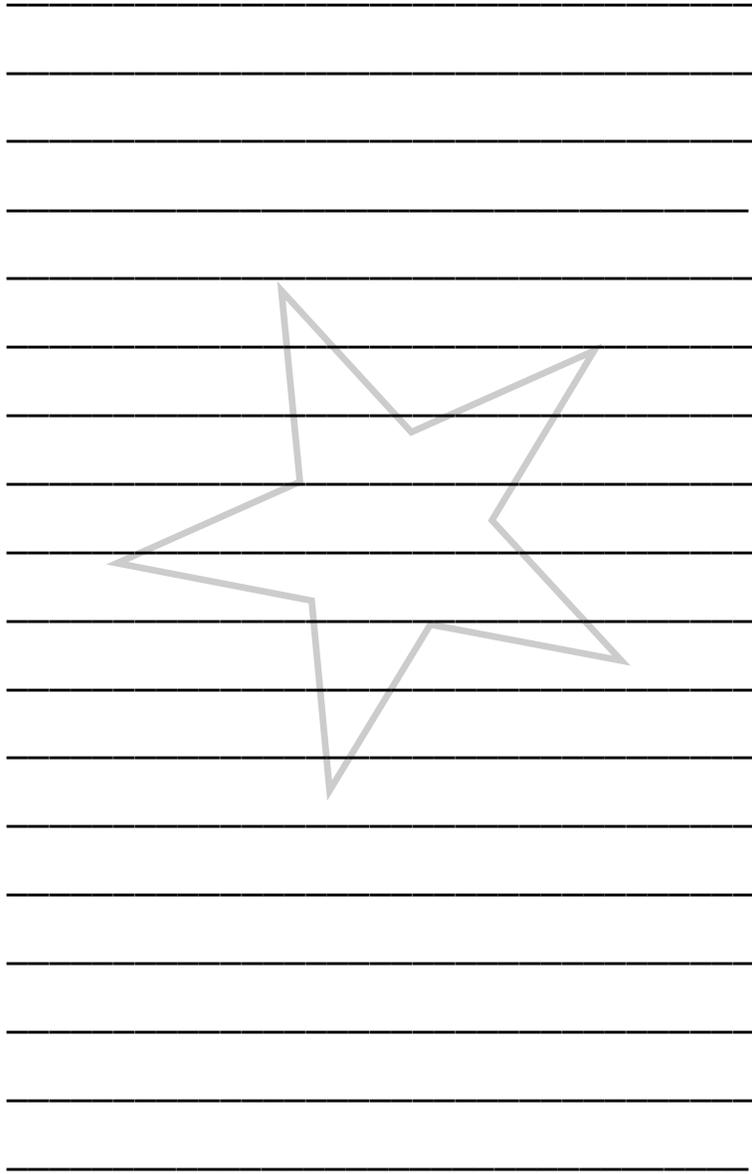
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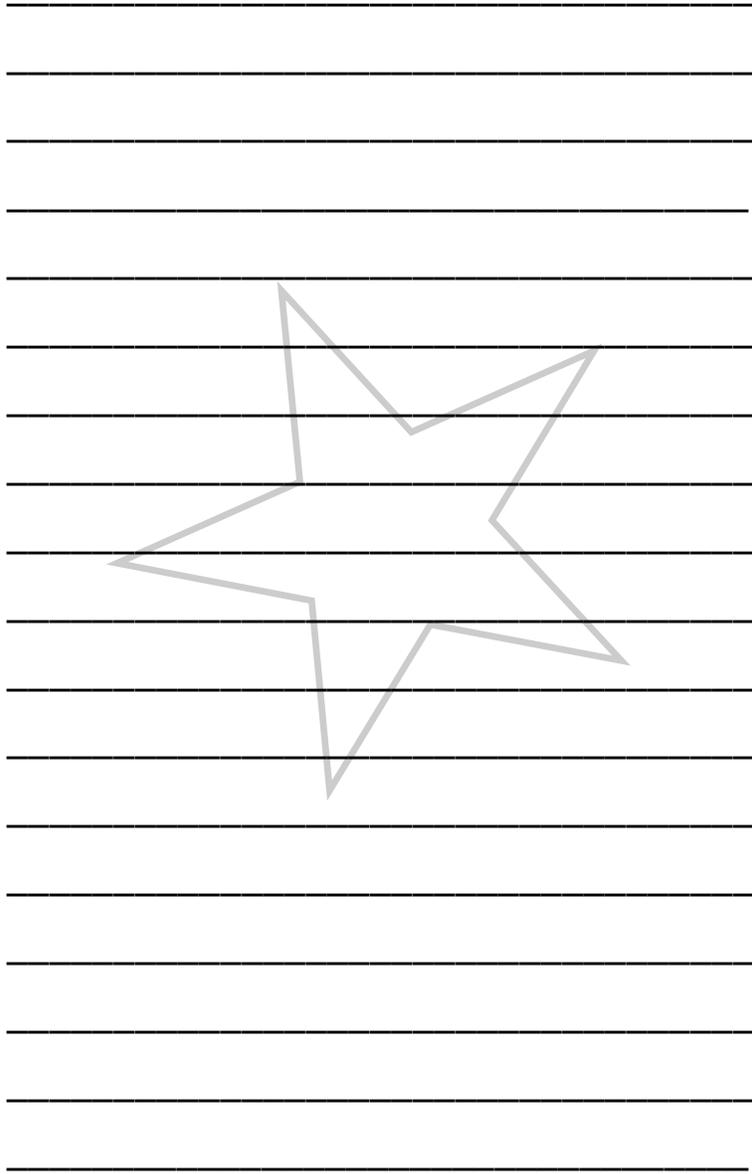
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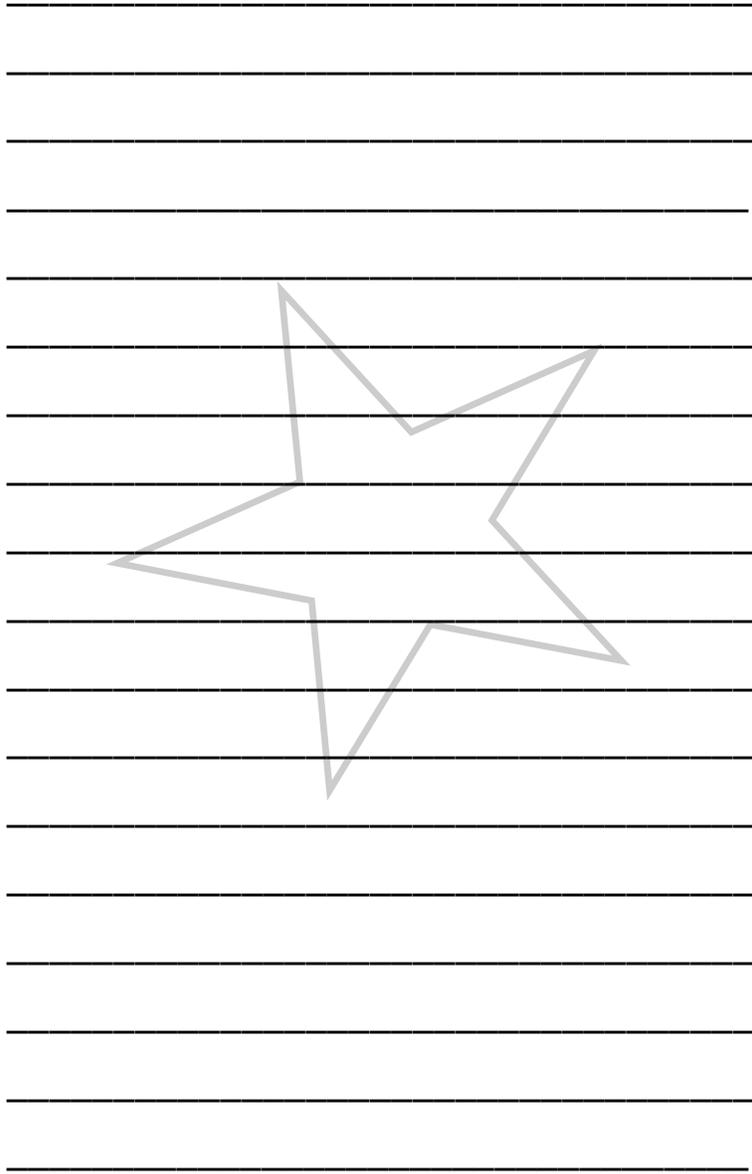
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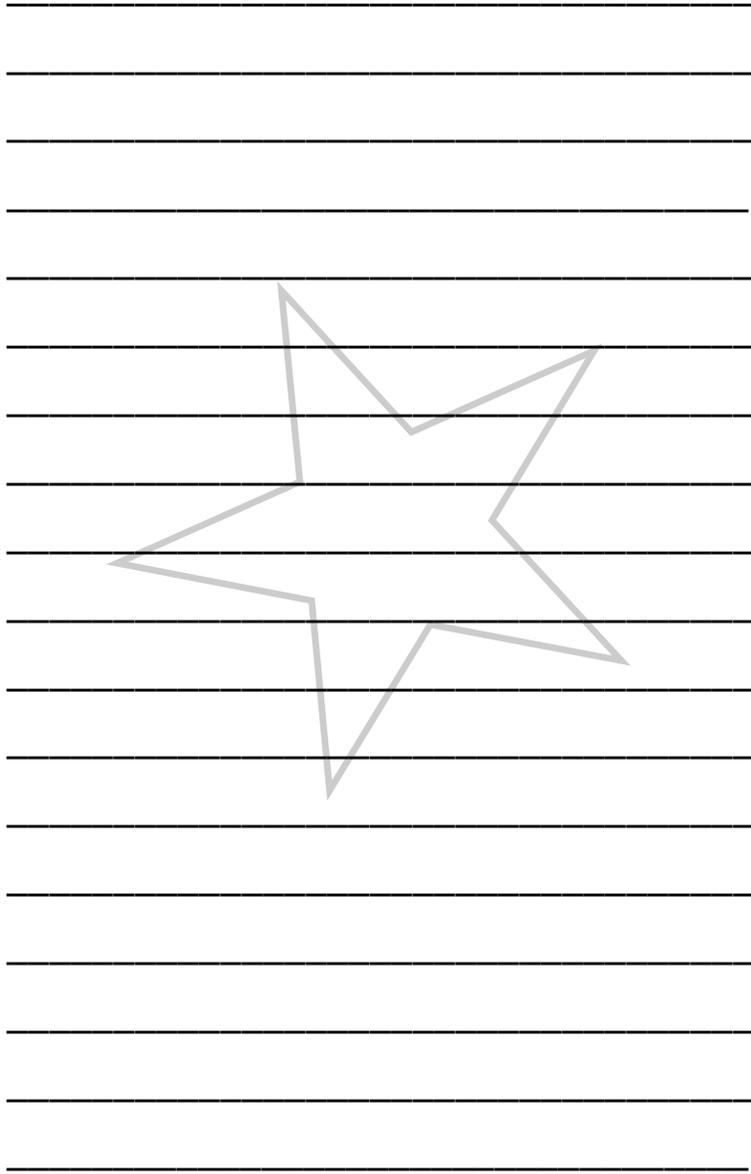
