



4 Proven Ways to Relax and Beat Stress

In as Little as
10 Minutes Per Day

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Greetings,

Please accept this gift as my gratitude for choosing BeautifulSouls.life to enhance your awareness, well-being, and health.

This book contains good information and healing images to inspire and motivate you.

While Some of this might be new information for you, is a revival of old techniques that are easy to implement for almost everyone of any income or physical ability.

This eBook design is to appeal to your most common senses and your desire to always strive to better than the day before.

I'm sending my blessings to you and yours. May your life be filled with continual learning and increasing awareness of the world and universe in which we live together as one.

Warmly, Susan





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01

Exercise as a Stress Buster





Exercise

Exercise, like meditation, can be a time for you to be singular with your thoughts. Even in a loud, crowded gym you can put on your headphones, climb on a machine and away you go into your own world.

Effective in any form, exercise is an amazing stress reducer. Although the gyms and the dance routines are nice and highly effective, the tips you find here are easy for anyone. Perhaps today, is a good time to get up and keep moving.

The less complicated any activity in our lives are, the more we find strength to heal. Here are some exercises anybody can do without a lot of special clothing or equipment.



Yoga Stretching

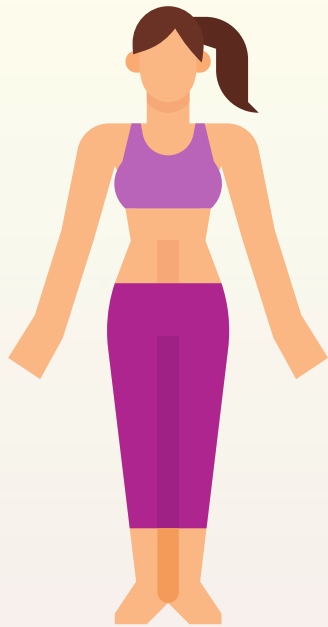
On the next page are basic yoga stretches. They are perfect for taking it slow and easy until your own natural strength increases.

Also, for safety, be sure to wear loose clothing and use sure footing even when its only easy, basic yoga stretches.

Remember to take it easy! Your strength will increase if you practice yoga on a regular basis. In fact, it will increase faster than you expect.

When you first start doing yoga, if you start to feel pain, then, you are over-exerting yourself which does not give you the maximum benefit. So, remember to take it easy!





Mountain
Pose



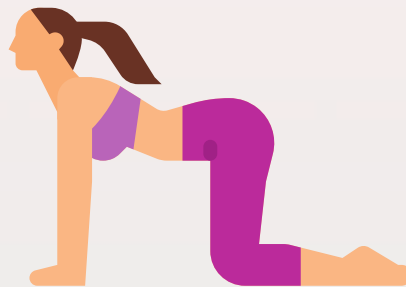
Standing
Forward
Bend



Upward
Salute



Cat Pose



Cow Pose



Bridge Pose



Chair Pose

Swimming

The summers of my youth were filled with swimming. I don't think there's anything more refreshing. Swimming is a great, natural aerobic exercise which about anybody can do. Even if someone is immobile or otherwise handicapped, they may be able to swim.

Yes, swimming is a great, natural source of stress reduction even if you just sit in the water. When you get up and move around the benefits multiple.

If you are not up to a swim, try water-walking for a while until your strength increases. Water walking is a fantastic stress reducer while it tightens muscles without noticeable strain on your body. What could be better?

Water walking is good for everyone at every age. there was one summer when I water-walked in the Willamette River every day after work when my girls were young. It was so refreshing for all three of us after a long day of them at day care and me at work. Those were nice times.



Walking

Walking is a fantastic form of exercise that is easy, low-impact, and accessible to virtually everyone. Whether you're just starting out on your fitness journey or are a seasoned athlete, walking helps improve your health, lose weight, and feel better overall.

