

Over 19 Things You Didn't Know About Relaxation and Stress that Could Help You Avoid Feeling Overwhelmed....

by Cecil McIntosh

19 Things About Relaxation

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Introduction

The interesting thing about embracing Relaxation and Stress is the marvellous energy and exuberance you have.

The challenge is that without proper direction you can waste this valuable resource, and be left feeling frustrated and overwhelmed with nothing to show for your effort.

Be sure to follow the crucial tips that I have outlined. Through using these points, you could speed up the rate at which you attain your success. And this would definitely amaze you!

Let's begin with the 7 most common misconceptions my clients have related to me about having a better relationship.

7 Myths about Creating a Better Relationship

For over 14 years, in my private practice, no matter what my clients have come to see me about, there has always been an issue about having a better relationship.

Here are 7 of the most common misconceptions. These misconceptions are followed by my perspective on each one of them.

Myth #1 – I have to love everything about my partner

Reality Check #1

You were born pure and pristine. You then learnt behaviours from your parents, teacher, coaches, church, etc., who did their best to teach you about having a better relationship. These behaviours have become the backbone for your way of living and being in a better relationship.

Perhaps a common example of a behaviour that irritates the way to a better relationship would be leaving the toilet seat up after use. This is merely a behaviour, and not the essence of the person. However, when you consider this behaviour to be the person, this destroys the concept of a better relationship, creating all kinds of conflict in your need and search for a better relationship

Myth #2 – Love means that I can fix my partner

Reality Check #2

You met and pursued your partner because of some special quality or characteristic that you admired. You need to accept and allow that quality to flourish, in order to allow you and your partner to grow into a better relationship.

You may be unaware that you do not even like yourself. Yet by allowing your partner to grow and expand, you will experience the quality of your partner and the beauty within you, as you begin to enjoy a better relationship.

Myth #3 – I am supposed to give up the things I like in order to be in a better relationship.

Reality Check #3

Giving up the things you like to be in a better relationship is like take a knife and cutting away a part of yourself. Your better relationship is based on the uniqueness of you and your partner.

When you give up your uniqueness, you rob yourself of a better relationship, your passion, and your partner of your creativity.

Myth #4 – I will be rescued by a knight in shining armour.

Reality Check #4

You may have been conditioned to live your life expecting someone to take care of you. What happens if that person becomes ill? And is no longer able to take care of you? What happens if that person never shows up?

Your responsibility in creating a better relationship is to bring your passion to the table of your relationship. Some days, you will be the knight in shining armour, and another day, your partner will be the knight in shining armour. You will each get a chance to shine like a star in a better relationship, because of your strengths and weaknesses.

Myth #5 – It costs a lot to be in a relationship.

Reality Check #5

In a material context, a better relationship can be expensive—if you think that love is based on the bigger house, car, or boat. Although some of these material assets are necessary, they should not be at the expense of creating a better relationship.

Love is creating a better relationship by building a relationship that is based on the simple things in life, like walking and holding hands, going on a picnic (just the two of you), or sharing an ice cream. Love in a better relationship is not about what you show on the outside, but what you express in your heart. Love is not about money or materialism, love just *is*.

Myth #6 – Love in a relationship is, or is not, a feeling.

Reality Check #6

It is not what you say, it is what you do. You can say, "I love you," which may be merely words and no feelings (action). Love is the action of doing.

If you make a cup of tea for yourself (the water is boiled), make a cup of tea for your partner. Whether or not your partner wants the tea is irrelevant; it is the thought that counts and the action that cements a better relationship.

Myth #7 – I don't have to work at my relationship.

Reality Check #7

As a child, you learned to crawl before you walked. Then you learned the letters of the alphabet. In order to write, you had to learn how to put those letters together to make words and sentences.

These sentences then became the way in which you communicated.

When you and your partner stop communicating, after learning how to use the letters of the alphabet in sentences, it's like 2 tape recorders talking to each other—nobody is at home to enjoy a better relationship.