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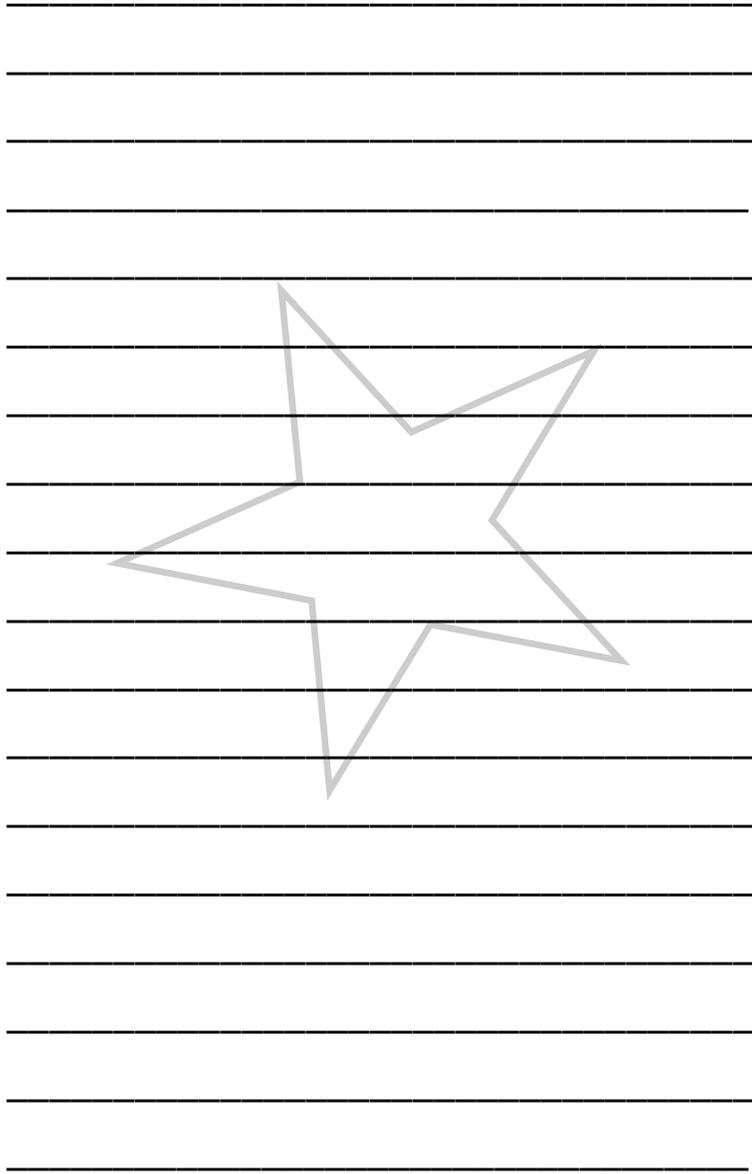
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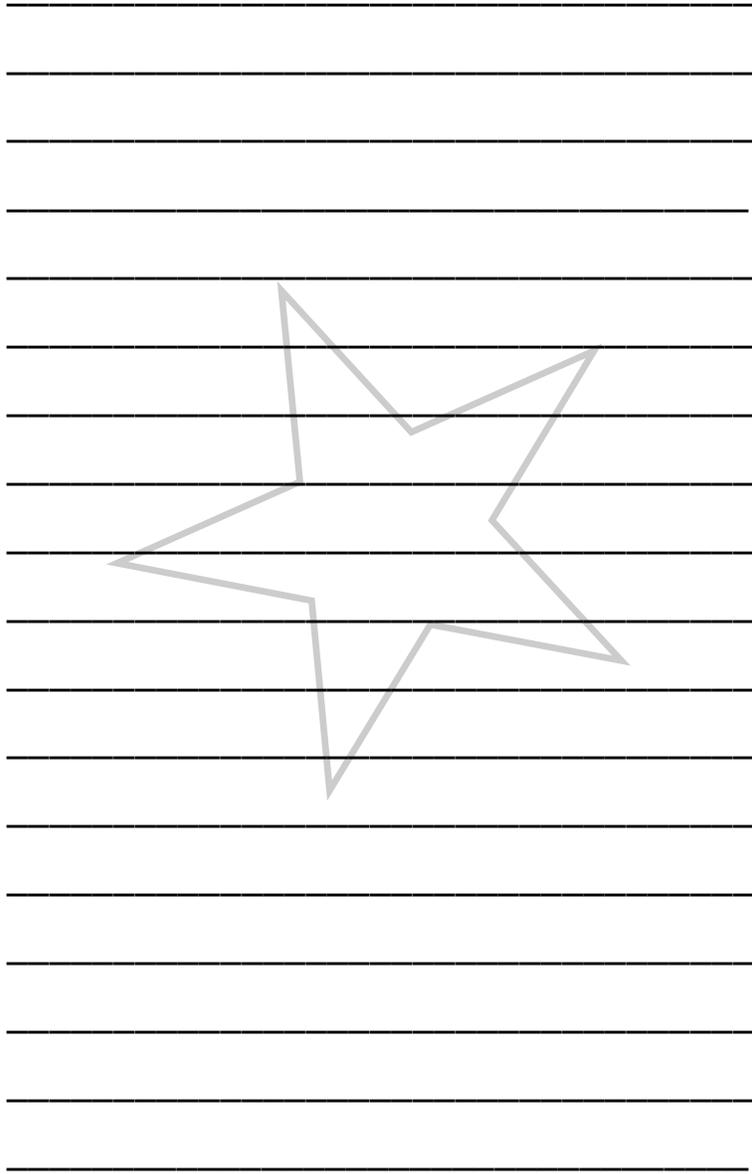
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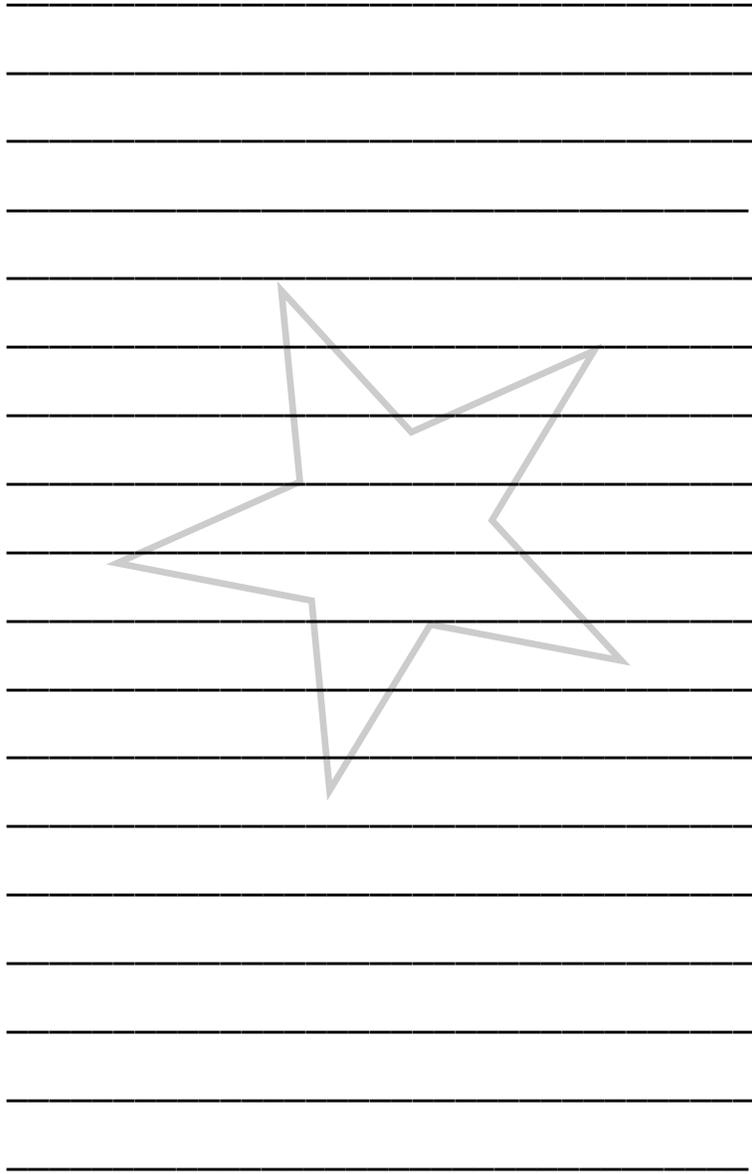
