

# Simple Stress Management... in 3 easy steps...

[www.healing-journeys-energy.com](http://www.healing-journeys-energy.com)

Sit upright - back straight, head erect, shoulders relaxed in line with your ears and your hips.



Relax your eyes by looking slightly & naturally downward.

Knees level to or slightly lower than your hips.

## Step 1



# Then, relax your muscles slowly from top to bottom.

Starting with..

your face,  
then your neck,  
your shoulders,  
your torso,  
relax your arms,  
your legs  
and your feet.



Inhale  
diaphragm out



Exhale  
diaphragm in

## Step 2



# Clear your mind...

Keep your shoulders relaxed...

Now slowly breath IN as you expand your abdomen...

Then slowly breath OUT letting your abdomen fall.

## Step 3



Repeat the breathing exercise for 4-5 times.

# Warm your body by slowly moving different sections of your body one at a time. Vigorously, rub your hands together, warming them.



# Use your warmed hands to rub your eyes, face, and neck. Then lightly pat the rest of your body with your hands.

Voila, 3 easy steps to a more relaxed you!

[www.healing-journeys-energy.com](http://www.healing-journeys-energy.com)