

How to

Deal With Stress

Naturally



A gift to you from:

Home-Storage-
Solutions-101.com

by **Sherri Frost**



*Overcome Stress,
Habits and Fear
So You Can Enjoy
All Life Has to Offer!*

www.Hypnosis-Self-Help.com

How to Deal with Stress Naturally

I'm thrilled to spend some time with you to help you overcome stress in a natural way (without turning to comfort foods).

You'll get quick and easy steps that don't involve going on a shopping spree, having a glass of wine or stepping outside for a cigarette. Those things might work temporarily but you know those things don't really work in the long run, do they?

My name is Sherri Frost and I am a Certified Hypnotist helping people overcome stress, habits and fear so you can enjoy all life has to offer through our products, services and seminars.

Feeling Stressed?

So much to do all the time. It never stops. You're feeling stressed.

Along with everything else you need to do, you are organizing your home.

Taylor Flanery is helping you over at Home Storage Solutions 101 to organize everything from the kitchen to the basement. She makes it easier for you but there is still a lot to do. Right?

If you allow stress to build up for too long it can affect you physically by making you sick or at the very least give you a stomachache or headache. Maybe you can't think straight either.

After all, you are only human, not a super hero and you can't do everything by yourself.

You definitely need a break and some stress relief.

How to Deal With All This Stress

The answer to stress is relaxation.

Regular relaxation allows your body to repair itself. Even just a half hour is enough time to calm you down and give you a sense of peace.

One simple way to get some real stress relief naturally and without side effects is to use self hypnosis.

Well, actually there is one side effect.

You'll sleep better!

You can use self hypnosis to bring a sense of calmness anytime you need it. It's a quick and easy.

Why Self Hypnosis Works

Self hypnosis is a powerful and simple tool easily used to deal with tension before it gets to the point where it threatens your well-being.

You're giving yourself the gift of time to focus specifically on one thing without being distracted. You're being super focused on relaxation by giving it your full and complete attention.

Some use meditation to relieve stress and it certainly is a valuable tool. Why not take it to the next level and use self hypnosis? It's like meditation with purpose. The purpose is to enjoy the feeling of complete relaxation.

How would it feel to let go of the stress completely and let peace and calm takes its place?

What Does Self Hypnosis Feel Like?

Self hypnosis feels very relaxing. You know that wonderful feeling right before you fall asleep at night? Or the feeling that you have when you wake up in the morning but don't want to get out of bed just yet? You are still aware of things going on around you, it's just that you are so relaxed and focused.

You deserve this feeling of relaxation. You deserve to feel good about yourself.

Will I get STUCK in Hypnosis?

This is a common fear. Wouldn't you think, if someone was permanently stuck in hypnosis, that it would make the news? What can happen though is that you like it so much you don't want it to end, but you won't get stuck. You will probably want to stay in that delicious feeling of relaxation just a bit longer before opening your eyes.

Three Steps to Relaxation with Self Hypnosis

Step 1: Set the Stage

Find a comfortable place where you won't be disturbed. Choose some peaceful music if you like and dim the lights. You can either sit in a comfortable chair or even lay down. Any time you have the chance is a good time for relaxation. Right before bed is the perfect time. It's ok if you fall asleep. That means you're relaxed, right?

Step 2: Close Your Eyes and Breathe

Begin to breathe in deeply as you pay attention to the tension in your body. Beginning at your toes, imagine all the tension melting away from your body. Move from your toes all the way to the top of your head relaxing each part as you go.

I've included a wonderfully relaxing script in the appendix so that you get an idea of what to say to yourself. Just reading the script out loud is enough to relieve stress.

You should now be very relaxed.

As you relax and let go, your mind will wander from time to time. Simply allow it to do so. This is your conscious mind letting go. Your subconscious mind is open to these suggestions of relaxation.

Step 3: Open Your Eyes

It's important to acknowledge the end of your self hypnosis session. I find the easiest way is to simply bring my thoughts back to my surroundings. Begin to move your fingers and toes. Notice the fabric beneath your hands. Slowly open your eyes.

Take a moment to reflect on your experience and enjoy the physical sensations you are feeling.

You should now feel refreshed and relaxed.

This is a simplified version of self hypnosis. I like it because it's one that you can easily practice on a daily basis.