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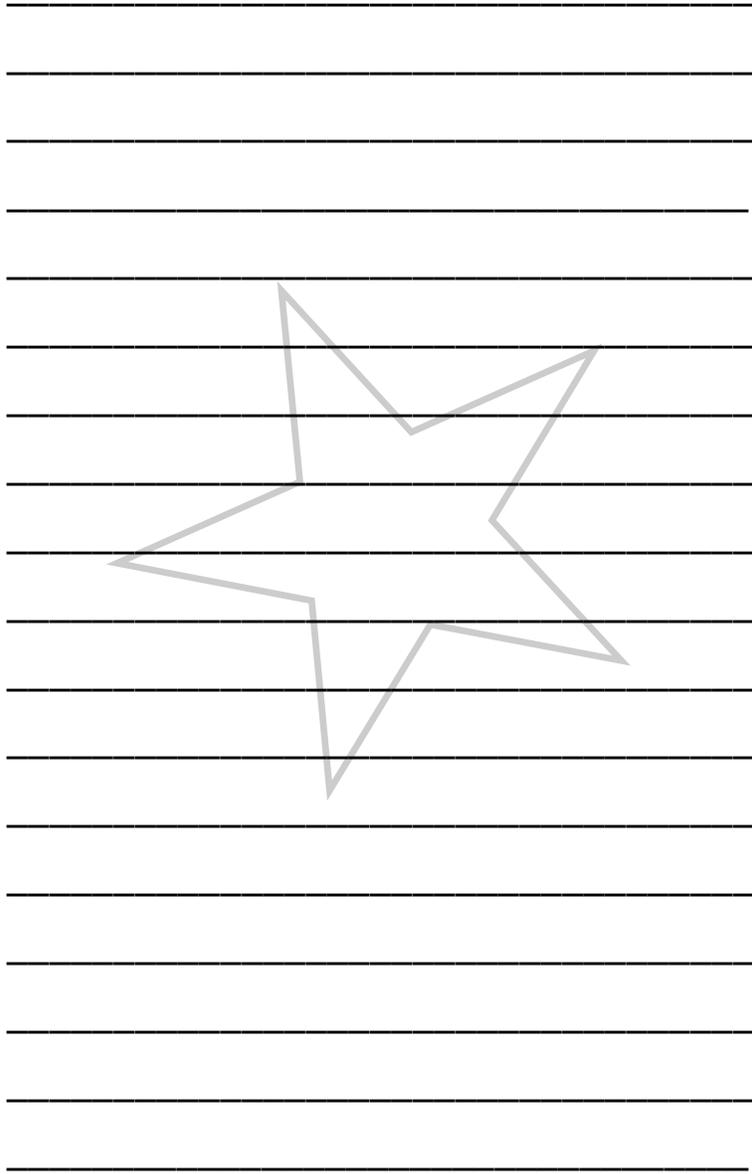
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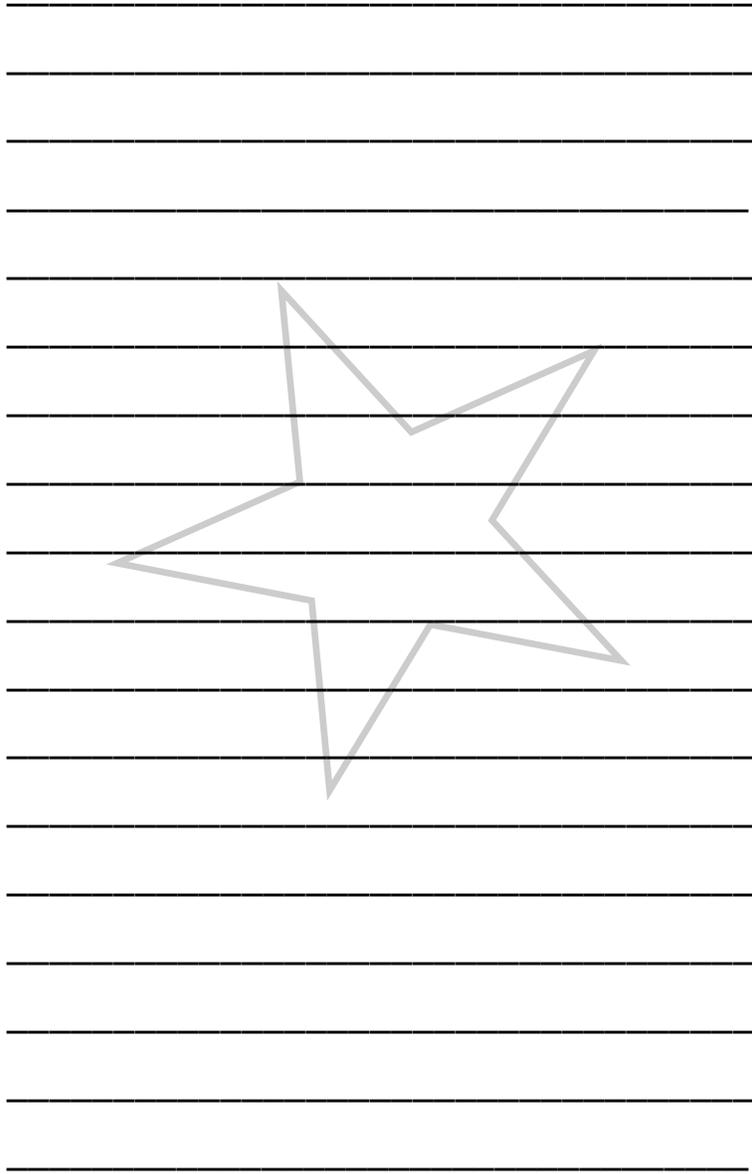
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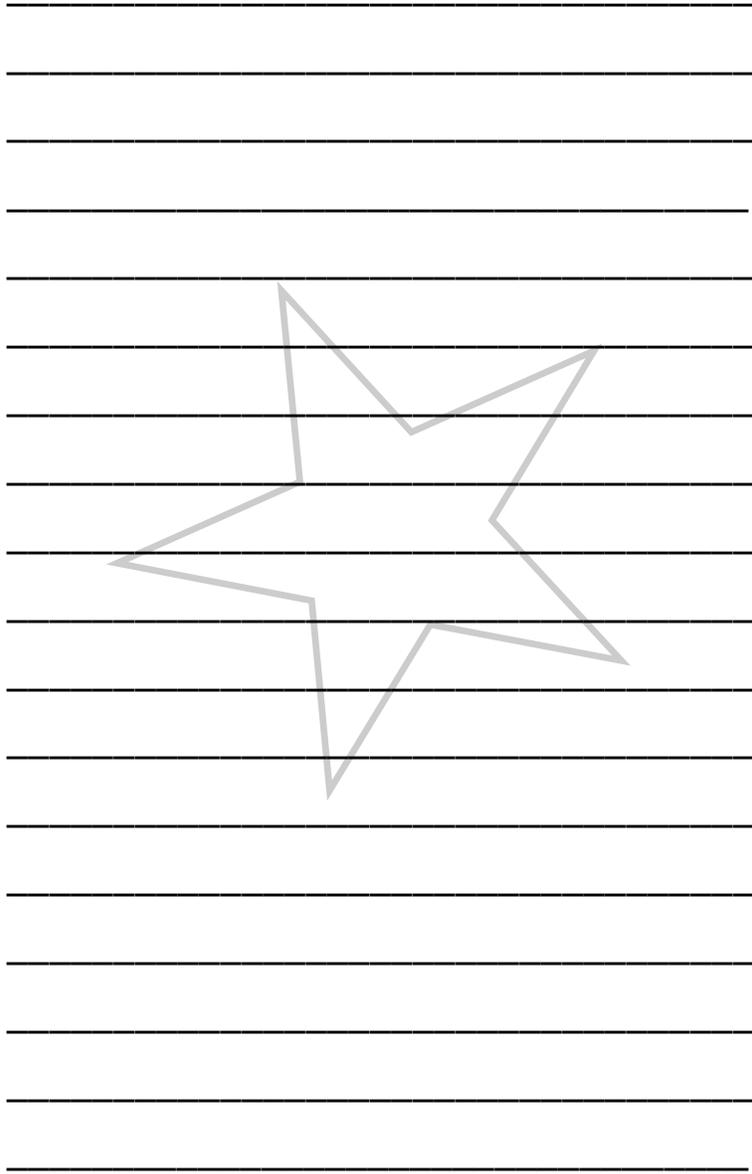