In summary:

1. Your partner's behaviour is not your partner's true essence.
2. There is no need to have a clone of you. A better relationship requires some variety.
3. Giving up of your uniqueness to be in a better relationship is like throwing out the baby with the bath water.
4. In a better relationship, there are no saviours or superior partners, just equal partners.
5. Love, in creating a better relationship, is not about money and the material assets (although these are important), but the simple things in life.
6. Love in a better relationship is active, not passive.
7. Lack of communication crushes your desire for a better relationship.

Next, let's discuss the patient's perception of relaxation and how these myths can land you in the hospital.

The 7 Myths of Relaxation

I voluntarily teach relaxation, by the bedside, for heart, stroke, and cancer patients in the hospital. I thought it might be interesting to address the 7 Myths of Relaxation through the eyes of the patients.

Myth #1. If you slow down and relax, nothing gets done.

Having a major health challenge allows you to appreciate the joys of slowing down.

Myth #2. I don't know how to relax.

The patients in the hospital learn the relaxation process faster than all my other clients. I guess their mind is not cluttered with all the stresses of the world.

Myth #3. Keeping yourself busy is a form of therapy for dealing with stress.

A young stroke patient (40 years of age) discovered that being busy stopped her from getting in touch with her true feelings. It took the experience of a stroke, and recovery, to convince her that there is no need for, or benefit to, always being busy.

Myth #4. You need to accept that you are stressed.

A young man (40 years of age) was stressing out about having a stroke. In the relaxation process, I was able to take him to a garden he loved when he was a child. This garden brought back memories that he had not experienced for the last 35 years. He now understood that, with these memories, there is no need to be stressed.

Myth #5. Relaxation is from the outside.

One older gentleman who had had a stroke told me that his relaxation was to please his dad. This desire caused him to forsake his family, because he was always attempting to change the world. Changing the world meant that he got his dad's approval.

When his dad acknowledged him, he felt relaxed. Now, after having had a stroke at age 67, he has decided it is time to spend some time with his family.

Myth #6. Relaxation should be a one-time thing.

Most patients agree, as a result of their experience, that to be healthy, they need to slow down and smell the roses. Slowing down is a process and not a quick fix.

Relaxation is not part of life; relaxation is a process of living in each moment.

Myth #7. It is OK to be all stressed out.

Sometimes, you need a life-altering experience (like a stroke or a heart attack) to appreciate the fact that you create stress. That is the bad news.

The good news is that now you know you have the ability to create stress, you can also find pleasant memories within you to help create relaxation.

In summary:

1. Relaxation helps you slow down so that you can notice the feelings of peace and tranquility, and listen to your thoughts, which will make you become more relaxed, productive, and healthy.
2. Relaxation, if practiced regularly, gives you a feeling of more energy as you notice you're becoming more focused.
3. Now you can slow down and notice the feelings, and realize that it is not healthy to avoid a situation by being busy.
4. Relaxation makes you more aware, as you listen to that part of you that you now call 'relax', and notice the feeling.
5. You do not need other people's approval to make you feel relaxed. Also, you may begin to notice the feelings of the health benefits of being relaxed.
6. You need to practice relaxation regularly, because you will begin to acknowledge and notice the experience of the sounds of the simple things in life.
7. When you discover your experiences in the ways you create stress, then, within the next 30 days, you can look forward with excitement as you tell yourself how many ways you are going to create relaxation.

Sometimes we take on more than we can chew, and the buffet table gives us many choices, but can we handle the freedom of choice?

How to Find Stress Relief on the Buffet Table

Are you always starting too many things in order to get stress relief, but then discover that you are all stressed out because you have accomplished nothing?

As a Hypnotherapist, N.L.P. (Neuro Linguistic Programming) trainer, and Energy worker, I see that many of my clients who would like to experience stress relief are having difficulty coping with stress. This is because they are attempting to do too many things at the same time.

The buffet table gives you many choices but can you handle the freedom of choice?

Mary (her name has been changed), one of my clients, made the incredible discovery about how to get stress relief from the buffet table.

Let me explain. Mary used to go to the buffet table and stress herself out by piling everything up on her plate. She would then return to her table and quickly devour her meal. After attacking her meal like a force to be reckoned with, she felt shockingly restless.

