

10 top tips on how to relieve stress and pain, That you can do straight away.

All of these tips will relieve stress and pain and the best thing they can be done right now. In over 20 years of being a therapist who works with people physically, mentally and emotionally I have seen that what makes the greatest positive difference to you is relieving your levels of stress and pain

I recommend that you start doing some of the tips every day and try doing all of the tips at least once.

1. Move your body regularly:

Do not spend more than 30 minutes doing the same thing get up and move differently, even if for only 30 seconds than continue what you were doing. The bigger the movements the better.

2. Eat less sugar:

Eating sugar increase the sugar level in your blood which can stimulate the stress hormone cortisol and causes anxiety, irritation and sudden mood changes. Sugar also creates inflammation which is a major factor and or cause of most illnesses.

3. Go for a walk every day:

Even if it is only for 10 minutes and you build up to the Department of Health recommendations of 25 minutes of brisk walking a day. I would recommend also walking for 45 minutes two or three times per week

4. Eat less processed food:

When food is processed much of the foods natural vitamins and minerals are lost in the process. Processed food often contains added sugar and fat.

5. Do something New:

That you have never done before. This can be anything from going to the cinema by yourself, going to the theatre, to visiting a foreign country.

6. Drink less coffee and caffeine:

This includes Coke and energy drinks. Caffeine causes heart permutations, anxiety, irritability, mood changes and adds to stress levels. It can also cause you to be ungrounded, confused and stressed.

7. Get out in Nature every day:

Your local park will do. At least once per week try to go to the woods or an expanse of water - lake / canal / river / ocean.

8. Go to the top of a hill that has a vast views.

This will help you gain a different perspective and clear your mind. For further information go to <http://realenergy4all.com/do-you-feel-boxed-in-trapped-confused/>

9. Do something different / Change your routine.

An old saying is a change is as good as a rest. You will be surprised at how freeing and stimulating even small changes can be.

10. Challenge yourself.

This can be doing something different, as this can be a challenge. For other people this may be writing a book or running 5km.

Biography:

Fiona Maguire is a Facilitator for change: an Energetic and Intuitive Coach, International Speaker, Author and creator of “Key to Awareness” process.

Fiona has a Psychology degree and has worked in the NHS (in UK) and Social Services. Her unique ability is that she can get to the core issue and help you make any necessary changes quickly and easily so you can move forward in your Life, Relationships, Business - see www.RealEnergy4All.com for more details.