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# Five Natural Ways to Reduce Stress



**Enjoy these no-cost steps that you can use RIGHT NOW to reduce the stress and feel your best!**





## **Reduce the stress and feel your best by following these five steps and making simple changes in your life!**

You have that overwhelmed feeling during the day where you feel like you can't do anymore? You push forward because you know you have to but you don't enjoy anything.

You look at your life and say I just want a break. I don't know how to stop feeling stressed.

You have no energy, nothing seems to seem like fun, and you just want to go and hide somewhere to get away from all the stresses you seem to have in your life.


I used to struggle with my stress, just like you.

But after years of research, education and a little bit of trial and error, I discovered simple steps to help me learn to care for myself and reduce the stress. Effective stress management is all about taking charge of your lifestyle, emotions, thoughts and the approach you take to cope with problems.

I call it The Total Life Transformation.

I'm sharing 5 simple steps from that system with you right now, so you let go of that stress—easily—TODAY.

These are simple, no-cost steps that you can use RIGHT NOW to relieve the stress in your body, mind, and spirit.



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**First** let's start by breaking up your day into bite-size pieces and spreading out your **stress reducing steps** like this:

- **Step #1 - Personal Meditation:** As often as you need throughout the day.
- **Step #2 - Exercise:** At least once a day; morning is the best time if possible.
- **Step #3 - Aromatherapy:** Anytime during the day, but especially before bed.
- **Step #4 - Taking Baths:** Anytime during the day, but especially before bed
- **Step #5 - Sleep:** As often as your body is telling you, but especially a good night sleep.

Now, let's dive deeper into each stress reducing step to help you

ACHIEVE YOUR OWN:

***TOTAL LIFE TRANSFORMATION***



# Stress Reducing Step #1

## Personal Meditation through conscious breathing

### ***“557 CONSCIOUS BREATHING”***

Meditation, also known as mindfulness is a powerful way to relieve stress levels. Even on a hectic schedule, meditation done for as little as 15-20 minutes a day can help achieve this.

It is possible to meditate and conscious breathing anywhere; simply clear out the mind, give yourself some silent time and let your thoughts run free. The purpose here is to refocus attention while eliminating any jumbled up thoughts that may be crowding the mind.

Oftentimes, mediation sessions may also require focus on breathing that can also be beneficial for calming the mind. Deep breathing does this by slowing the heart rate and lowering blood pressure.

This deep conscious breathing is done through a series of 10 breaths sequences that include breathing in through the nose, holding, and then exhaling through the mouth. The best way to do this is to find a comfortable location with no distractions. Try to relax your whole body with no tension. Then breath in for five (breathing in all the stress from the day), hold for five, and exhale for seven (letting all the stresses leave your body). This exercise lasts about two minutes.

The best part about meditation is that the benefits do not end with the session, but will help you carry on more calmly throughout the rest of the day.

# Stress Reducing Step #2

## Exercise



***“ANY ACTIVITY – JUST GET THE BODY MOVING”***

Exercise is closely related to meditation since it gives an individual time to be alone with their thoughts, or an opportunity to let them go.

While it may seem counterintuitive to some people, exercise in almost any form can act as a stress reliever. **Any activity** from yoga, tai chi to aerobics can be part of a stress management plan. With the gentler forms of exercise, the benefits are clearing out the mind, and giving yourself a break while the more vigorous forms of exercise will typically take your mind off the day’s worries and make you forget about them. Instead the focus will be on your body’s movements and coordination. This can include anything from swimming to a fast paced game of tennis.

Overall, exercise busts stress by pumping up endorphins, and improving the mood.

# Stress Reducing Step #3

## Aromatherapy



### “HIGHTENING YOUR SENSES”

Aromatherapy, in a lot of instances, has shown to be beneficial for creating an immediate sense of stress relief. This is because certain scents in nature can help elevate mood, reduce anxiety and promote focus and better concentration. These scents can stimulate the limbic system which in turn releases chemicals that promote feelings of calmness, relaxation and tranquility.