She discovered that this was like multi-tasking (attempting to do too many things at once.)

Mary experienced amazing stress relief when she began taking small portions from the buffet table, like only one bowl of soup. She enjoyed the bowl of soup, and then went back for another specific item, like a salad.

This process of taking a little bit, although she could have a full plate, gave Mary the awesome experience of choice, relaxation, and stress relief.

So what is the moral of the story?

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In life, you can fill your plate with the dangerous excesses of life (too much food), or you can take on one task at a time (like a breath of fresh air) and complete it, before starting another task. This simple process can become a powerful healthy habit (if practiced regularly).

Your habit of taking a little bit at a time can result in you being more efficient and productive, because you will be living life and experiencing stress relief.

We all have days when we would rather stay in bed. However, the question is, what happens when the “blues” hit and don’t leave?

Got the Blues? It May Be a Serious Problem

We all have days when we’re “down in the dumps.” Moods change, depending on everything from the day’s weather to a song playing on the radio. Most people chalk up these “down days” as just a part of life. And for most people, they can cope.

However, when the “blues” hit and don’t leave, when you’re trying to cope with depression, life becomes more difficult and, if you do experience depression, you’re far from alone.

- In the U.S., 9.5% of the adult population (age 18 or older) experiences depression at some time during any given year.
- An Australian study showed that everyone, at some point, will be affected by depression, figures comparable to statistics from other industrialized, high-pressure countries.
- Women are more likely to experience depression. 30% of women are depressed. For decades, men were thought to experience depression at half the rate of women, but more recent testing indicates that the numbers for men are significantly higher. (They just don’t talk about it because it’s viewed as a sign of weakness.)
- Only 2 out of 10 depressed people seek treatment, despite the fact that long-term depression can harm physical health.

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- Figures show that depression costs the U.S. industry more than \$50 billion dollars a year in lost productivity, as more and more employees take “mental health” days.

Standard Treatments

Standard medical practice looks for the quick fix — the magic pill to solve the problem or provide a cure. And the pharmaceutical industry has come up with a number of medications that have shown varying degrees of success in addressing the problem. Anti-depressants like Prozac, Zoloft and Paxil have helped some people — 35-40% of patients. That means as many as 65% of depressed people won't find relief through conventional medical treatment — a startling statistic.

Psychotherapy has shown limited success, with more than 80% of patients falling back into depression, even as therapy continued. In addition, cognitive behavioural therapies (CBT) are expensive, costing tens of thousands of dollars, *and* many patients continue therapy for years. Some are lifers.

What Causes Depression?

Chronic depression can be caused by many factors. Emotional trauma, especially during the childhood years, can lead to a lifetime of depression, along with its associated symptoms of fatigue, lack of motivation and drive, and social isolation.

Depression is also caused in adulthood by the loss of a job or the death of a spouse. Divorce and other emotional upheavals contribute to chronic depression. Poor health, financial problems, and the stresses of modern life all add up to a potent cocktail of stressors. And stress, over a period of time, leads to depression — a feeling of hopelessness and helplessness.

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In rare cases, depression is caused by hormonal imbalances within the body. Men and women do experience mood swings as the body's endocrine system produces more or less of a specific hormone throughout the month, and throughout a lifetime. However, it's important to note that many people who assume their depression is simply a part of their body's natural bio-rhythm rarely have mood swings based on hormonal imbalance. Most frequently, depression comes from external, not internal, forces.

What works?

There have been numerous studies done on the subject of what actually works in alleviating depression.

- Good, solid supportive relationships are critical to combating chronic depression. Developing a good support system enables depressed patients to rely on others for a sympathetic ear and on-going support.
- An understanding of the causes of depression has also shown to deliver positive results. As people change their attitudes about depression, and are no longer fearful of admitting it to friends and to themselves, depression becomes less severe.
- Understanding that depression can be controlled and managed — without medication. Stress management techniques, such as neuro-linguistic programming, have shown positive, long-term results in patients who undergo this client-centered therapy.
- Improving self-esteem and building self-respect have also been shown to improve the limiting aspects of depression.
- Exercise works. A brisk walk in the morning causes the brain to release endorphins — naturally-produced chemicals that create a feeling of well-being.
- Meditation — even for short periods of time each day — has been shown to decrease the effects of depression. Meditation relaxes the body, mind, and spirit, providing a clearer perspective on feelings and their causes.
- Owning a pet has been shown to relieve depression. Today, many nursing homes keep a “house” cat for patients to enjoy. Cats, dogs, and other animals help eliminate depression.

