

THE ULTRAWELLNESS CENTER

STRESS REDUCTION TECHNIQUES

Try to devote **15 minutes** of every day to active stress-reduction techniques, such as the ones listed below. Do this every day, on days you are feeling stressed as well as on days you are feeling relaxed and well.

DR HYMAN'S ULTRABATH

- Add 2 cups of Epsom salts, 1 cup of baking soda, and 10 drops of lavender oil to bathwater as hot as you can tolerate.
- Take a 20-minute UltraBath just before bed every night.
- For extra-powerful detoxification, wrap yourself in towels immediately after the bath, get in bed under the covers, and sweat more for 20 minutes, then remove the towels and go to sleep. You can go directly to sleep without rinsing off after the bath.

FINDING YOUR RHYTHM

Establishing daily rhythms of sleeping, eating, exercise, work, rest, and relaxation therapies can significantly reduce stress. Our biological rhythms—the ebb and flow of hormones and anti-aging chemicals—depend on synchronous and rhythmic living. Keeping a regular schedule of eating, exercising, working, and sleeping allows your body to produce the balance of hormones that normalizes your weight and keeps you healthy.

BREATHE FROM YOUR BELLY

Restricted or shallow breathing prevents oxygen from reaching all your tissues and can profoundly affect your energy. Learning to breathe fully is a quick trick to healing and relaxation. It is the easiest doorway to deep relaxation and can be done anywhere, any time of the day, even in short little bursts. When breathing deeply, you fully oxygenate your brain, body, and spirit --- and you can profoundly transform your health. Most of us are missing one of the most vital nutrients of all: vitamin O—oxygen! We think we know how to breathe, but think again.

YOU CAN USE YOUR BELLY TO LEARN HOW TO BREATHE AGAIN. HERE'S WHAT TO DO:

Put your hand on your belly. Breathe out, squeezing the air out of your lungs with your stomach muscles. As you breathe in, relax your stomach muscles, and after you fill your lungs try to push your hand off your belly with your breath. Continue breathing in and out slowly through your nose. Each in-and-out breath should last to the count of three.

Do this for 5 minutes a day, or whenever you feel stressed. It can save you in all sorts of situations. A full belly breath moves 8 to 10 times as much air as a chest breath!

CULTIVATE AN “ATTITUDE OF GRATITUDE”

Set aside about 15 minutes in the morning when you can sit quietly, breathe deeply, and reflect on the positive aspects of your life. Try to carry those reflections and the feelings they generate with you throughout the day. This can often be a powerful tool in helping to change your perception of some of the challenges and stressors in your life.

USING YOUR MUSCLES TO RELAX

Your muscles are necessary for keeping you healthy, and also you can use them to help you relax. To do so, try “progressive muscle relaxation.” Tense and hold each major muscle group for 10 seconds and relax it for 5 seconds. Then move on to the next muscle group. Start with your facial muscles. Then move to your neck, shoulders, each arm, buttocks, each leg, and feet. Notice how this exercise makes you feel deeply relaxed.

STOP RUSHING, TRY DOING NOTHING INSTEAD

ALERT: You might be infected with “hurry sickness,” an epidemic disease affecting Americans who have too much to do. To get out of this trap, stop rushing. And stop living in the future—you will never get there, so give up trying.

Instead, learn and practice the art of doing nothing. Just as the fields must be fallow to regenerate, doing nothing is actually doing something. It is a time to reset your internal rhythms, integrate the experiences of the day, and just be directionless. It’s a place where relaxation, creativity, and happiness can begin.

YOU CAN’T PLEASE ALL THE PEOPLE ALL THE TIME

You want to know a profound secret that will reduce your stress level? You can’t please all the people all the time. In fact if you try, you will likely not please yourself. Learn to say no. “No” is a sentence! The act of saying no to someone else is often saying yes to you. Say yes to yourself at least 3 times a day. Pay attention to your internal signals.

PRACTICE LOVING KINDNESS

Hostility, anger, and resentment can kill you—literally. The old adage that “this will hurt me more that it hurts you” is often truer than we know, so why bother?

Instead, practice loving kindness. Say the metta meditation daily as taught by Buddha to set your intention and change your attitudes. Here it is:

Breathing in, I breathe in the world’s pain.

Breathing out, I send it healing love.

May all beings be happy.

May all beings be peaceful.

May all beings be kind.

May all beings be free.