Popular oils for stress relief can include options like lavender, cypress and rosemary. Lavender is known to have a soothing scent that can not only lower heart rate but also regulate blood pressure, both of which can help individuals relax and even drift off to sleep. Likewise, cypress is often said to have a grounding and balancing effect and can assist with clear breathing, soothing tense and tight muscles, while supporting localized blood flow. Collectively all these factors can help bring about a stress busting effect on the individual.

Another option is to use rosemary oil that can help lower the levels of cortisol. Excess cortisol in the body can occur due to stressful situations and rosemary essential oil can be used to counter these. Along with stress relief, rosemary essential oil has also been associated with anxiety relief, mental clarity and enhancing memory.

# Stress Reducing Step #4

## Taking Baths



### “TRIGGERING RELAXATION”

Soaking in warm water has a soothing effect on both the body as well as the mind. Its relaxation and therapeutic benefits are based on the stimulation of blood circulation and release of muscle tension. Hot baths initially rise heart rate and temperature, and to dispel the heat, the body perspires which gets rid of toxins. Then the blood vessels dilate and improve circulation, thus removing lactic acid from muscles, lowering blood pressure and easing pain.

Using relaxing aromas in the bath can also provide stress relieving benefits. Options like lavender or eucalyptus create a calming effect that can be the perfect way to unwind. Or use a combination of bath salts to get the same effect.

Where possible, step into a sauna to receive some stress busting activity. The heated, quiet space of a sauna is a place of respite from any surrounding distractions and can be the perfect place to unwind.

# Stress Reducing Step #5

## Sleep



### “POWER HOUR”

Another very natural stress reducer is getting a good night’s sleep. It is well known that insufficient sleep leaves people irritable, cranky and on edge, whereas too much sleep will have the effect of making them sluggish and depressed. The aim here is to find the right equilibrium which permits individuals to feel well rested and ready for the day.

To promote better sleep, it is important to establish bedtime rituals (which I call a Power Hour) that can signal the wake-sleep cycles to the brain. For instance, try not to exercise or take a warm bath too close to bedtime, as both practices raise circulation making it hard to wind down. Give yourself a whole hour to wind down and don’t look at anything that has a screen, that light affects your sleep pattern. Likewise, do not eat big meals late in the evening as they may trigger indigestion, reflux or heartburn.





# RECAP!

These FIVE EASY Steps to reduce your stress today are taken straight from my health & life coaching program—The Total Life Transformation.

***They are fast, simple, no-cost and you can start them TODAY!***

## ***Stress Reducing Step #1***

Personal Meditation through conscious breathing  
557 CONSCIOUS BREATHING

## ***Stress Reducing Step #2***

Exercise  
ANY ACTIVITY – JUST GET THE BODY MOVING

## ***Stress Reducing Step #3***

Aromatherapy  
“HEIGHTENING YOUR SENSES”

## ***Stress Reducing Step #4***

Taking a bath  
“TRIGGERING RELAXATION”

## ***Stress Reducing Step #5***

Sleep  
“POWER HOUR”



# Reduce Your Stress Breakthrough Session

**In this complimentary 60-minute session, I'm going to lead you through a process to help you:**

- Uncovering what's been stopping you, slowing you down or keeping you from letting go of that stress and being the best and healthiest version of yourself
- Developing a powerful vision of what a stress less life look like for you
- Discovering which foods and lifestyle habits are keeping you from being your best and what to do about it
- Setting a clear step-by-step plan to becoming that transformed you in 90 days or less

I typically charge \$75 for these sessions, but because you're here, this session is my gift to you.

***All you have to do is show up for yourself.***

Invest 60 minutes of your time, and I guarantee you will walk away with at least one major “aha” about why you are stuck and how to get unstuck.

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**[Click here now](#) to secure your complimentary “Total Life Breakthrough Session”.**

This invitation is only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that’s calling to you, then take the leap. Isn’t it time for you to lose the stress and become your BEST!