



8 Ways to Transform Stress into Serenity



Imagine all your times of stress replaced with a string of serene moments. Your days become infused with a sense of fulfillment and satisfaction. Your interactions are filled with delight and creativity. You feel vibrant and strong.

It is possible for you to take significant steps towards this transformed reality and we are excited to show you how. Here are eight powerful ways to help you take charge and reclaim peace in your life.

1. Talk with People You Trust and Love

The irony of taking some alone time as a way to figure things out can inevitably lead you in a circular path back to the things that stress you out. Getting out of your own head by talking with others can help you detach from the heap of worry you have at any given

moment—if only temporarily. Then, you will be in a better position to consider how to get to the next step, which is to:

2. Remember to Do the Things that Feed Your Soul

These are the activities that clearly help you reconnect with some authentic and genuine part of who you are. However, when you are stressed out, they often go to the bottom of your priority list.

Physical activities like hiking, walking, running; any other exercise you enjoy; listening to music; reading a book; making a list of all the things you are grateful for in life—all feed your soul and serve you to remember who you are aside from the stress that may be challenging you.



Nourish Your Soul

3. Diminish Stress Through Sound

When two objects have similar vibratory characteristics that enable them to vibrate at the same frequency, they form a resonant system. The healing process requires that you establish a resonance with the condition in question. It is simple to diminish the effect of something negative by establishing resonance. The technique is to make a sound that mimics the one bothering you. Or make a sound that reflects a negative emotion you might feel. Don't be afraid to play around with the sounds until you get it just right. By doing this, you can diminish the effect of the negativity on you in a flash.

4. Enjoy Laughter Yoga

Laughter yoga is about laughing for no reason. The idea is that laughter affects every aspect of your being and is the practice of setting aside a specified time to laugh voluntarily. Laughter yoga is usually done in groups, but you can also do it at home, by yourself, with a friend, or even over the phone. Simply set a timer and start laughing until the timer sounds. It is a little odd at first, but once you start laughing, and someone else laughs, you are soon laughing hard, and it feels good. It's easiest to start with just one minute and with someone you know and feel comfortable with, not the

checkout guy at the grocery store or your accountant. That's a little more advanced. Enjoy the release the laughter brings and practice daily to funnel any unsettled energy you have into lighthearted joy.

5. Activate the Vagus Nerve

The vagus nerve is a bundle of nerves that run from the brain stem to all the major organs in your body producing feelings of compassion, gratitude, love, and happiness. There are several ways to activate this nerve. Some include listening to the sound of Tibetan bowls and/or meditating. Another way is to place your hands on your occipital bone (at the base of the back of your head) and hum so you feel the vibration there. When you do this for several minutes you can feel the shift into a more serene emotional state.



Free Your Emotions

6. Release Trapped Emotions

When you encounter overwhelming situations, you may sometimes be unable to process the emotions that come up. You may suppress these feelings, which get stuck in your body and energy field. An accumulation of such trapped emotions causes stress—even when there isn't a significant external stressor. Little things can throw you off because you are carrying this backlog of unprocessed emotions. It is vital to release these emotions periodically. A simple way to release emotions is to become aware of feelings bothering you and write them down along with a few sentences describing the situation. Then crumple the paper on which you wrote and throw it away while consciously intending to release the stuck emotion. Discarding the written note is a kinesthetic action that reinforces the emotional release.

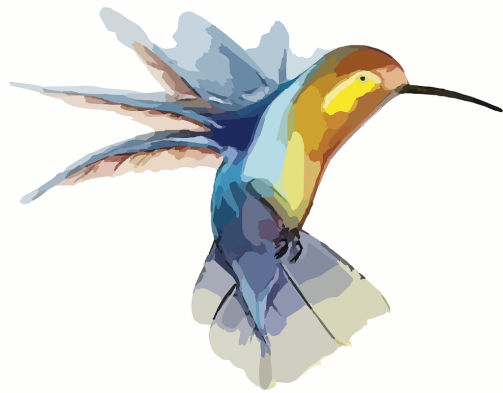
7. Cultivate Inner Awareness

When you are not conscious of your thoughts and feelings, you may be relatively unskillful in your speech and actions, and you may harm yourself and others. The more aware you are, the more you are connected and act in holistic ways. You are aligned with higher aspects of your being and take actions that are for the highest good. You feel positive and equanimous—leading you to serenity. To develop inner awareness, find a few minutes from time

to time to sit down and do nothing. Pay attention to what you notice inside—a soft focus is best. Notice the inner space opening up. Rest in that soothing nothingness. A feeling of relief and calm washes over you. You will be inspired to simplify your life in small and big ways, leading to panoramic inner awareness over time.

8. Know Your ABCs

When you feel stress, it is important to remember your ABCs. A = Aware. B = Be. C = Choose. So, Aware, Be, and Choose in each moment. This is how it goes. Take the first step, A, and raise your awareness to whatever situation you are faced with. When you become aware, take the second step, B, and just be. Don't try to change, cajole, or control anything, simply be with the circumstance and whatever emotions you experience. Once you feel calm, clear-minded, and ready, take the third step, C, and choose the next action that feels positive and healing. By remembering your ABCs, you can turn unsettling moments into transformative ones.



Just Be

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