

# 10 Quick Stress Relievers

by Hyun Martin



*The holidays are a time of extreme stress. If you find yourself overwhelmed, here are 10 quick stress relievers to help calm you.*

- 1. Drink water.** Water will rehydrate you. If you are really stressed and toxic, drink plain hot water. Your body will be able to immediately utilize the water instead of having to warm the water.
- 2. Hold your kidneys for three minutes to help energize your body's ability to flush out toxins.** Keep your fingers together to concentrate your energy or qi (ch'i). You can also create warmth by rubbing your hands rapidly or rubbing your fingernails together. When we are stressed, the body minimizes blood flow to the kidneys. To hold your kidneys, put your thumbs

## The Well Being

around your waist, with your hands on your back just above the waistline.

**3. Hold your forehead and your neck.** You can energetically enhance this by creating friction between your hands by rubbing quickly so your hands warm up. You can also rub your neck. By holding your forehead, you will bring blood flow to your frontal lobe of your brain instead of just the cerebral cortex. Rubbing your neck will allow you to relieve the tension of holding your head up. You can also do neck stretches.

**4. Cross patterning.** This exercise makes the brain shift between integrated and one-sided hemispheric brain functioning. Use this when it's hard to think and do something at the same time. Cross march by bringing your arm to the opposite knee and touch together, deliberately and slowly. Switch to a one-sided march by moving the same-side arm and leg together like a puppet also deliberately and slowly. Alternate sets six or seven times. Always finish on the cross march.

**5. Belly breathing.** Sit and place your hands on your sides, with your fingers pointed to your navel,

thumbs towards your spine. Breathe in and out slowly and deeply. Feel the expansion and contraction in the front, sides, and back simultaneously. Relax and continue breathing slowly and deeply. This is to counteract the fight or flight syndrome. Tense people usually breathe shallowly and angry people tend to hold their breaths. The tension or anger gets held in the body this way, rather than being experienced and released.

**6. Take a bath or shower and visualize your stress being washed away.** Allow yourself to relax and concentrate on you. Hold whatever situation or people who stress you, then allow yourself to wash the episode (or them) out. Cut the chords of attachment to people and situations. Allow yourself to yawn, sing or yell to release the tension in your jaw.

**7. Get 10 hugs a day.** Start the hug club. Virginia Satyr, a noted family therapist, believes people need to be hugged 10 times a day for emotional growth.

**8. Hug yourself.** Cross your arms and hold your spleen and gall bladder points and allow yourself to close your energy field. Imagine breathing in sunlight—this

will add energy into your system. Allowing yourself to receive your own energy and to become centered can only help the process of being kind to yourself and appreciating the miracle that you are.

**9. Do the "cooks hook up."** Position 1: Put your left ankle on your right knee. Place your right hand around the left ankle and place your left hand on the ball of the left foot. Rest your tongue on the roof of your mouth and breathe deeply. When you feel relaxed, then move to position 2. Position 2: Keep your tongue on the roof of your mouth. Uncross your legs. Put your fingertips together as in prayer pose and breathe deeply. Hold position 2 for about a minute or two until you feel calm.

**10. Get a massage.** Allow yourself to receive the gift of touch. Massage has so many great benefits, including better circulation, detoxification and just feeling relaxed in your body.

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