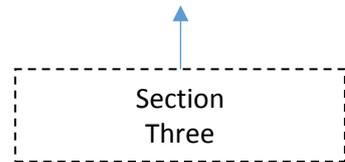
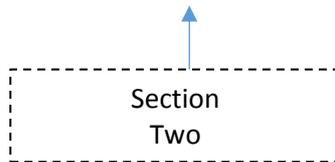
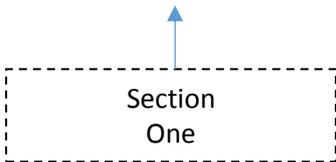


Fold One



<p>Self-Massage Tension in your neck and shoulders can cause pain. You've probably seen people with headaches rub their temples, so why not rub your shoulders or neck when you've got tight muscles from stress. Maybe do some stretches when you've finished.</p> <p>Music There is a multitude of music available that is made purely for relaxation. Find some that helps you relax and try listening to it while doing some of the other exercises above.</p> <p>Walking A slow walk can help clear your thoughts. If you have a portable music device, use it to listen the relaxing music you chose. The place where you walk could also be the place you picture during the imagination exercise!</p>	<p>Breathing You're breathing now, right? And when you're stressed you're still breathing, obviously. Are you aware of it though? Sit down and breathe in through your nose as you mentally count to four. Hold that breath for two counts then release it through your mouth, again as you count to four. Become aware of your breathing and eventually you'll stop counting and relax.</p> <p>Meditation Did you do the breathing exercise? That can be classed as meditation. Did you do the imagination exercise? That too can be classed as meditation. You do not have to attend meditation classes if you don't want to, just sit down, close your eyes, relax and picture calming places and thoughts.</p>	<p>Aroma Awareness You'll be amazed at just how much smiling through stress can help. For a start, if you're stressed you're potentially clenching your jaw. Smiling will relax those muscles and generally help you relax all over.</p>
<p>Phone a friend It's not just something potential Millionaires get to do when they're stuck on a question. It's good to talk, so talk! Call a friend and vent. Get it all out. Make sure it's someone you trust. Maybe they'll help you see things from a different point of view. Whatever happens it'll make things calmer.</p> <p>Use your imagination Sit down for a few minutes, close your eyes and picture yourself in a place you love. A place that's peaceful. It could be somewhere from your past, it could be a place you wish to visit. Sit quiet, picture this place and allow a calmness to come over you. Head back there if you need to!</p>	<p>Rob is a qualified and accredited Life and Executive Coach, having trained in co-active coaching with the Positive Success Group in Galway.</p> <p>Using strength based coaching Rob enables the client to set their own goals and agenda and work towards positive outcomes.</p> <p>T: +353 (0)83 816 1499 E: hello@robpartridge.ie W: www.robpartridge.ie FB: facebook.com/TheRobPartridge TW: twitter.com/RobTheLifeCoach</p> 	<h1>Nine Tips for a Quick De-Stress</h1> <p>By Rob Partridge</p> 



Instructions.

1. Cut around the edge
2. Make fold one first
3. Fold section 1 over so it covers section 2
4. Fold section 3 over the top of section 1 and 2.