Don't worry if you don't get the hang of it the first time, you will get better each time you practice.

It really is a lot easier to do with a hypnotist guiding you through the process. It takes away your inner chatter as you may wonder if you are doing it right.

Special Offer – 50% Savings

Let me help you relax by giving you our hypnosis mp3 at **half price**.

That's only \$5.

This is a [special offer](#) for readers of Home Storage Solutions 101.

In this relaxing hypnosis mp3 you'll enjoy unique cutting edge technology which combines guided self hypnosis and soothing tones to stimulate your brain and help you directly reprogram your thoughts about stress.

You'll be able to handle things more calmly as you avoid the buildup of stress in the future.

Plus, you get two sessions to choose from. Depending on your mood, chose one with the peaceful background sounds of gentle rain or one with calming ocean rhythms. You get them both!

Here's where you get your [special discount](#) (you can listen to samples too):
www.hypnosis-self-help.com/101stress

Connect with Us!

Since 2005, I've worked alongside my husband, D.J. Frost, helping people with weight loss, phobias, stress, confidence and to quit smoking using hypnosis through our mp3 downloads. You'll find more information and resources by visiting our website: <http://www.hypnosis-self-help.com/101>

Connect with us by leaving a comment or question. You might even want to check out our [weight loss challenge](#).

Appendix:

Mini Self Hypnosis Script

(Just reading the script is relaxing, isn't it?)

"I am to beginning to relax as I breathe in deeply.

"As I draw my attention to the toes of my feet I see those toes in my mind's eye as they begin to relax. See them become limp, loose and relaxed. Every breath I take sends me into deeper and more pleasant relaxation.

The relaxation now moves into my feet ... my calves and knees ... soothing, comforting. I simply let go. I feel calm. The relaxation is now moving steadily into the muscles of my thighs and hips. They relax and let go.

"The relaxation now moves in the lower stomach... up through my ribs and chest. The muscles grow limp and loose. All of my back muscles are also becoming fully calm and relaxed. All of my challenges are slipping away.

"The relaxation is moving into my shoulders. My shoulders are sinking deeper and deeper into peaceful slumber.

"From the shoulders to the elbows, my triceps and my biceps are completely calm. The upper arm muscles are turning loose and just relaxing now. From my elbows to my wrists, the muscles relax and I go into a deeper and more pleasant sleep.

"From my wrists to the tips of my fingers, I feel a sinking relaxation. My hands, my arms, my shoulders, my chest, my back, stomach...my hips, my legs and my feet are completely and totally relaxed.

"My neck muscles are now becoming calm. I am drifting off into a pleasant and peaceful hypnotic sleep. The relaxation now moves into the muscles of my scalp. Around my ears, massaging my scalp...making me feel good in

every way. The warm and comfortable feeling is now moving into my upper scalp and across my forehead.

“The relaxation is now moving into the muscles of my cheeks and into the muscles of my jaw. My entire body from the top of my head to the tips of my toes is completely and totally relaxed. I feel completely relaxed in every way.

About Sherri Frost

Sherri Frost is certified as an NLP Master Practitioner, Hypnotist, Time Line Therapist, Reiki Master Practitioner and Neuro-Linguistic Coach®. Her background also includes a degree in Business Administration. She teaches and provides NLP, Hypnosis, Reiki and Life Coach Certifications at prestigious Bennett/Stellar University giving you skills to put you on the cutting edge with your clients by helping them achieve deeper more meaningful outcomes. What makes Sherri unique is her emphasis on communication skills to develop deep rapport, enhance relationships and influence others with integrity using Neuro-Linguistic Programming.



About D.J. Frost

You've probably seen him recently on Fox News, WABC, WCBS, and CTV (and heard him on numerous radio shows too)...



DJ Frost is a certified hypnotist and NLP Master Practitioner that has helped a slew of people with weight loss, phobias, anxiety, stress and to quit smoking. His private sessions and workshops have created rapid change for everyone that's ever been there. People have sought him out from all over the World for his insightful and creative abilities to give them more confidence, increased mental strength, and laser beam focus. DJ been changing lives using the proven techniques of hypnosis and NLP for more than five years after he studied and became certified with top notch Bennett/Stellar University.