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## Stress..... Worry.....Tension.....

**By Nancy Palese**

We are all feeling the pressures of our day-to-day experiences; what we hear on the radio and television, what we read in the newspapers and magazines, and what we must deal with in our everyday lives.

And while there is no denying that what is happening in our world today is stressful, it is helpful to remember that each of us does have within us the ability to control what is happening to us emotionally.

No matter the circumstances, we choose our reaction to all that we see, hear and experience. We can decide to be upset, worried, frustrated or angry, or we can

decide to be calm, peaceful and happy. the choice is always there and the better choice, for both our physical and mental well-being, is always the choice to be calm.

When we are calm, it is easier to think rationally and make better decisions, and our bodies stay in a state of health rather than disease. By practicing simple self-hypnosis methods, you can learn to easily calm yourself at anytime, anywhere.

Below is a simple realization that can be used to bring that calm state of mind to you whenever you desire. If practiced often, this simple exercise will

become second nature to you in times of tension or pressure.

Either read this exercise to yourself enough times that it becomes so familiar you naturally remember it, or make a recording and listen to it repeatedly, for instance at night as you fall asleep.

Either method of repetition will work. The goal is to train your body to respond automatically to your mind and what your mind has decided will be the state in which your body will live, in peacefulness and calm.

## Relaxation Repeat

**“ As I gently close my eyes, I take a deep, deep breath and say to myself silently the word, “Relax.” Exhale, and relax. And as I hear the word Relax in my mind, I see the word Relax in my mind’s eye. And with every breath I take, deep and peaceful, I hear the word Relax, and I see the word Relax, floating and drifting, floating and drifting down now.**

**Floating down, Relax, down, drifting deeper, down.**

**Relax. And as I continue to breathe calmly now, I notice that I am feeling myself become calm, become peaceful and serene. I command my mind to remember this calmness; to anchor it into my whole being, every cell in my body remembering this feeling of serene well-being. I know that every time I want or need to relax myself, all I need to do is take a deep breath and think, hear and see the word Relax drifting down in the air; floating downward. As I do, I know that I will float and drift, also, into that state of peacefulness and calm. I have the ability within me to choose peace, and I easily choose to be calm and Relaxed.”**

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