

Hello Yolanda here. And today is our lesson on quick stress relief hacks. Yay. So great. we'll just jump right in. So you already know that a huge number of people live in enormous stress with our nervous systems on high alert, pretty much all the time, but you may not know how bad the numbers actually. So the American Institute for stress and the global organization for stress report that 77% of people experience stress that affects their physical health. 48% of people have trouble sleeping because of stress and 80% of people feel stress at work. So all of that is awful enough, but as women, we are especially high risk for stress.

So women generally score significantly higher than men in terms of chronic stress. And what makes that worse is that women often belong to other groups that tend to experience particularly high rates of stress like ethnic minority. single parents and people who are responsible for their family's health care decisions. So you could be in multiple high-risk groups. If you think about it, if you're in any combination of these groups, your risk of suffering from stress is just really off the charts. So like, if you're a woman who's responsible for your family's health decisions and you're a single mom, or you are a single parent and you're an ethnic minority you're woman.

You just have extremely high rates, risk rates of high stress. Sorry. So we all know the common symptoms of stress, like muscle tension, fatigue, or low energy anxiety, nervousness, or worry, insomnia, appetite changes, you know, either up or down. Indigestion acid reflux, upset stomach. And then there are so many other more, very common symptoms like irritability and anger, lack of motivation or interest in things, headaches, feeling sad or depressed, sexual problems, weight changes, forgetfulness and lack of attention.

And chronic stress has been linked to more, serious health conditions, like high blood pressure, formation of plaque in your arteries, diabetes and addiction. So yeah, it's not rocket science to say that stress is bad and you don't want to live in chronic stress in any kind of way, so bad for you.

You know, your, your mind, your body, your relationships, and every kind of way. But here's the thing I don't want. I don't know about you, but for me, I didn't really feel for much of my life that I had much of an option except to be in stress. And that's because I knew that you could do meditation or yoga or exercise or

walk in nature or all the things, but that was not always an option that was available for me, like sitting at work.

Anytime I've I was seriously wound up if there are people around or I'm in bed or just any kind of, there are many, many situations where it didn't feel like an option. I had the option to do any of those things. So now I've learned these techniques. I'm going to share with you. So, and until I did that, it was very, very common for me to have multiple anxiety episodes every year.

So an example of an anxiety episode for me means like waking up in the morning and I'm still in bed and I will have for no apparent reason, I will have some kind of like a worry movie in my brain. Like about the political hell about COVID about earthquakes, about car wrecks, wild animals fires, like literally anything.

And here's a more specific example. So I've done this multiple times, so Loeb sack, and I love to hike and we often, especially during COVID, we would, we start hiking really early in the morning, like it's dark when we start driving and when we start hiking sometimes, and I get anxious about that. So we'd like, we wake up and I start worrying about us driving in the dark and how we might get in an accident or, you know, or like how.

Some creatures going to get us in the dark or something bad people or, or something. or I could go down like a rabbit hole about an earthquake happening and you know, the roof's going to fall in like where it's happening while we're sleeping and the roof's going to fall in and we get covered in rebel and we're trapped in there and the air is escaping and we don't have our phones.

We can't call anybody. Or we do have our phones and nobody picks up and we got. And the earthquake I have that stupid worry anxiety movie many a times. So I know, I know it sounds kind of silly, but when it's happening, it's very intense and, frightening feels terrible. And it leaves me with a kind of anxiety hangover.

And if you do that enough days and enough times a day, I mean, it would mostly happen in the morning, but it happened other times. You know, when you do that, it's like really incredibly hard on your body and your mind. And just, that's just an example of, what this kind of very strong, anxious or unwanted

state can be for me, but for you, it could be the source of the stress could be anything.

So it could be public speaking or getting honked at or yelled at, or being late for a meeting or your presentation is due, or you don't have enough money to pay your bills or your. Figure out how the heck you're going to take care of your kids or your parents, or there's an illness or a death in your family.

You're trying to stay safe from all the things. So we know there are all these infinite sources of stress, but what's weird is that most of us have never really learned any simple tools that you can use in the moment to calm down your stress response in your body or your mind. And that's why I want to share with you these three tools today.

For those moments when you are stressed or anxious and you can also use them for anger and pretty much any other strong emotion. So here are the three tools and I'll look at them one at a time and teach you quickly how to do them. So they are one called yoga body box breathing. And there's one that is a type of bilateral stimulation technique.

So the first one is called yoga body. And I learned this from a woman named Melissa tears, who is a, kind of hypnosis. She happened to be guest teaching a course that I'm a coaching course that I'm in. And she, and she shared the two techniques that I'll share with you today. two of the techniques that I'll share with you today, and, this one, the call, the yoga body.