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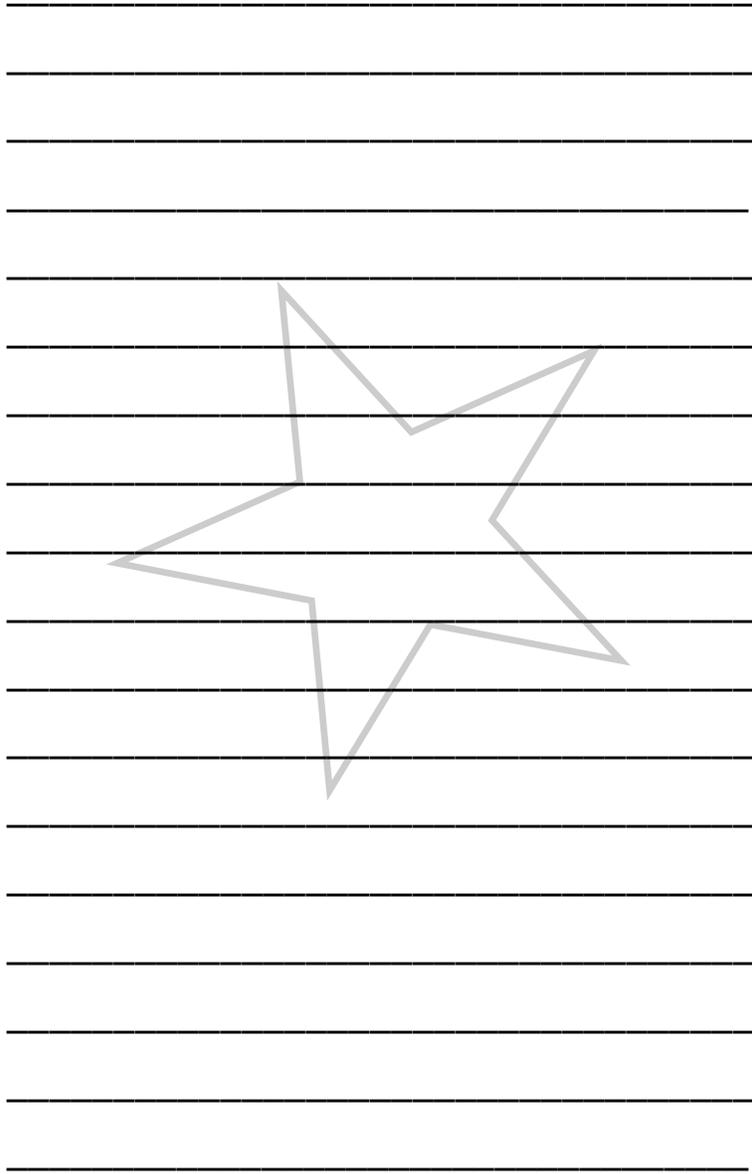
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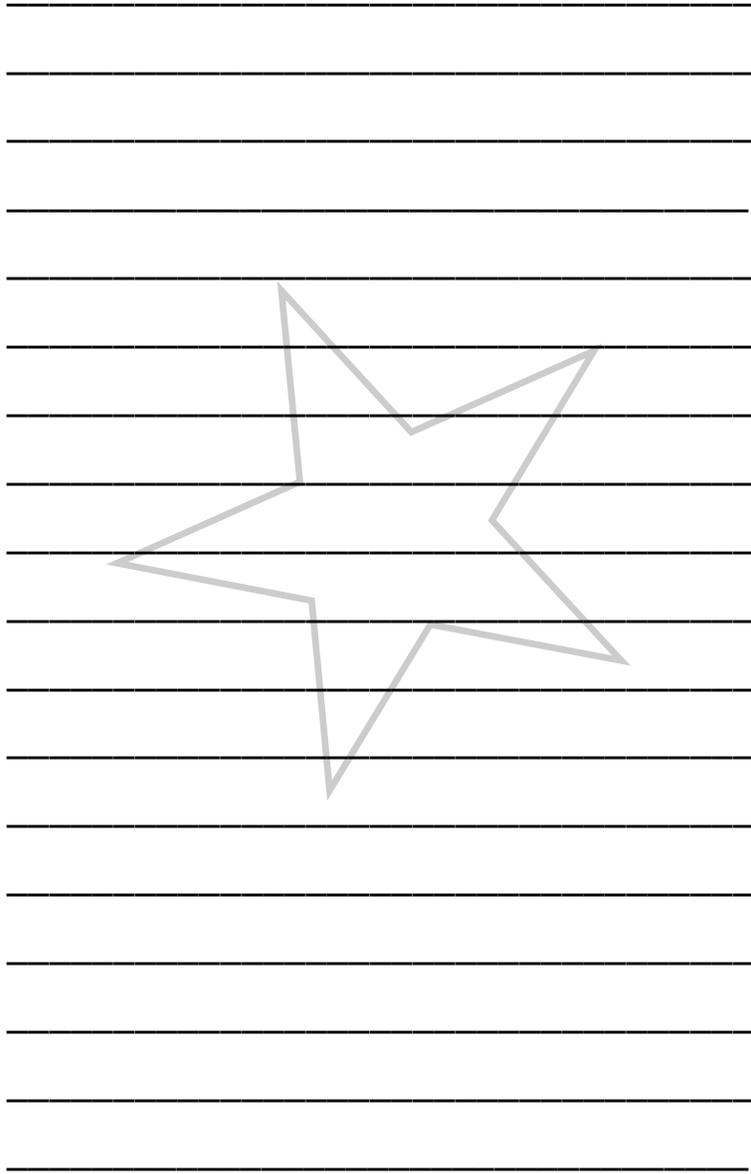
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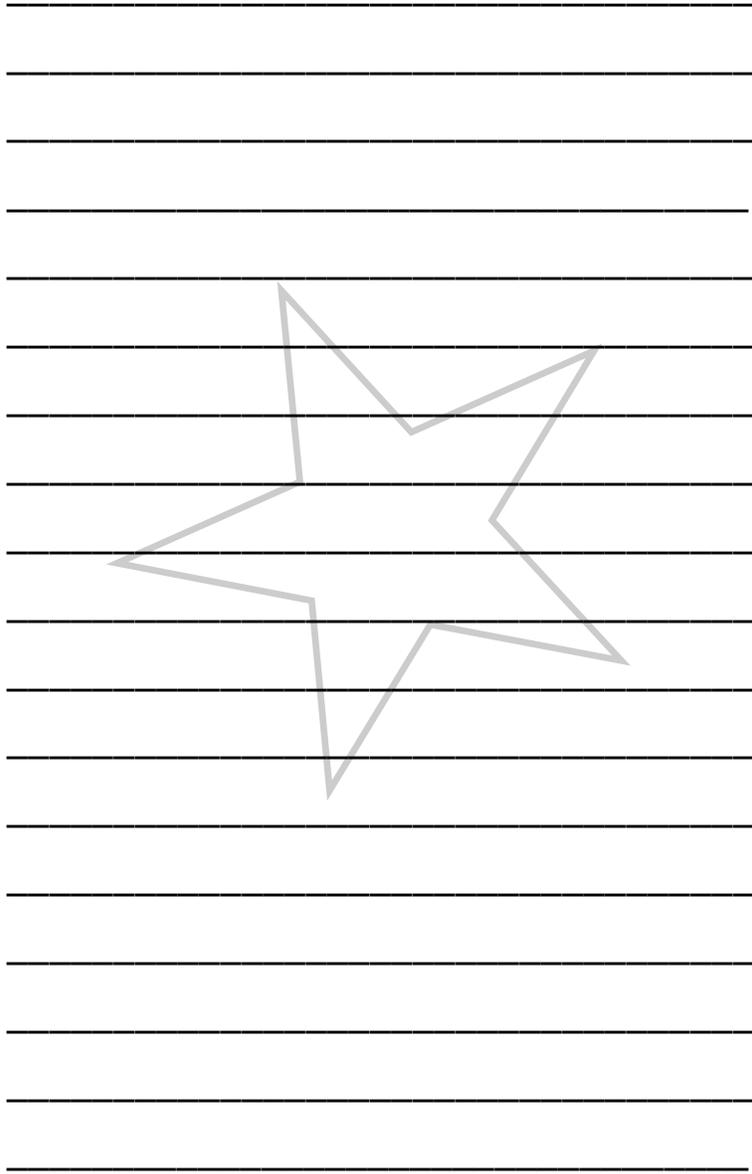
