

It Is a Must to De-Stress Daily

We all experience stress to one degree or another. However, too much of this will negatively impact your body, mind, and spirit. It will stop you from experiencing peace and joy. People often ignore stress in their lives, until they experience major health issues. Does that sound like you? Do you ignore your stress so that you can move forward with your to-do list? This is a problem. Daily de-stressing is the solution. It will not only make you feel better, but decrease your chances of developing health problems.

Just today, I felt much stress from having to finish some writing projects. In order for me to accomplish this goal, I had to work more hours than usual. By late afternoon, my stress increased so much that I was feeling unhappy. At that point, I realized that I needed to drop everything for twenty minutes and de-stress. After I meditated, the stress was completely gone. I felt refreshed and peaceful which helped me to easily accomplish what I had set out to do.

Some of the most energetic and beautiful people on earth are the ones who consistently eat well, exercise, meditate, pray, and nurture themselves. These things help to decrease stress significantly and keep you looking and feeling your best. When was the last time you ate well, exercised, meditated, prayed, and nurtured yourself all in one day? The key to making de-stressing a daily part of your life is to make it a top priority. Is this currently a top priority of yours? If not, it needs to be. When was the last time you nurtured yourself where you were able to de-stress? How do you nurture yourself? Most people are unaware of how to nurture themselves. I will make this easy for you. On the next page, you will see a list of 222 ways that you can nurture yourself. This list was