



How to beat stress

Autogenic Therapy - Helping you to help yourself

Greville Waterman
07812 057753

Thank you for requesting my free document on How To Beat Stress.

This short PDF is designed to give you some simple tips and advice on the ways that you can **deal with stress and depression** – symptoms to look out for and an easy exercise which I hope will enable you to help yourself.

My approach to **beating stress and depression** is centered around something called **Autogenic Therapy**.

Autogenic Therapy is a powerful and proven deep relaxation and stress-reducing technique that empowers you to **reduce your own stress and anxiety levels easily, quickly and safely**.

Autogenic Therapy consists of a series of simple, easily learned mental exercises akin to meditation, which link mind and body together to bring about a feeling of deep relaxation.

For more information on [Autogenic Therapy](http://www.howtobeatstress.co.uk) please visit my website at www.howtobeatstress.co.uk or call me directly on **07812 057753**.

Best wishes,

Greville Waterman

Stress can affect different people in many different ways, however the symptoms can include one or more of the following:

- Muscle tension
- Indigestion
- Sleep difficulties
- Rapid uneven or pounding heartbeat
- Frequent urge to pass urine
- Fast, shallow breathing
- Chest discomfort
- Change in appetite, constipation or diarrhoea
- Backache/headache
- Cramps

Common psychological reactions to these symptoms can include:

- Feeling under pressure, frustration and aggression
 - Feeling tense and unable to relax
 - Feeling mentally drained out
 - Fussy, gloomy or suspicious, being constantly frightened or irritable
 - Inability to concentrate or complete the task.
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Here is a simple and gentle exercise, called a Body Scan, that you can incorporate into your daily schedule or routine, to help calm you down and relax you.

The body scan is used as a preparation to be used at the beginning of each session of Autogenic Therapy. Do not spend too long on it. One minute is quite enough. It is simply an acknowledgement that you are comfortable, supported and tension-free in your face and body.

Begin by sighing and letting go of any tension, and then close your eyes.

Be comfortable. Be accepting. Be unconcerned.

Begin by taking a moment to be aware of your surroundings and listen to the sounds around you, acknowledge them... and let them be.

Now focus your attention inwards and become your own passive observer, witnessing what is going on inside your body.

Take your attention to your toes, your feet and your legs, finding out how they feel now, without judgement or criticism, and the same all the way up your back and front and inside, noticing which areas feel calm and which feel tense, and accepting both states as being entirely all right.

Then along your fingers, hands and arms, across your shoulders and the back of your neck, then round the top of your head.

Loosen the muscles across your forehead, loosen the muscles around your eyes and cheeks, then loosen your jaw and let your tongue lie on the floor of the mouth.

You may like to develop your own body scan, using this as a model.

There are also several physical changes you can make to your daily routine in order to combat stress and depression.

Eating healthily:

- Balancing food choices over time is what counts.
- Breakfast provides the energy needed through an active morning.
- Fast foods supply more fat, salt and calories than good nutrition.
- Fast foods in moderation won't ruin a healthy diet, especially when consumed with green salads.
- Replace crisps with an apple.
- Add roughage to your diet – this will help prevent stomach discomfort and you will feel lighter.

Sleeping Well

- Insomnia (the inability to fall or stay asleep) can be caused by stress and anxiety
- If sleep struggles continue, talk them over with your doctor.

Physical Activity

- Exercise: planned & structured regular use of leisure time for physical activity undertaken for improving or maintaining physical and mental fitness.
- Physical fitness: includes cardio-respiratory fitness, muscle strength, body

- composition and flexibility.
 - Sport: any choice of outdoor game for a brief period. For example badminton, squash, tennis, etc.
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Here are some more 'stress-busting' techniques that you may wish to try...

Write it all down.

Keep your mind free to concentrate on the important things and write down all your great ideas, insights, and thoughts before you forget them and a daily "To Do" list can also be a great help.

One thing at a time.

Don't try and do too much too quickly. It is much less stressful if you just do one thing at a time. Start with the most important (and maybe the one you want to do least) and continue with the next one until everything is completed.

Ask – don't guess.

Make sure to ask questions rather than make a wild guess. This will save a lot of time, energy and stress.

Don't make mountains out of molehills.

Try and keep things in proportion and think carefully before you start to build it up in your mind. Often a seemingly insurmountable situation can become more manageable with some clear thinking and positivity.

Get things ready for the morning before you go to bed.

You will have one less task to accomplish in the morning when time and tempers can be short.

Plenty of breaks each day.

Make sure you can take regular breaks during the workday, ideally little and often. Shut down the computer, don't even think of checking your e-mails and do something that you enjoy for a few minutes that will put a smile back on your face. If you have a smartphone, ignore your e-mails at evenings and weekends. Easier said than done but worthwhile if you can manage to do so!

Know where everything should be kept

Try to keep all these vital but fiddly items in the same place every evening so that you don't have to stress out searching for those missing keys, wallet, watch and glasses when time is short and tempers frayed in the morning.

Set your watch 15 minutes early

There is nothing worse than having to rush to get to an appointment and nothing better than strolling in the door calm and collected with a few vital minutes still to spare.

For more information and further advice on **How To Beat Stress** – please contact **Greville Waterman** on **07812 057753** or visit www.howtobeatstress.co.uk .

You can also receive a 10% discount on any [Autogenic Therapy](#) course by quoting 'Google Adwords' when calling or emailing.