

5 Minutes-or-Less Series

**5 Easy Exercises
to
Banish Stress ... for *GOOD!***



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5 Easy Exercises to Banish Stress ... for *GOOD!*

Exercise 1:

Just close your eyes. Allow yourself to begin to focus your attention on your breathing. And, as you do, start to take gradually slower and deeper breaths.

Permit your breathing to become even slower ... and deeper ... even deeper ... and slower ...

Exhale deeply ... fully. Inhale deeply ... fully.

That's right ...

Now exhale even deeper ... inhale more deeply still ...

Allow your breathing to be effortless, slow and deep.

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Take 15 slow, deep breaths in this fashion ...

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Very good!

Now, take one more s-l-o-o-o-w, cleansing breath. Return your awareness back to the space in which you are sitting.

Gently open your eyes as you continue to remain aware of breathing deeply and slowly.



Exercise 2:

Close your eyes. Begin to notice your body and the position of your body.

Allow yourself to begin to focus your attention on your breathing. And, as you do, start to take gradually slower and deeper breaths.

Permit your breathing to become even slower ... and deeper ... even deeper ... and slower ...

Exhale deeply ... fully. Inhale deeply ... fully. That's right ...

Now exhale even deeper ... inhale more deeply still ...

Allow your breathing to be effortless, slow and deep.

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Take 15 slow, deep breaths in this fashion ...

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Excellent!

Now, take one more s-l-o-o-o-w, cleansing breath. Return your awareness back to the space in which you are sitting. Be aware of the position of your body ... Notice the feelings in your body ...

Gently open your eyes as you continue to remain aware of your breathing and the feelings within your body.



Exercise 3:

Just close your eyes. Pay attention to that area of your body in which you most-often hold stress and tension. Tune in to how it is feeling right now.

Allow yourself to begin to focus your attention on your breathing. And, as you do, start to take gradually slower and deeper breaths.

Permit your breathing to become even slower ... and deeper ... even deeper ... and slower ...

Exhale deeply ... fully. Inhale deeply ... fully. That's right ...

Now exhale even deeper ... inhale more deeply still ...

Allow your breathing to be effortless, slow and deep.

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Take 15 slow, deep breaths in this fashion ...

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You are doing well with this!

Now, take one more s-l-o-o-o-w, cleansing breath. Return your awareness back to the space in which you are sitting. Be aware of that area of your body in which, in the past, you have been most-

apt to hold stress and tension. Notice how that area is feeling right now ...

Gently open your eyes as you continue to remain aware of your breathing and the feelings within your body.



Exercise 4:

Just close your eyes. Pay attention to that area of your body in which you most-often hold stress and tension. Tune in to how it is feeling right now.

Allow yourself to begin to focus your attention on your breathing. And, as you do, start to take gradually slower and deeper breaths.

Permit your breathing to become even slower ... and deeper ... even deeper ... and slower ...

Exhale deeply ... fully. Inhale deeply ... fully. That's right ...

Now exhale even deeper ... inhale more deeply still ...

Allow your breathing to be effortless, slow and deep.

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Take 15 slow, deep breaths in this fashion ...

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You are doing well!

Now, to that area of your body where you had been most-apt to hold tension and stress. Breathe into this area. Feel it becoming warm

and relaxed. Feel the muscles in this area becoming loose and limp.

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Continue to breathe into this area until it feels optimally relaxed!

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Now, take one more s-l-o-o-o-w, cleansing breath. Return your awareness back to the space in which you are sitting. Be aware of to that area of your body in which, in the past, you have been most apt to hold stress and tension. Notice how that area is feeling right now ...

Gently open your eyes as you continue to remain aware of your breathing and the feelings within your body.



Exercise 5:

Pay attention to that area of your body in which you most-often hold stress and tension. Tune in to how it is feeling right now. When you take time to pay attention to this area, what do you notice about it?

Take care just to notice. You do not need to judge it. You do not need to change it. Just pay attention ...

Now, with your eyes open, begin to take 5 gradually slower and deeper breaths.

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Allow your awareness to flow to that area of your body where you had been most-apt to hold tension and stress. Breathe into this area. Feel it becoming warm and relaxed. Feel the muscles in this area becoming loose and limp.

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Notice how your whole body feels as this area relaxes.

You are doing a great job!

Continue with whatever you are doing ...

And as you continue your activity, also allow yourself to keep breathing deeply and slowly. Permit your body – especially that

physical area that is most-apt to tense under the effects of stress –
to remain totally comfortable, the muscles warm and relaxed.



BONUS Exercise:

Take frequent inventory of that area of your body in which you have found yourself to be most-apt to hold stress. In the beginning, I suggest that you check several times each hour.

It takes just a few, brief seconds to make this check. You might put “sticky notes” on your computer desktop or in your physical space to remind you of this, until it becomes a habit.

Use this area as a barometer of the over-all stress level of your body. Use your frequent checks as your very own, personal biofeedback-training detector! Make sure to keep this area relaxed. “How do I do that?” you might be asking.

Here’s how: Begin to take 10 slow, deep breaths. As you do so, allow your breathing to move into that physical, stress-prone area. Notice the muscles grow limp and warm and loose as a result.

For most people, this physical area that is most-apt to hold tension is the first area to begin to tighten in response to stress. By making sure to keep this area relaxed, you increase the probability that the rest of your body will also be totally and completely relaxed.



Additional RESOURCES:

[The Life Coach Dr.](#)

[Health & Healing Blog](#)



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