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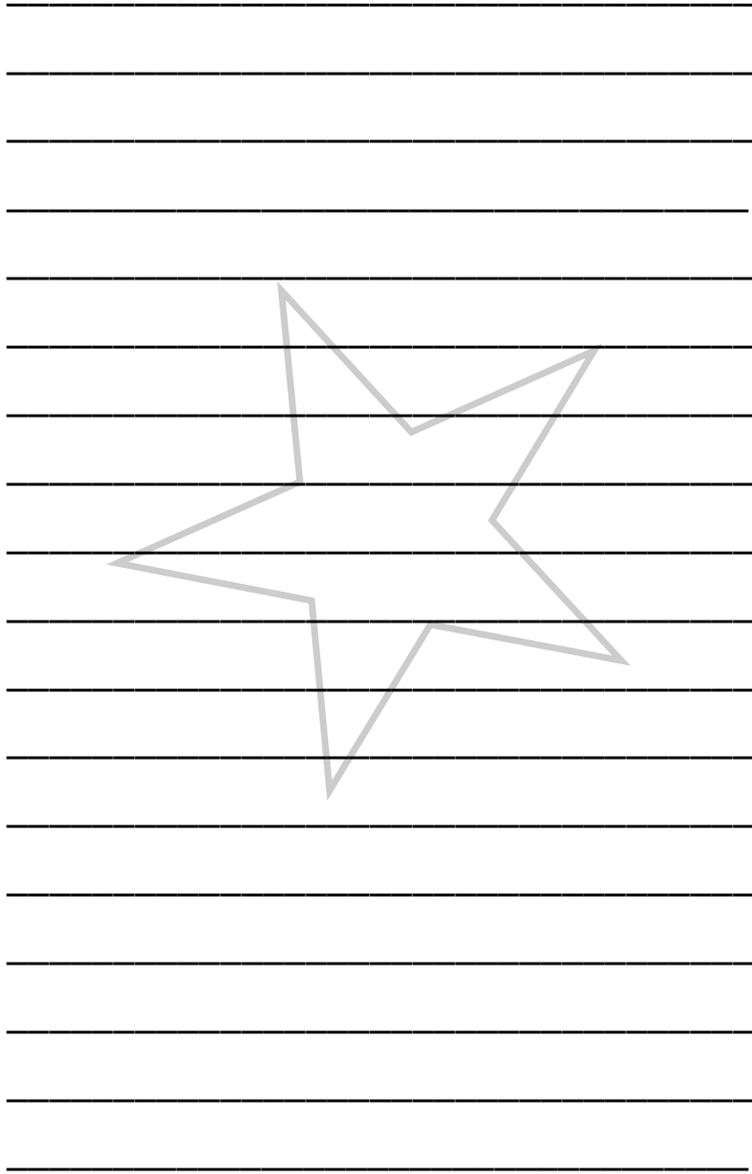
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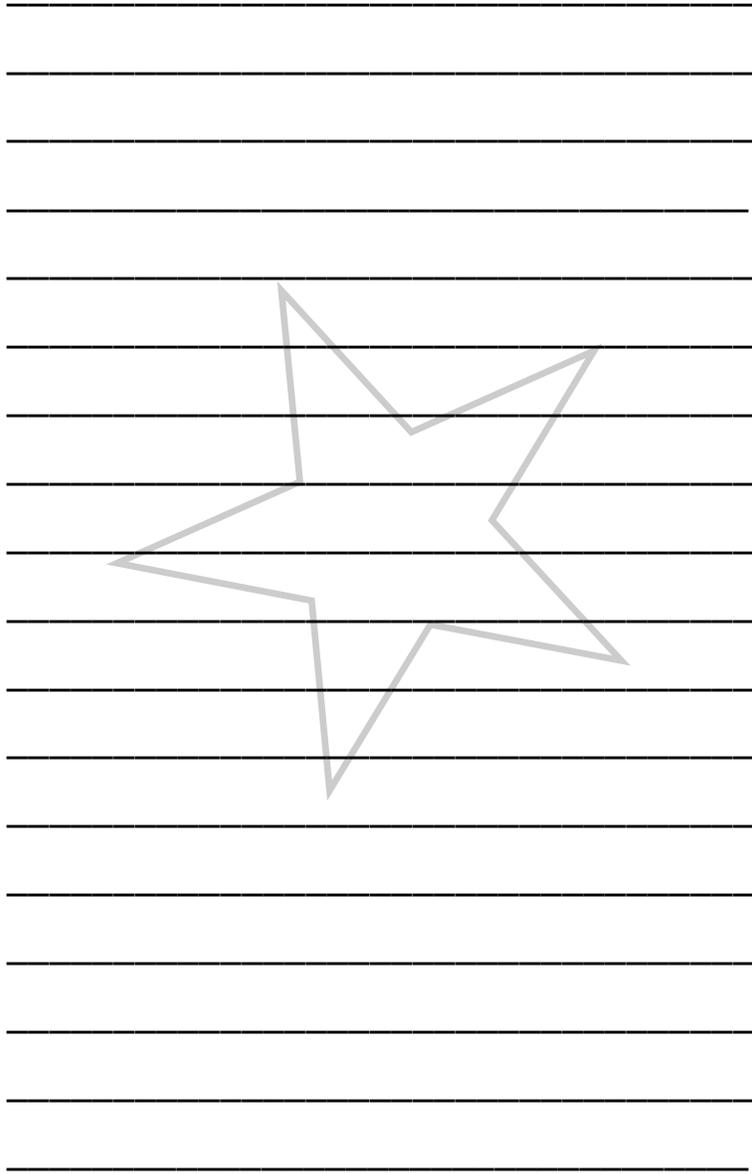
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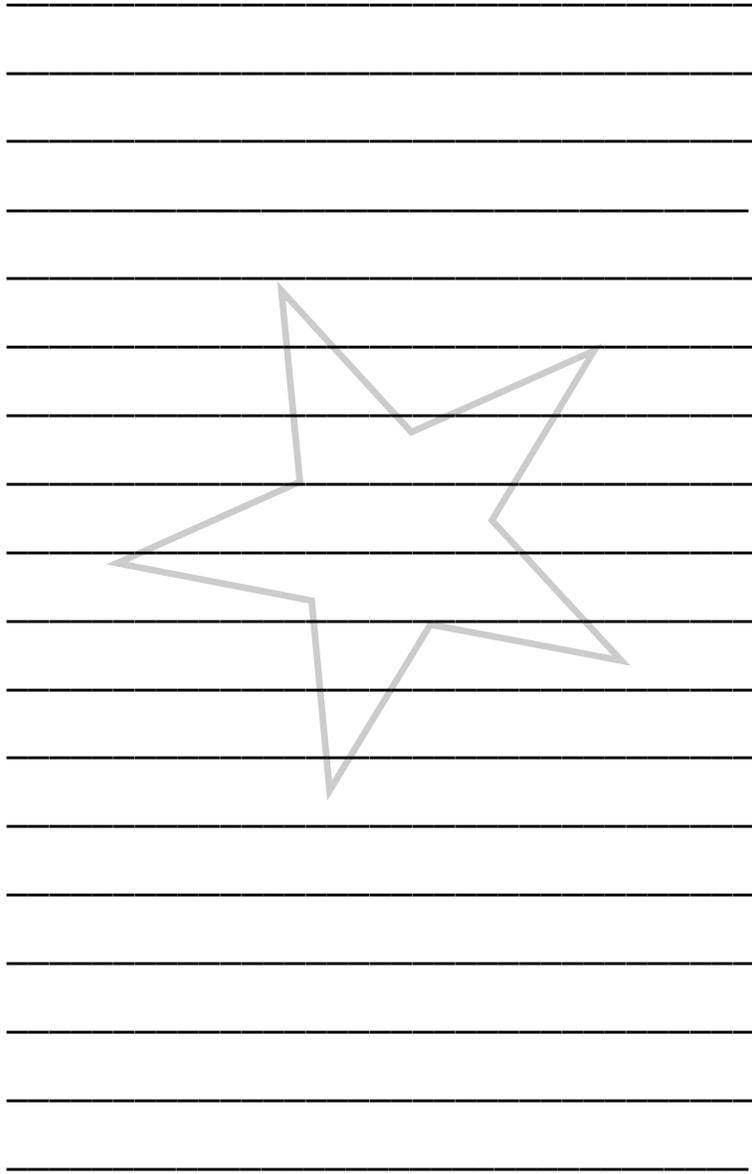
