

# GET RID OF YOUR **STRAINS!**

## Create some safety valves in your everyday life

A great number of people who are very stressed at work want to leave behind their **stressful giving up** they will breakdown completely and won't find the strength to face up to the demands of everyday life. This is probably true when one is tired and suffering from too much stress.

Just as with a pressure cooker, it is dangerous to "open the lid all in one go", dangerous to relieve all the accumulated pressure without adequate preparation.

On the other hand, it is always possible to make use of efficient safety valves. It's also possible, when negative stresses are present, to release the pent-up pressure in stages, progressively. In fact, it will give us a feeling of being more open and having more energy available. What we are evacuating is stress and old fatigue. We regain our space inside and more fluid, we are unburdened.

The body sends out warning signals when you have been under stress or when you hold on to an emotion at the expense of your health :

- Your breathing is blocked or superficial.
- You clench your teeth.
- Your throat tenses up and becomes dry.
- Your shoulders and your neck tense up.
- You feel a knot in your stomach or nervous tension builds up in your solar plexus.

An accumulation of contractions can drain your energy and can wear you out in the long term. Restoring your body's equilibrium is an essential step in managing your stress. Three physical fundamentals are particularly efficient in helping you get rid of your stress :

- 1° breathing and especially the exhale.
- 2° body movements.
- 3° freeing up your voice.

Without any effort and in a few simple gestures, your stress will give way to a relaxed calm. Freeing your mind and body gives you the internal resources to face up to the pressures, challenges or difficulties.

**« In life there are two categories of people : those who look at things the way they are, and ask why? And those who dream of things that never were, and ask why not? »**

**G.B. Shaw**