

10 Quick Resolutions for Less Stress in Life You Can Use Now:

1. Lean into God: Expand your faith on a daily basis take time to explore the power contained in the words written by the psalmist: “Be Still and Know that I am God.” Honoring your relationship with God each day will remind you of some death bed wisdom: you are a spiritual being having this physical experience, your greatest strength, sense of purpose and source of wisdom emerges within this knowing.
2. Protect the mitochondria in your body: Your engines that keep you going, they are the power behind each cell. It is essential to give them time to rebuild as they are constantly working in your favor all day long. Sleeping at least 7-8 each night and eating less food and food that is nutritious are two key practices that will help your body recharge to its fullest potential.
3. Avoid Complainers, including your inner self talk: Recent studies have proven that being in the presence of complainers can actually shrink your brain. Do not feel obligated to listen to “dumpers”, the complainers in life. Elicit the state of behavior you desire to experience. Love evokes more love, kindness evokes kindness, and compassion evokes compassion. By your choice of mood you have the ability to raise OR lower others to that level.
4. Thymus Tap: When you feel anxious about the future try this technique: Using your fingers tap on your thymus located two inches down below the U-shaped dip in the base of your neck as you say: I am willing to have faith and confidence in God, I am willing to explore the possibility that my future is secure, I am willing to explore the possibility that I am secure and capable of coming up with creative solutions.
5. Chunk Down: When you have an HUGE to-do list, chunk down the steps into 24 hour increments. By the end of today I will accomplish_____.
As Confucius said, a journey of 1,000 miles begins with a single step.
6. Laugh, laugh, laugh: Laughter has the ability to save your life in many ways, it increases endorphins in the body, power ups the immune system and creates levity in life. Laugh as much as you can, pray for a spirit of joy and laughter each day. Even if you fake it you still get the positive biological benefits.

7. Honor your BRAC: Basic Rest Activity Cycle of the brain. Your brain is cyclical and is ON for 90 minutes and rests for 20 minutes. When you honor the rest breaks throughout the day you recharge your brain which results in clarity of focus and productivity.

8. Release your Grip: an attachment is an emotional state of being due to the belief that without some thing, person or situation you can't be happy. As you release your grip on needing certain responses from the world around you in order to feel successful AND in order to Love & Accept yourself an expansive space emerges for inner peace and purpose.

9. Practice Curiosity & Fascination along with Consistent Sincerity & Reverence for All of Life: Practice being a curious and fascinated human being concerning all events, responses and situations in life. This choice guides your Reticular Activating System (responsible for behavioral motivation) in a positive direction, tuning into all available options for creative solution based thinking. Expanding your ability to maintain consistent sincerity & reverence for all of life will open doors to good rapport. Practice giving people the benefit of the doubt when they act out of pain and fear verses love and confidence. Include yourself in this practice knowing that your God given natural state of being is Love and Confidence.

10. Expand Your Experience of Love: Make this your number one prayer intention as you are gifted with a new day of life: *Dear God, thank you for filling my entire being with the grace to expand in my ability to love and be loved this day. Thank you for the grace to choose love no matter what is thrown my way realizing that this simple choice holds in and of itself the ability to resurrect my greatest good and the good of all concerned to the front lines of life. I am willing to consider that every small, unnoticed act of love & kindness goes viral in the heavenly realms.*

Enjoy Part 3 of a keynote by Lauren E Miller: [Stress Relief Now: Demonstrating the Tapping Technique found in 5 Minutes to Stress Relief](#):

<http://www.youtube.com/watch?v=fsmgR8ZeQ2k>



Lauren E Miller: Google's #1 Stress Relief Expert/Award Winning Author/International Speaker
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