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There is hope. Hope is everywhere you look. There are numerous treatment options available to you if you experience depression or bi-polar symptoms. However, these solutions won't come to you. You have to seek them out.

Admitting there's a problem is an important first step but it's only Step One. You have to become pro-active to find the right combination of therapies that work for you. It's a process, and it may take some experimentation to find the right combination of treatments. But don't give up. There is light at the end of the tunnel.

And that light is your bright future.

You may ignore stress because it does not attack you like a big bang.

Stress gradually creeps up on you like a can of worms and only becomes evident when the "worms" of aches and pains in your body become unbearable or exposed.

So let me share 3 simple steps for coping with stress.

Coping With Stress- 3 Simple Steps

Attack and conquer deadly killer stress.

In the 14 years of teaching relaxation/meditation most people have admitted that stress is an issue they have ignored.

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You can attack killer stress using 3 basic rules.

Step #1: You need to start your day in a stress free natural state. A stress free natural state means that your cells have recharge and you are experiencing a wonderful flow of energy. A stress free state does not include coffee, alcohol, smoking or pain killers in order to experience relaxation.

A natural stress free state is having the awesome feeling of relaxation by habitually practicing to relax. This practice also helps you conquer killer stress.

You can use mantras, guided meditation, affirmations, soothing music or anchoring. The purpose of the natural stress free state is to prepare the mind and body for the onslaught of stress attacks that you will be faced with during the day.

Relaxation soothes the soul (especially in these busy times) and it helps you brace the fall of nerve-shattering killer stress.

Step #2: Just imagine you wrote a 500 word sentence with one period. The sentence would make no sense at all. Therefore you need to let go of your stress by punctuating the sentence.

Your life needs to be regularly punctuated in order to attack killer stress. This means that you need to take a quiet break at lunch time and do another relaxation exercise.

Yes I have heard all kinds of excuse over the years, but when you take the time (to do a relaxation exercise at lunch time) you will be amazed at the profound results. Killer stress will be neutralized.

Step #3 Let's assume you have difficulty with Step #2, then Step #3 can become your powerful rescuer.

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Again at the end of the day you need to quietly punctuate the sentence of your life. Going nonstop all day without punctuation creates all kind of stress. It also exposes your vulnerability to killer stress.

Step #3 simply states that you separate work from home by doing a relaxation exercise before going home.

The purpose of this exercise is to help you knock out killer stress. This allows you to recharge your energies so that you can spend time with your friends, family and or love ones.

One simple relaxation exercise is listening to whatever music you consider soothing. This has to be done either before you enter the house or the first thing you do after entering the house.

If you are self-employed or work from home then you need to make the necessary adjustments as when to do the relaxation exercises.

In summary you need to relax three times a day in order to knock out deadly killer stress.

Step #1 reminds you do a **relaxation exercise in the morning** to recharge your energies and prepare for the attacks of deadly killer stress.

Step #2 reminds you that you need to punctuate your life with **relaxation exercise at lunch time** in order to attack deadly killer stress.

Step #3 helps you **separate work from home** so that you can attack and conquer deadly killer stress and enjoy a life other than work. This means that you can stop and smell the roses

No matter how long you have been in business, or struggling to deal with stress, chances are, you are missing one of these crucial points. The good news: you can follow the simple steps I have outlined to end these issues and stop leaving money on the table.

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Cecil McIntosh teaches you how to relax and get rich. If you're a successful but unhappy entrepreneur and would like to get a rich life, then check out this <http://goo.gl/mvWwA> program which introduces to 10 ways to better manage feeling overwhelmed.