

stress

	What happened	What I need	What works for me
L O W			
M I L D			
H I G H			

What I found after filling in my chart is that many of the same “solutions” reoccur in the “what works for me” boxes. So I realized that in my chart I had “writing”, “Meditating” “Walking”

written down over and over again. The idea is just that we are releasing built up chi (or energy). Quite often how we release it is just a matter of degree. Like walking for light stress versus kick boxing for heavy stress. Doing the boxes just helped me think about what causes stress and what relieves stress.

I find for myself that some stress solutions only occur in the “high stress” category but across different emotions (happy, sad, angry etc) and I have started thinking of those solutions as my *emergency relaxer*. For me water is a common emergency relaxer. I will go swimming if I can or get into a bath. If I'm really worked up it will take a little while for this to be effective. I have to stop myself from getting out of the bath after just 5 minutes because I feel too excited to just relax. But after a while (fifteen minutes or so) I will give in and calm down. Another idea is to do a high intensity exercise for a brief time before getting in the bath (or whatever you find relaxing) Not every one likes water. Some people like trampolining, or loud music.

It's a good idea to make sure that whatever the relaxer that it's safe and healthy.

A couple days after doing this project I started to think about a way I could implement a regular stress release into my schedule using what works for me. The challenge is that it can't take up too long or I won't be able to do it every day. I decided to give myself an hour to an hour and a half at the end of the day to release all my stored up chi. This is what I came up with.

1st Write for fifteen minutes, this form of emoting brings up anything I may have issues with. Whether I'm anxious, anxious about being happy, scared, angry whatever. Writing brings it to the fore front of my mind. I just set a timer and write as fast as I can (without worrying about mistakes) then when the timer goes off I stop.

Next...

2nd I treadmill. I don't try to walk my dog as that is not as private an activity as I would like. This is all about me and giving myself what I need. I do this for fifteen minutes and I walk just as fast as feels right. Sometimes that's almost a jog. Could be a run. This is about releasing that emotional stress I was just writing about.

Then...

3rd I jump in the shower. This is where I stop timing myself. Probably I wouldn't take more than 10 or 15 minutes but on a really hard day I might want a bath. The point is to relax and let all the energy be washed away. To reward myself with this activity that for me is indulgent and caring.

Finally....

4th Once I am dried off. I meditate. I have just gone through an emotional cleansing and need to get centered again in order for this process to feel complete. I meditate as long as I like. Some people may disagree with this method. But I don't care. Afterwards I sleep. Or if I'm not tired I do something else like read or have a herbal tea whatever...

