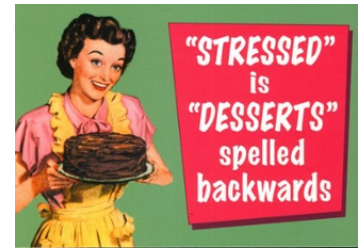


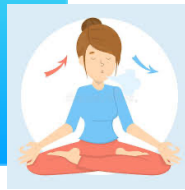
# Are you feeling stressed or anxious

Here are 5 easy things you can do to help yourself



## Using the breath

Breathe in for a count of 6  
Hold for a count of 3  
Breathe out for a count of 6  
Hold for a count of 3  
Repeat once or twice more



## Crystals

Hold any one of the following crystals, take a few deep breaths and relax.

Moonstone  
Blue lace agate  
Sodalite



## Tapping

Use this easy anxiety stopper when you feel yourself becoming stressed or anxious

Think about what you are anxious about  
Take a slow, deep breath in, then  
Tap several times under the middle of the eye  
Tap several times under the arm  
Tap several times on the collar bone  
Breathe out slowly

See how you feel and repeat the process if necessary



## Aromatherapy

The following essential oils can help calm and relax you.

Chamomile, clary sage, lavender

Try adding a few drops (eg 5) to a small amount of base oil such as grape seed, sweet almond or even olive oil, before adding to a bath. Agitate to disperse the oils before getting in. If you don't have a bath, then decant some body cream or lotion and add 2-3 drops to it before applying to the skin.

## Reflexology

Press firmly (use a pen lid if you want) to work deeply into the following reflexes on the hands.

Solar plexus (mid palm, where hand bends)  
Adrenals glands (fleshy area at base of thumb)  
Pituitary gland (top of thumb)