However, like any form of exercise, walking requires some planning and preparation to get the most out of it. If you're new to walking, start slowly and gradually increase your pace and distance over time. Aim for at least 30 minutes of brisk walking per day, five days a week. At first, you might also break this up into shorter sessions throughout the day.

Always ensure that you're wearing comfortable, supportive shoes and dress appropriately for the weather. To get the most out of your walks, try to vary your route and terrain. Walking on hills or uneven surfaces can help you burn more calories and challenge your muscles in new ways.

Take advantage of the opportunity to enjoy nature, listen to music or audiobooks, or simply clear your mind and focus on your breathing. Finally, remember to stay hydrated and fuel your body properly before and after your walks. Drinking plenty of water and eating a balanced diet with plenty of protein, complex carbohydrates, and healthy fats will help you feel energized and ready to tackle your next workout.



Walking

Take a walk during breaks while at work for an easy and effective stress reducer. You can even take an extra long walk when you need to keep your balance. It works!

Either wear comfortable shoes to work to make a quick walking break super easy, or keep a pair of walking shoes and socks under your desk. Either way, it's a great alternative to walk it off.

Learn to layer your clothes. Start with an 100% cotton sports bra. Layer over that with a cotton t-shirt. Layer over that with a long-sleeve t-shirt or light jacket. Then shed or add layers when you get hotter or colder.



Hiking

The outdoors and hiking have plenty of rewards such as nice views, fresh air, and the sounds and smells of nature as you walk along.

Give your arms a workout by using walking sticks for an extra boost to your hike. You can also add wrist weights and ankle weights for added benefit.

Listening to music with headphones or singing out loud enhances your experience on many levels by giving you a rhythmic and melodic guide to help pace your walking.

Hiking is a powerful cardio workout that can help you with many health issues, some of which are as follows:

- Blood pressure and blood sugar levels improve.
- Bone density boosts because walking is a weight-bearing exercise.
- Balance over all improves.
- Heart disease risk lowers.
- Strength builds in your glutes, quadriceps, hamstrings, and the muscles in your hips and lower legs.
- Weight management improves.



02

Meditation Basics



Meditation is a powerful way to relive stress levels, even with a hectic schedule because it only takes 15 – 20 minutes a day.

It is an excellent source of relaxation after or before a stressful event in your life.

Continued daily practice will bring surprising improvements in your overall outlook on life.

I must emphasize that meditation itself is not a religion. It is primarily a technique of relaxation that when regularly practiced will relieve your anxieties and enhance your overall life.

Where to Meditate?



You can meditate just about anywhere for a few seconds or minutes. For instance, while waiting for the light to turn green, sitting on a park bench during a break from work, or at your desk to add a quick uplift to your spirits anytime.

However, the best place for longer periods of meditation is at home because it's where we feel most comfy and least vulnerable. Many people like to choose a particular spot in their homes for meditation.

Also, you do not have to sit in a lotus position, although many do. However, you may opt for the most comfortable chair in your home. You can even sit in a big over-stuffed recliner if you choose! So now, let's focus on the act of meditating.

Meditation Tips

Find a comfortable place to sit with your arms and legs relaxed and your head in an upright position. If you lay your head down, you might fall asleep and that's a different state of mind. The state of mind we want to reach with meditation is the alpha state.

Next, ensure that your clothing is loose. Clothes that bind will restrict the stress from leaving your body.

When you are comfortable, take three deep breaths in and out. Then let your mind go free. It helps if you have a key word (mantra) to continually repeat either silently or aloud throughout your meditation session.

With practice, it will become so effortless that when you start repeating your mantra, you will naturally slip into the alpha state which is where your mind is able to relax and release stress.

Vizualing

Visualize bubbles stuck at the bottom of a lake. The bubbles represent stress. When the water is swirling, the bubbles get stuck. Why? Because your mind must be still so the stress flows out and away.

When you meditate, the lake gets still. Then, the bubbles start rising to the top where they dissipate. Now, you still have the memory of the event but eventually you don't feel the extreme sadness or fear surrounding it.