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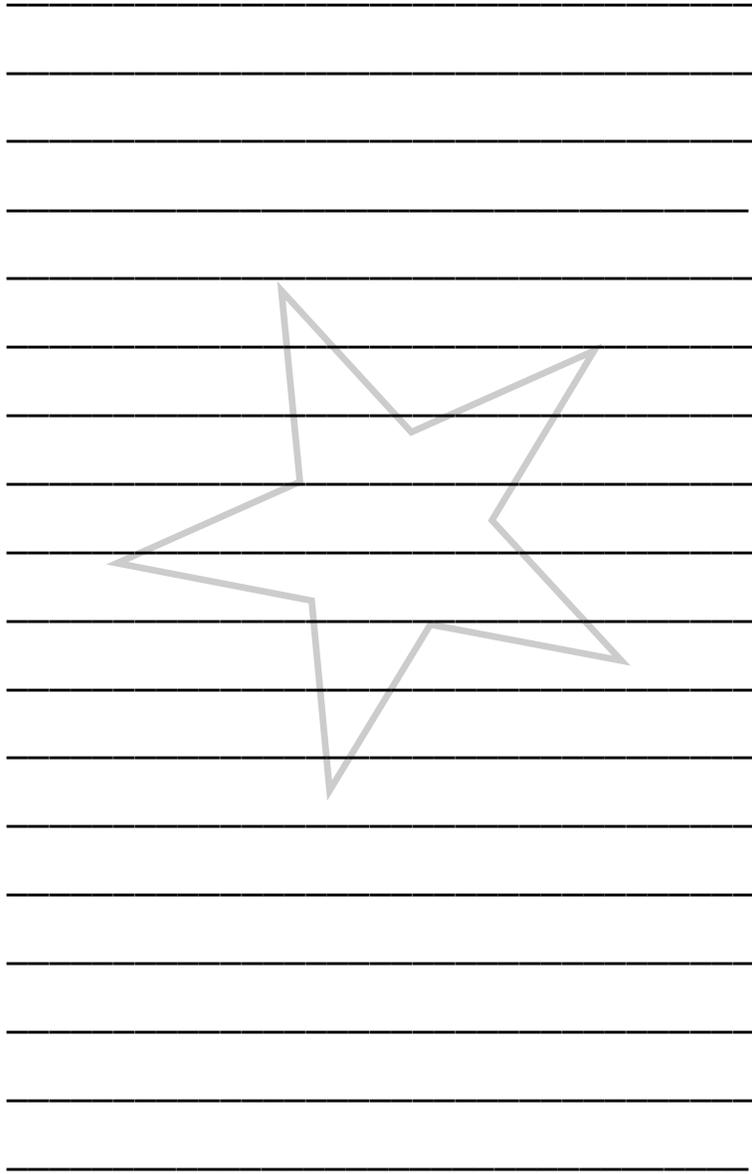
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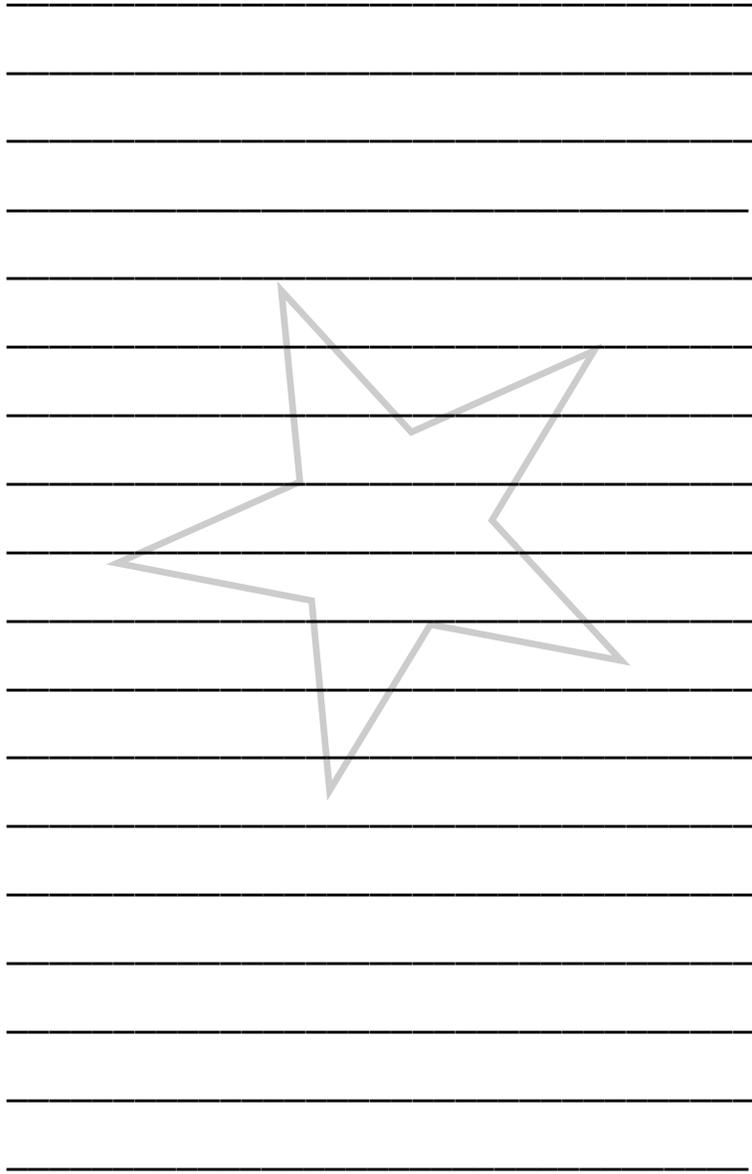
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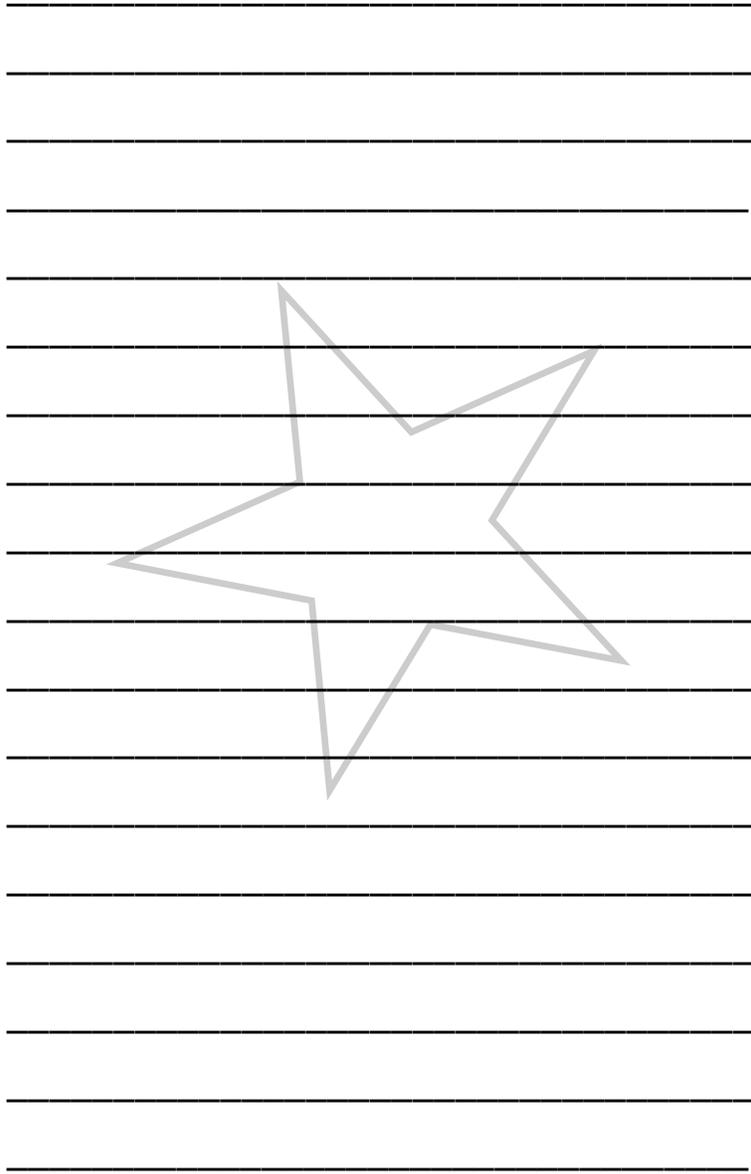
