

De-Stress

The 8 Golden Rules



By Glenn Harrold FBSCH Dip C.H.

Golden Rule 1

When you suddenly come up against a problem or dilemma, address it straight away.

By avoiding procrastination and dealing with things straight away, you will minimise the stressful effects caused by the problem.



Golden Rule 2

If you feel overworked or stressed, make time for rest and relaxation.

Twenty or thirty minutes of self-hypnosis or meditation are great ways to clear your head and re-charge.

You will always be able to work more productively after relaxing your mind and body, as you are creating a space.

By doing this you will feel mentally refreshed and more creative when you begin working again.

Golden Rule 3

When you are busy, limit the time spent on unproductive leisure habits, like watching TV, net surfing and emailing or personal calls that are not essential.



Golden Rule 4

Learn to say no to people and don't try to please everyone all the time. Don't be afraid to assert yourself if you need to, but always do it calmly and respectfully.



Golden Rule 5

Avoid trying to do too much, as this can be as stressful as doing too little. Do as much as you can and then switch off from it.

Accept that there are only twenty-four hours in a day and you can only do so much. Make sure you get your work and life balance right.

If everything gets on top of you, go for a walk in natural, calm surroundings, and take stock of everything from a distance.

Golden Rule 6

Imagine you are above yourself looking down on your life and all the day-to-day events. When you do this, detach yourself from any emotional problems or dilemmas.

Regularly step away from things and view your life from a higher perspective.



Golden Rule 7

Become more creative and subsequently less stressed, by injecting more creativity into your life.

Why not learn to play a musical instrument or take up painting, writing or another creative pursuit? Do something that gives you a creative outlet.

Golden Rule 8

Whenever you are working or looking for inspiration, play some classical music. Mozart's music is great for stimulating creativity. This is because of the frequency of the music.

The busy patterns of Mozart's music stimulate creative brain functions and can help to alleviate anxiety and even heal some psychological problems.

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Resources

Hypnosis FAQs:

www.hypnosisaudio.com/faqs

Glenn's personal website:

www.glennharrold.com

Facebook:

www.facebook.com/glennharrold.fanpage

Twitter:

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