Sometimes there is lots of stress from a single event and you may have to re-live it -several times during meditation. But this is normal for extreme trauma such as going through a windshield or being in a war zone. So, if these memories keep coming back, it's best to continue regularly meditating to let the stress release.

Continue this practice twice daily for 20 minutes or whatever fits your lifestyle. Make it your own!

03

Gardening





Gardening is one of my favorite activities. After leaving it behind for many decades, I love to write about it – because when I returned to it – it was such an incredible breath of fresh air. It felt like I had come home after being gone for a long, long time.

There's something about being close to the earth that is so real. It's a connection you can't get inside a building. You must be bare feet in the dirt on a warm summer day, pulling weeds, and watering thirsty flowers and vegetables before you can understand what an incredible feeling it is.




Gardening

The most obvious benefit of gardening is the sun. It is a natural mood elevator, loaded with the original Vitamin D. Lack of sun light causes Seasonal Affective Disorder that will leave us with depression and anxiety. So, get out in the sun and relieve your stress, feel better, and relax.

The next elemental gift is the fresh air we breathe while working in our gardens. Fresh oxygen is essential to the human body. Never take this for granted. Get plenty of fresh air every day. Even if you must stand next to an open window, breath in the fresh air deeply into your body and exhale it slowly. Breath in and out at least three times.

If you work in an office, get outside at least 30 minutes each day to walk around the block and breath the fresh and relaxing air. Now, back to gardening!

The Mindfulness of Gardening



When we listen to the sounds of nature, our bodies begin to relax, naturally. Let's close our eyes and listen to the birds, crickets, wind, and the distant sounds of dogs barking or cows mooing.

When we become fully absorbed in what is going on around us, we begin to practice mindfulness. Interestingly, some people pair the repeated movements of gardening with a mantra, chant, or prayer.

04



Herbs and Spices that Improve Your Mood



Herbs and spices have been in use as medicinal aids and fragrances in cultures around the world since before recorded history.

The modern consideration is that unlike pharmaceutical pills, there are no harmful side effects imposed on your body without your consent.

Also, the benefits and effects of herbs and spices through the use of essential oils is well documented and millions of people the world over use them every day.

On the next several pages are information about essential oils that I hope you find useful in your life for the relief of stress.

Lavender

A woman with red hair, wearing a white off-the-shoulder dress and a straw hat with a floral band, is bending over in a vast field of purple lavender. The field stretches out in rows towards the horizon under a soft, hazy sky.

Lavender includes a variety of effective uses that make our lives easier – especially those of us who are ultra-sensitive to their intimate environments.

You will find the fresh, clean smell of lavender in many products that we use every day.

Use Lavender essential oils to calm and soothe yourself when experiencing social anxiety or before going to bed. Just dab a few drops on your upper lip, and it works like a charm.

Lavender is known to ease nervousness, enhance blood circulation, improve respiratory issues, and its use includes disinfection of the scalp and skin. Plus, it also improves hair growth.

Lavender is also a natural insect repellent. It has no toxic side effects for you or your pets which makes it an excellent choice.



Peppermint

You may use Peppermint essential oils to relieve anxiety. Its application soothes and uplifts within minutes of applying the essential oil to spots on your body or in a diffuser as aromatherapy.

Here is a list of Peppermint uses to help you on your journey.

- **ELEVATE YOUR MOOD**

Unrelenting worry, anticipation, and tension are all symptoms of anxiety. Other symptoms include low energy, crying, dark emotions, and other unpleasant feelings.

Peppermint essential oil allows you to relax and see a nicer view of the world around you as it gently relieves sadness, fear, and anxiety.



Peppermint (continued)

- PAIN RELIEF

Because of its “COOL” effect, many use peppermint essential oil to relieve muscle pain. After diluting with a carrier oil, simply apply a small amount to the muscles muscle and gently rub it in. The cooling properties go to work at once to reduce minor pain and swelling. It is worth noting that some people like to combine Peppermint and tea tree essential oils for added benefit.