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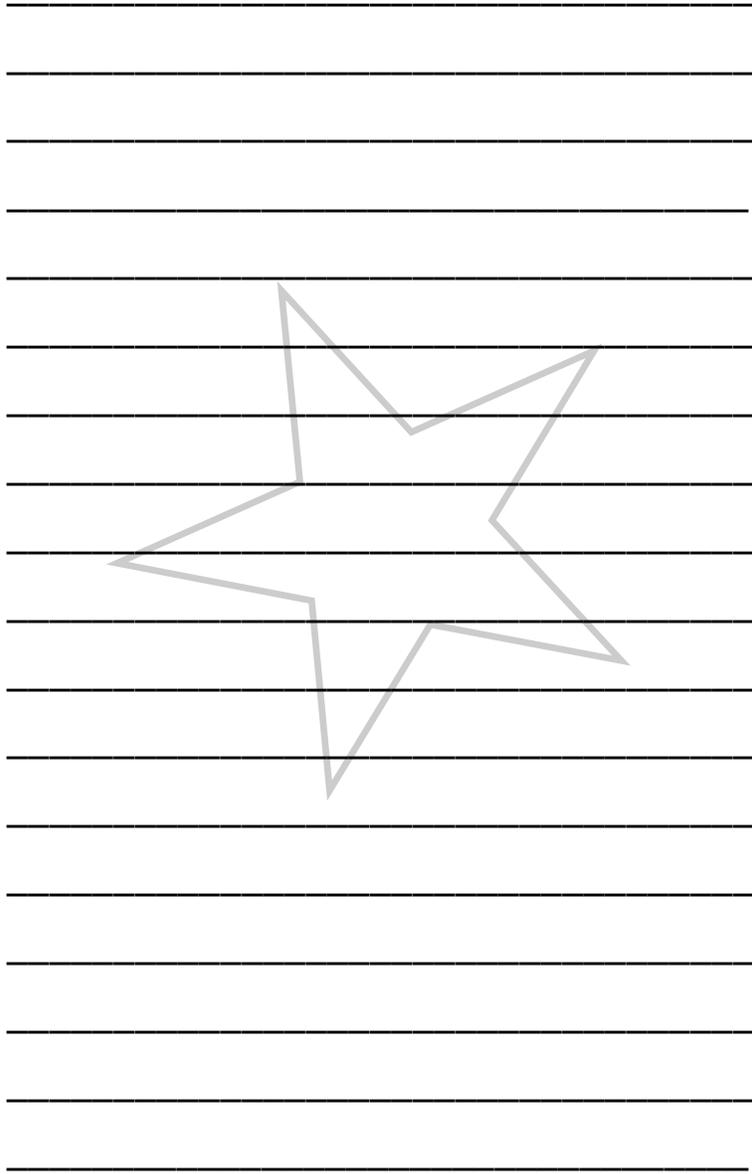
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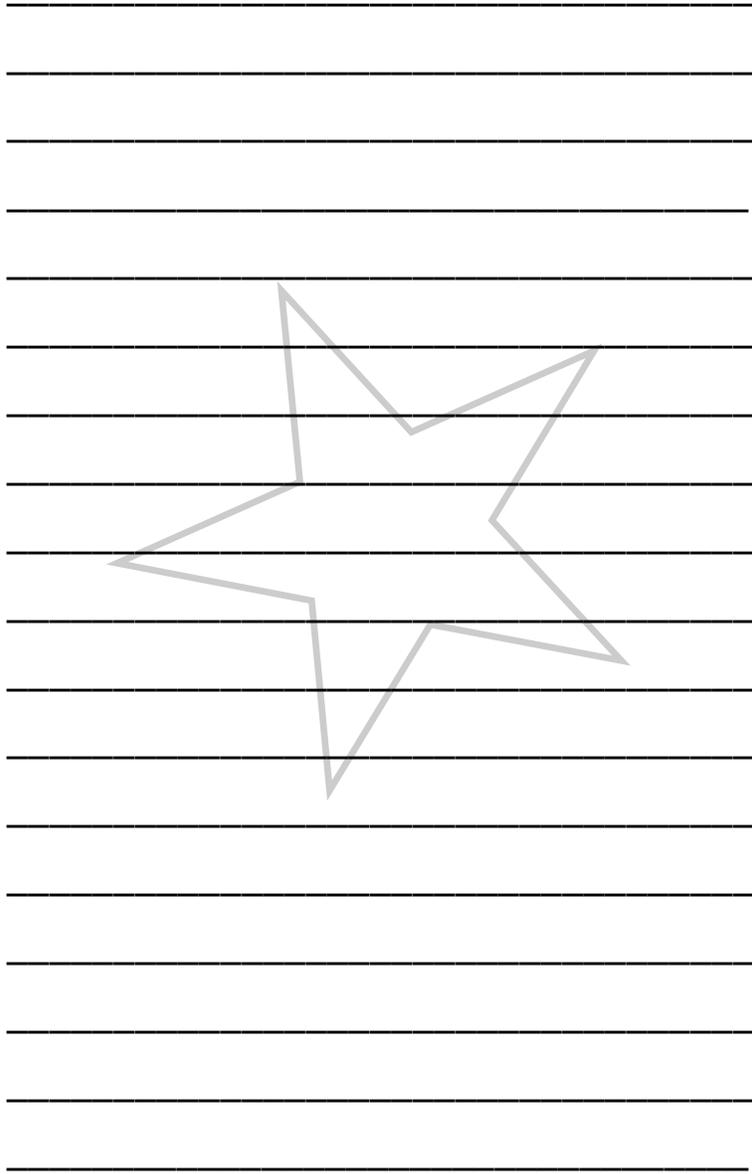
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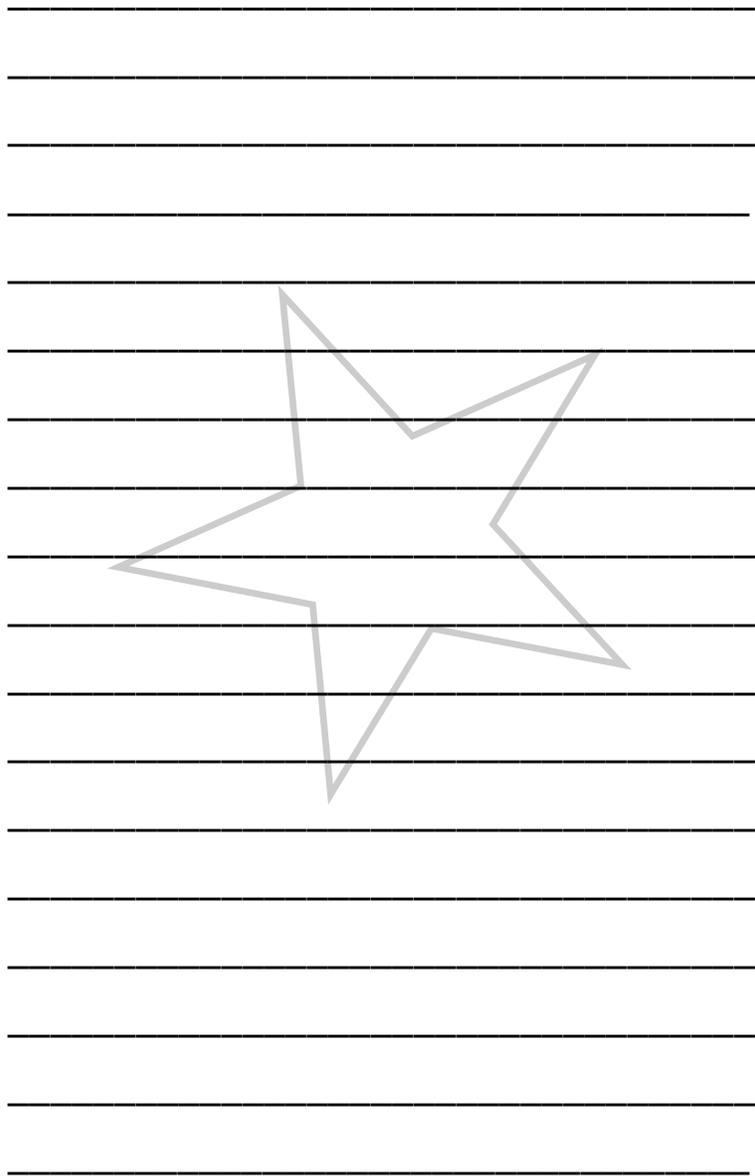