I don't know why she calls it yoga body. It's like, you're not doing yoga, but it doesn't matter. Here it is. And it's wonderful. So. I'll just explain it to you simply, and then we can do it together. So basically you're just going to put your attention on your right Palm, your right elbow. She says in her elbow, I don't think it matters your right shoulder, your left shoulder shoulder, your left elbow and your left.

that is it. And you're going to do that in a circuit of those a few times. So we can just do it together. You can do it sitting, you can do it standing up. You can do it in bed, but here's just a simple way to learn it. If you want to do it with me, you can. So sit any way that you're comfortable with your feet on the floor or your legs crossed.

It doesn't matter. You can rest your hands on your knees and you can put it. You can put your hands. Thumbs up or palms down. It's kind of nice to have it palms up. if there's no one around, if there's somebody around that, I keep it more palms down, but let's start, I'm starting with palms up. You didn't close your eyes if you want to.

I'm going to keep mine open probably actually I'll close mine too. So first let's just put your attention lightly on your right Palm and just hold it there.

Now move to your right elbow,  
your right shoulder,  
your left shoulder,  
your left elbow.

Your left.

one more time, your right Palm  
right elbow  
right shoulder  
left shoulder.

Okay. That is all you got to do.

So I usually do it. I think she recommends, or like you can start with two or three. I usually, I usually do that like two or three, if I'm in bed and I'm having a tendency toward anxiety, I do a little, I may do more. I could do six or like I'm trying to sleep or something. I can use it for that. And you, you know, you could do one, it doesn't, there's no rules about it.

There's not a rule about how fast you go. Sometimes I go a little faster, sometimes a little slower. I find it more restful and relaxing when I do a little slower, but it doesn't matter. It works both ways. And I just want to say that this has been such a huge game changer for. I know it seems crazy, but whenever I'm having any kind of strong emotion, I can just do this a few rounds and it comes to me down.

the remarkable thing is just by using this tool in the moment, when I feel really stressed, it is actually calmed down my overall anxiety levels. So, you know, I'm using it because I'm stressed, right.

Angry. And I use it at that moment, but then somehow it has an, and tears has an explanation for this. She says, it's increasing your flexibility or your adaptability

or something. But, I've found since I've started using this techniques at the moment that I'm stressed, that I have fewer stress moments.

Like, you know, like I don't have as many of these anxiety. Moments as I was by a long shot, like I had one today and it was like, wow, that's that felt kind of, it feels different when I have them so much. I do still have them, but it's just like, it's just reduced overall. and then I should say I'm using this technique plus others that I'm showing you in a moment, plus, That's the plus feeling your feelings, that kind of technique that, that I taught in the last slide class, which is available in our class, if you're in my self care course, the self care course is, is open that.

So you can check it out. I'll, I'll put links, various spices, but together, those things have reduced my anxiety level a lot. Okay. And here's the second tool that I want to talk about, which is box breathing, super simple. It's a technique used by Navy seals to help them stay calm in stressful situations.

And this one is just a simple breathing pattern and we can do it together again. But, here's the pattern you're going to breathe in through your nose for four counts. I'll just show you first and then we can do it together. So breathe in through your nose for four counts. And then you're going to hold your breath for four counts.

Hold it lightly.

Then you're going to release your breath through your nose for four counts, and then you're going to hold again, your breath for four accounts. Okay. And so we can do this together and I, I, I'll just talk you through it cause I can't do it and talk you through it at the same time. So again, just get comfortable. And the box I hope is obvious. You're doing four counts workouts, four counts, and four counts and tips.

Again, breathe in and out through your nose. When you breathe in, fill your stomach rise. When you breathe out through your stomach, relax. And when you're on the hold parts between the two breaths, just do it very lightly. You don't want to have this feeling of. You just, you're just holding your breath.

You're not breathing in. You're not breathing out. You're just pausing there in Nebraska. Okay. So let's just get comfortable. And first we'll start with a long, deep breath in through your nose. 2, 3, 4, hold 2, 3, 4. Out through your nose. 2, 3, 4. Hold 2, 3, 4. And again, it's kind of similar to the yoga body.

You can do that. You know, you can do it once you get it twice. You can do it 10 times. Again, you can just do it in any moment of high stress and it helps calm you down this one. helps stimulate the vagal nerve, which is that, this long, long nerve in the, and related to the part of your nervous system that is designed to calm you down.

So, it's very helpful that way. And I'll include references. If you're interested in learning more about vagal nerve activation techniques, I'll include a reference, , on my self care course. And then the third and the last technique is also from Alyssa tears. And this one, the box breathing is not from her eye.

