

5 surefire ways to reduce **Stress**

and become more *relaxed*

Tools from the Lightning Process

1. SLOW down the speed of your inner voice



2. Be more PRESENT by focusing on your surroundings



3. Notice your BREATHING - slow it down to 6 seconds in and 6 out



4. EDIT - notice what is good in your life, and where in your body you are calm, right now



5. Recall times of relaxation and IMMERSE yourself in those memories



This will **REDUCE** your stress hormone levels



and **CHANGE** your neurotransmitter levels



90% of doctors appointments are stress related



Becoming relaxed will add 10 years to your life



Getting stressed is avoidable