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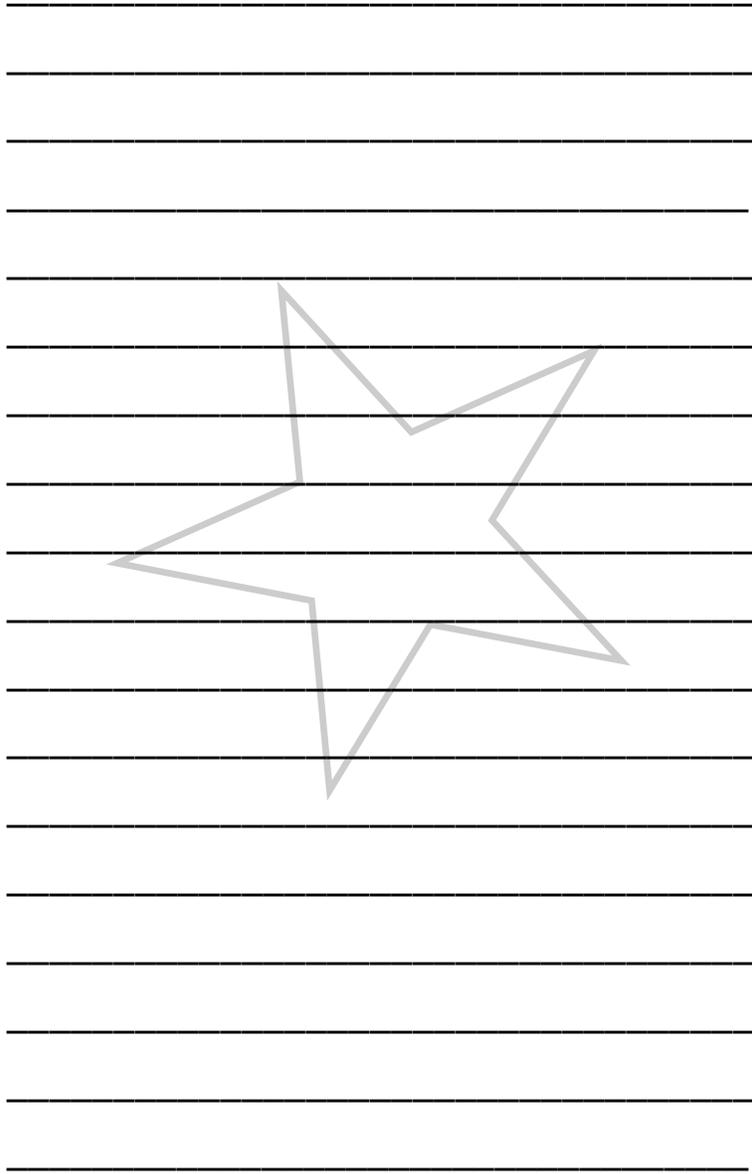
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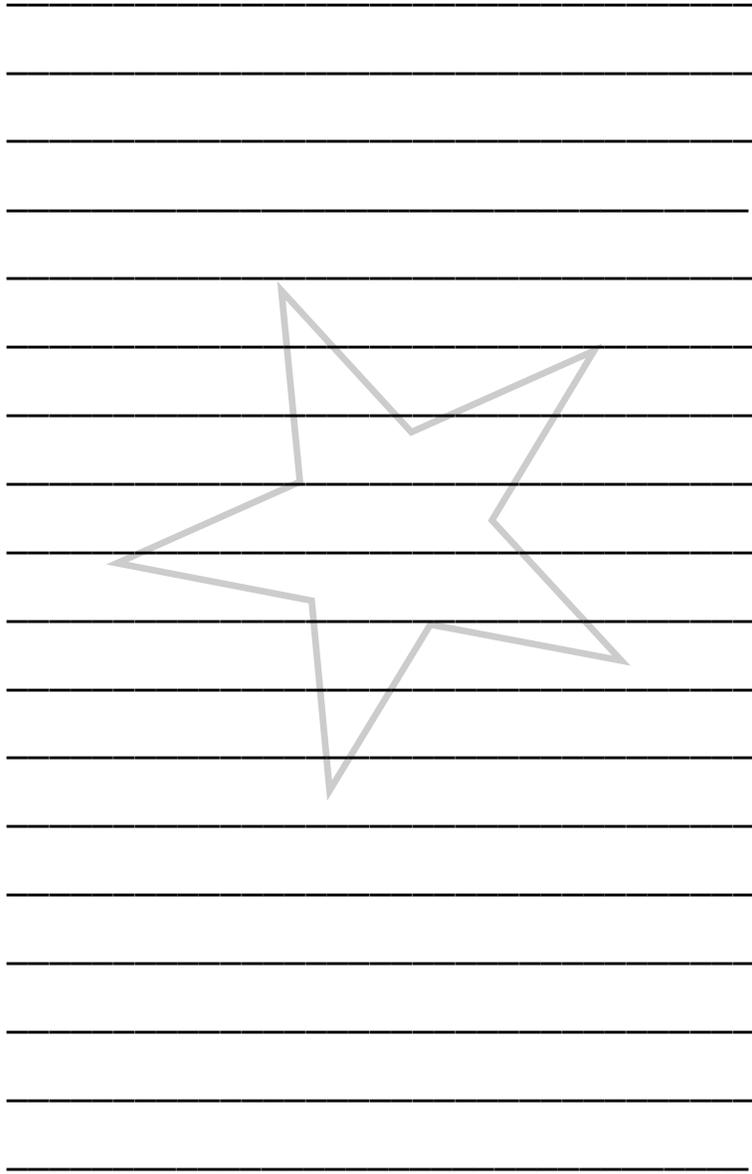
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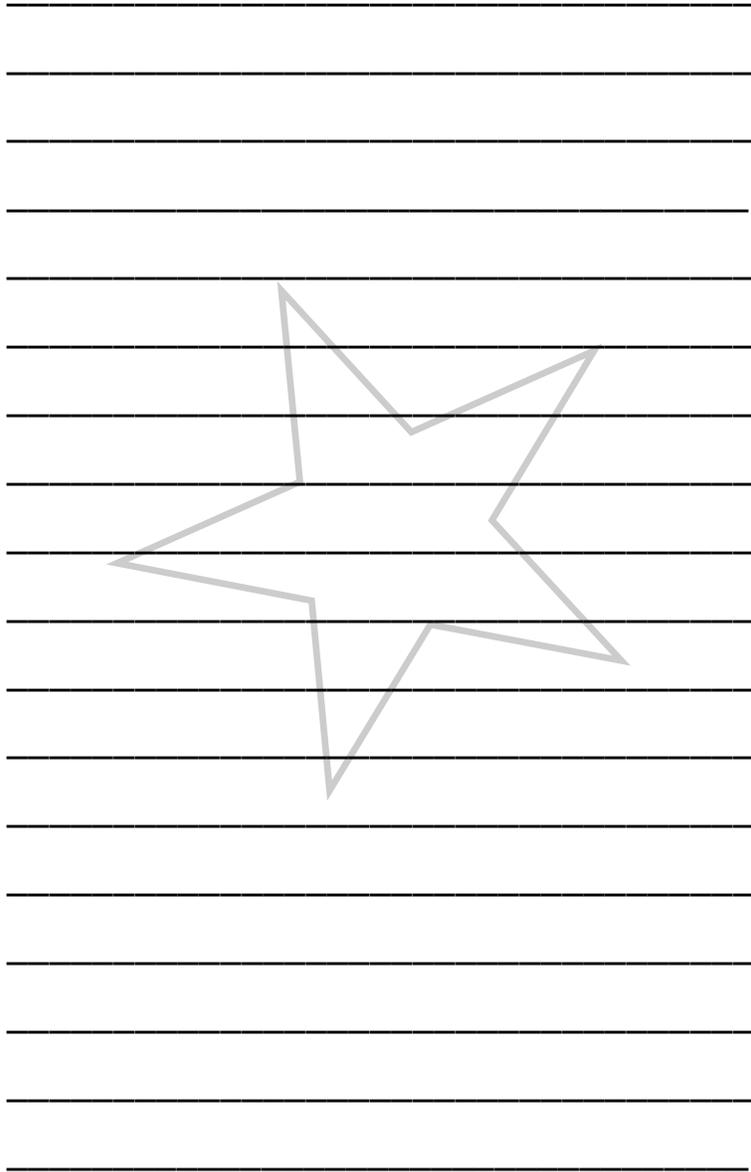
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