It's from this Navy seal guy. the third technique is from, Melissa tears and her book. And it's called her book is called the anti-anxiety toolkit toolkit. And, Again, you can use it for any high stress situation. So this technique is a kind of technique. There's a whole set of them called bilateral stimulation and the ideas that you want to activate, both hemispheres of your brain, because when you have anxiety, for example, there apparently is an over-activation of just one side of your brain, either the left or the right side and right.

When you do the exercise that I'm going to show you or any kind of bilateral stimulation, you're stimulating both sides, both hemispheres of your brain. And this puts apparently blood flow and activation and both parts of your brain. And so as Melissa tears explains it, what happens when you do that? Is it the anxiety circuit or the whatever circuit you got going on, can't hold itself together because it's just in one part of the brain, but you're switching back and forth between you're activating, like highlighting two parts of your own parts of your brain alternating.

And the, the one that stuck in the, in the one hemisphere, just, I can't can't keep it shut together. Stocks. So in this technique, when you have anxiety or panic attack or any kind of stress situation, you just grab something like a pin or a ball or an apple, and you going to pass it back and forth from one hand to the other, keeping one hand in front of you, while you the other one swings out to the side. So I'll just show you and we can do it together. So first grab your pin. Just something not too huge. and you literally just pass it back and forth and keep one, keep your free hand in front of you. I've got my hands kind of high so you

can see it, but I just usually do it about waist level. You just pass it back and forth and again, it can be a little faster.

It could be a little slower. That's okay. You can do it sitting. You can do it standing. We do it about 30 seconds or a minute or two, or just until you feel yourself, start to start to calm down. And so just to recap, those three tools, this one is so simple. Yoga body box breathing and bilateral stimulation.

Yoga body is the one where you place your attention on your Palm, your elbow, your shoulder, and make the circuits, the box breathing. You breathe in deeply for the four hold for four, breathe out for four hold for four. And the bilateral stimulation is the one I just showed you where you pass something, an object in front of you using, you know, on either side of your body.

So. I just want to share that I've used all three of these, but for me, the one that I like best is the yoga body one. And that's the one where you do the circuit with your Palm, your elbow, your shoulder, it's just insanely effective for me. And I do it a lot and I do it anytime, anywhere, because the beautiful thing about this one, I think the reason that I like it the best, what works the best for me, but I also like it the best because you can do it and nobody has to know you're doing it.

You can be sitting at dinner and. Have some kind of stress or frustration or anxiety response, and you can just start doing it. And nobody even needs to know, like it's hard, but I've even done it while I'm talking. And it's just, it's just freaking awesome. And just like come to the write down calms you.

So Melissa tears and tears is T I E R S, which is here yet. It has a bunch of other techniques in this book called the anti-anxiety toolkit. If you find this stuff at all interesting or useful, I highly recommend her getting this and I'll put a link for this in the course again. So, you know, the cool thing about this book is that she has a lot of techniques in the book and people are very different, like, you know, everybody's minds work differently.

So these, the two ones that I shared with you are the ones that, and I haven't even explored everything in the book, but they're the two that most appealed to me. I mean, and then there are other ones that are more visual. So if you're more like a visual learner or you do like, yeah, they're just different, different strategies for different people.

So I highly recommend you check it out.

Once you start looking, there are an enormous number of tools that can help you relieve stress relief. They help help you relieve your stress, which just makes me crazy that in our system of education, we don't learn this stuff in school. Like literally as a sixth grader, as a third grader, what would be more helpful than to learn how to calm yourself down?

How to self-soothe. But we don't learn that, you know, we learn ABC and the, I mean, we need to learn all that stuff too, but it's like, yeah, it would be so helpful. It's just like one of my horses. But anyway, if you look up any of these things in Google, like Google nerve activation, I'll also I'll leave, I'll put a link. they will nerve activation EFT, the emotional freedom technique, which is that kind of, acupressure, like self. acupressure, which is also combined with some kind of like, positive. It's not positive thinking. I don't know the words like incredibly, I, I haven't done it recently, but I did a lot of it for a couple of years and really enjoyed it and found it done great benefit.

And, and every time I think about it, I was like, oh, I should do that again because it's just, really wonderful year for your state of. and then there are other things that you all probably know about that take a little longer, but also helpful if you are able to develop a practice or, just do regularly, like physical exercise, taking a walk or yoga or Tai Chi or meditation.

So those are all great. I highly recommend them for you to explore, but today I just wanted to share with you these three quick tools in case they help you as well. As they helped me and that's it for our lesson today. Okay. Ciao.