

# Seven Simple Stress Stoppers

To Help You Achieve Lasting Peace of Mind



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## Quick Intro

Hi, my name is Michelle Barrial.

I am a professional woman who has experienced stress many times and in many ways in my personal and business life. I have gone through divorce, death of immediate family members as a child, job loss, bankruptcy, illness, surgery and more. I used to worry about the outcome of many things daily until I realized as I used different “tools” that I needed to let go, practice breathing techniques and detachment instead. I learned from personal development courses that the body/mind connection is important to understanding ourselves and using own natural resources to help ourselves. As a woman, I learned to use the natural gifts of being a nurturer and my intuition to refocus my attention on my own wellness/wholeness to alleviate the stress in my body which was the underlying cause of my illness.

I have studied many modalities of healing: hypnosis, healing touch, reiki, breathwork and healing sounds over the past twenty-five years. I have taught workshops, classes at local universities and trained hundreds of people in these modalities domestically and internationally. I seek to guide others to learn and use these “tools” for improving their lives to live peacefully and happily.

## Stress Stopper One: Remain in the Present

Don't worry about the future and don't have regrets of the past. I always tell myself and others the present is here now let's enjoy it.

The past is gone I can't change it only learn from those mistakes.

The future is created from decisions you make today so be the best you can be and allow others to follow their own path.

I often tell myself this affirmation:

“I am too blessed to be stressed!!”

Often I will say it aloud and with conviction to hear it and feel it in my body as I say it.

Since you can't change the past, and the future is uncertain – try to just be present.

Focus on your breath, nature, sounds, anything that's going on in the moment.

Don't focus on memories or future scenarios. Just be present.

## Stress Stopper Two: Take Six Deep Breaths

Whenever your body and mind are in the “fight or flight” stage (aka Stress), deep breathing can bring you to a place of peace.

When you take deep breaths, you control the Amygdala the part of your brain which is related to emotions and this calms you down.

Six deep breaths can put your body into relaxation mode.

Try it next time you're feeling stressed. Make yourself take those 6 deep breaths.

## Stress Stopper Three: Get Back to Nature

Connect to the beauty that exists around you rather than focusing your mind on worries.

Worrying only drains your energy and closes your mind to discovering solutions to your worries.

Instead when you are relaxing in nature your mind becomes clearer and lighter and more receptive to receiving information such as the solutions to your worries.

Gardening is another way of connecting to nature even if you are just watering your plants or replanting them.

I like to think of this as a “give and receive” relationship where I provide the water to my plants and the plants provide to me lovely flowers to smell or bring inside my home, the trees provide shade, and some plants provide fruits or herbs to eat.

If you're really stressed, try placing your back against a tree and breathing deeply for at least six breaths while focusing just on your breath. You'll thank me later ;-)

## Stress Stopper Four: Create an Attitude of Gratitude

Journal daily for all that you have and have received.

List your physical needs met through things such as your home, car etc.

Jot down the emotional needs which have been met. Such as love and support through family and friendships.

Record and list daily “thank yous” such as compliments received or help from a stranger holding a door open to go in a store.

Consider doing this at the end of the day to create a ritual of closure.

At the end of the day, I also like to say a forgiveness prayer for those I need to forgive and to ask forgiveness for those whose feelings I may have hurt.

## Stress Stopper Five: Begin Each Day with A Positive Affirmation to Yourself.

There is power in the words you say to yourself.

The affirmations you say create a “force field” of positive energy around you that keeps negativity out.

You can look at yourself in the mirror and say “I love you” and resist the inner critic who wants to notice “what’s wrong” with your hair or face etc.

One of my teachers told me to use three powers for manifestation:

The Power of the spoken word ie: affirmations.

The Power of visualization ie: imagery or a real picture.

The Power of emotions ie: your positive feelings of joy, love, excitement.

Try using all three of these at once when you’re feeling stressed. For example, repeat the phrase, “I am relaxed” while looking at a relaxing image, and breathe deeply to emotionally relax.

## Stress Stopper Six: Take Care of Your Physical Body by Eating Properly.

The more you're in shape, the better you will handle stress.

Try eating mainly organic foods as much as possible.

Drink plenty of water. Eight 8-ounce glasses will keep you hydrated so that your system can flush toxins away.

Exercise daily even if for ten minutes to stretch out and release tension.

Rest at least 6-8 hours daily.

Gradually make diet changes to low carbs, fruits and veggies and small amounts of protein.

Keep away from fried foods. No processed foods or cured meats.

I had some health challenges including poor digestion and allergies. So I stopped eating red meats and milk based products.

I now consume almond milk and lactose and gluten free products. I am able to maintain a healthy weight and feel great! And when stress comes up, my body is strong to ward off that negative feeling.

## Stress Stopper Seven: Develop a Daily Spiritual Practice

Meditation, prayer, chanting and journaling are all great examples.

It is important to have a connection with God or whatever name you give to your higher power. This allows you to feel supported and loved.

In times of stress, knowing that something bigger and more powerful than you exists and cares for you can be extremely comforting and eliminate your stress.

Some people consider their inner guidance to be that higher power. Rely on that if you wish by asking yourself empowering questions like “What am I grateful for?”

## Next Steps

You can use these stress stoppers in any order and any time your life (or a moment) is especially stressful.

To learn how to minimize stress in your workplace, please attend our no-cost webinar called:

How To Minimize Stress In Your Workplace To Live A Happier Professional and Personal Life

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