

De-Stress or Not To Stress... What is the question?

Rather the question should be... What are you supposed to do with the stress that you may have been feeling given current events lately? How can you hope to de-stress easily, effectively, and on a daily basis if need be? These days, you cannot avoid hearing headlines such as “Extremely difficult economic times...”, “We haven't seen the worst of it yet...”, “Record lay-offs...” et cetera. These are generalized statements, usually put forth by the media to get your attention, generate fear and sell news. They may not necessarily represent what is stressing you immediately and personally. So, how do you separate and address the immediate and personal stress you need to release today, from the ubiquitous onslaught of stressors from your daily routine?

Firstly, you should identify your particular stressor that is causing you this immediate internalized angst. This is perhaps the most difficult step. It may help to think back to a recent conversation that may have upset you, a minor confrontation you have recently gone through or perhaps an unpleasant and unavoidable situation you are about to endure.

Secondly, it may help you to approach the issue from a control standpoint. That is to say, if you have no control over the situation, such as world events or the economy, you have to let it go and trust the universe will play it out the way it will/should. This may not always result in what you want; but trust that it will always be for the greater good. If, on the other hand, it is a situation you can control in your immediate part of the world, then focus on what solution/resolution will bring the most good to the most concerned. Remember to never sacrifice yourself in the process. Proceed to the following exercise which is an exercise utilized at the end of most sessions with my patients and is very effective at stress reduction.

Place your feet flat on the floor, sit up straight, close your eyes as you focus on your shoulders. Concentrate on letting your shoulders relax. You will feel them drop slightly. This a release of tension held in this area. Continue by bringing your shoulders up to your ears and let them relax further to gravity and repeat two or three times until you find your neutral position. The point or metaphor being to make you realize just how tight you may be holding everything.

Once this is accomplished, keep your eyes closed and breathe in a cleansing breath deeply through your nostrils holding for a slow count of seven. Exhale slowly through your mouth slowly as if you were blowing through a straw. Repeat this two more times for a total of three breaths while maintaining your relaxed posture.

This exercise takes a little over a minute to perform and may be done at any time and any where you are feeling stressed. If you are standing, lean against a wall if it is available. If you happen to be standing in a line, stabilize yourself with a wider stance and then proceed with the exercise.

The ideal position for this exercise is lying flat on your back with your knees and feet elevated on a cushion and a small pillow supporting your head and neck. Your right hand should be placed on your stomach with your left hand on top. And when you have the time, seven breaths of seven seconds duration is extremely meditative. The entire time focus on relaxing your mind, your body and your spirit.

Having gone through this exercise, you will note that the issue will/may still be present, but your approach, perception and mentation will have changed. You will feel more relaxed and calm and you will find your thoughts to be more lucid and your processing to be more linear. More importantly, by learning to differentiate between these stressors; those you can control and those you have to let go, you empower yourself... to de-stress, or not to stress. As with most manifestations, to have the greatest affect, the intention of course must come from the heart.



Dr. Jerome F. Errico is a Board Certified Chiropractic Physician practicing in Lenox, Massachusetts. He holds a bachelor of science degree in biology from the University of North Carolina at Chapel Hill; a doctoral degree in chiropractic from New York Chiropractic College; a master's degree in human nutrition from the University of Bridgeport in Bridgeport, Connecticut and is certified in hypnotherapy from the American Hypnosis Association. Dr. Errico is also a Consulting Gerson Physician, having studied the Gerson Therapy for nutritional oncology under Charlotte Gerson at the Gerson Institute in San Diego, California. A personal consultation may be arranged by calling 413.637.8025.

Copyright © 2009 - 2012 ~ Dr. Jerome F. Errico ~ All rights reserved ~ www.DrErrico.Net