- MENTAL FATIGUE RELIEF

Peppermint adds clarity which makes it a fantastic way to start the day. Add it to your shower routine by combining it with filtered water and lemons. Or, add a few drops to your skin care regimen to give your skin a naturally relaxed yet stimulated effect.

This increases a positive outlook while at the same time, gives an overall relaxed approach to the day.

A close-up photograph of a sage plant, showing its characteristic silvery-green, velvety leaves and small, light-colored flowers. The word "Sage" is overlaid in a white serif font.

Sage

Sage has been around for thousands of years and is in use as a medium for spiritual cleansing of an area or place. It brings about purification and cleansing of our life patterns, particularly those patterns that defeat oneself.

Sage also has antiseptic properties so that when you smudge, you're truly, in every scientific sense, cleansing the air of unwanted bacteria in addition to the spiritual cleansing effect.

Here are some exciting facts about Sage:

- 1.Draws out anxiety, releasing negative energy.
- 2.Enhances memory, even for Alzheimer's.
- 3.Excellent source of Vit. K and Vit. A.
- 4.Reduces the effects of exposure to toxins.
- 5.Cleanses wounds, sores, and ulcers.
- 6.Regulates menstrual cycles.
- 7.Aids in the metabolism of food.
- 8.Stimulates the brain, nervous system, liver, and circulatory and excretory systems.

Rosemary

If you cook, you are familiar with this aromatic herb that we use regularly in our cooking routines with meats and vegetables. Maybe you knew but I sure took it for granted!

There it was right in front of me and I had no idea that Rosemary had such wonderful attributes that positively affect the human senses in more ways than simply taste.

The nicest health benefits of rosemary include:

- 1.It boosts memory.
- 2.Improves mood.
- 3.Reduces inflammation.
- 4.Relieves pain.
- 5.Protects the immune system.
- 6.Stimulates circulation.
- 7.Detoxifies the body.
- 8.Protects the body from bacterial infections.
- 9.Prevents premature aging.
- 10.Heals skin conditions.

A top-down view of a small, round, metallic bowl filled with bright yellow turmeric powder. The powder is piled in the center of the bowl. In the background, several pieces of fresh, knobby turmeric roots are visible, resting on a dark, textured surface. The lighting is soft, highlighting the texture of the powder and the roots.

Turmeric

Turmeric has been in use for more than 5,000 years as a spice and a medicinal herb. That's because Turmeric has compounds with medicinal properties called curcuminoids - the most important of which is curcumin.

Curcumin is a substance with powerful anti-inflammatory and antioxidant properties. Additionally, it works for some as an anti-depressant.

Curcumin is also known to elevate the brain hormone BDNF which then increases the growth of new neurons and fights degenerative activity in the brain.

Chronic inflammation of joints and infections are subsided with the use of Curcumin. It inhibits many of the molecules that cause inflammation.



Daily and Weekly Planner





DAILY PLANNER

DATE: _____

M T W T F S S

TOP 3 PRIORITIES

1. _____

2. _____

3. _____

TASKS

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

DEADLINES

DAILY QUOTE

“

”

HABIT TRACKER

☐ ☐ ☐ ☐

☐ ☐ ☐ ☐

NOTES

PROJECTS



WEEKLY PLANNER



MON

TUE

WED

THU

FRI

SAT

SUN

NOTES



gratitude



GRATITUDE

Gratitude and
love are the
languages of
the soul.



GRATITUDE

Gratitude makes
sense of our past,
brings peace for
today, and creates a
vision for tomorrow.

-Melodie Beattie



GRATITUDE

Love is the
light in a heart
filled with
gratitude



GRATITUDE

Today, I
am
grateful
for all that
I am.



GRATITUDE

Gratitude
turns what I
have into
enough.



GRATITUDE

As you open
your eyes to
the sunrise,
let your
gratitude cup
be full.



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