

## **Are You Struggling With Stress, Anxiety, Pain, Exhaustion?**

### ***Take Action Now With Gentle, Healing Relaxation To Reclaim Your Vibrancy And Your Life So You Can THRIVE***

Are you stressed from the high pace of life? Has your body become tense? Maybe you are struggling with neck, shoulder or back pain? Do you long for quiet and stillness so you can focus? Or perhaps you are feeling stuck and frustrated with recurring anxiety and pain?

When overwhelming stress, pain and anxiety and exhaustion deprive you of your core vitality, you are not alone. Most everyone experiences stress in their lives, in varied intensity and for varied lengths of time. At some point, we realize that such stress is causing anxiety, physical pain and depleting energy. With this awareness comes the power to transform your health and life.

Relaxation techniques are a wonderful way for you to calm the impact of stress on your mind and body; they help to stimulate the parasympathetic nervous system and related biochemical processes responsible for dialing down adrenaline flow, slowing the pace, resting, releasing tension. When you practice relaxation techniques your health benefits from a:

- Slower heart rate
- Lower blood pressure
- Reduced muscle tension and chronic pain
- Strengthened immune system
- Stillness of mind for sounder sleep
- Improved concentration
- Improved ability to handle problems with balance, clarity, ease, optimism
- Reduced irritable bowel symptoms and improved digestion

Are you looking for easy ways to relax naturally--that can reduce your stress, anxiety, pain and exhaustion so that you can get back to enjoying your life? Here are some techniques to get you started. Try to regularly practice these techniques to reap and root their benefits in your health and life. Enjoy and explore, free of self-judgment.

Set a timer for 15 minutes once or twice a day and practice one or more of the following:

***Breath Awareness:*** Sit or lie down comfortably, eyes closed. Gently roll your shoulders up, back and down. Allow your jaw to loosen. Begin to

notice your breathing. Follow the breath with the inhale through the nose, to the lungs and to your abdomen and then back out with the exhale. As you inhale, see if you notice any tension. As you exhale, allow that tension to soften and melt, and let it go. It is natural for the mind continue to serve us with thoughts because our brain never switches off; so if you notice your mind is wandering, just come back to your breath.

***Body Awareness:*** Sit or lie down comfortably, eyes closed. Take some slow, deep breaths to gently settle in. Do an internal body scan, starting from the feet on up. Notice how you feel in your body. Are there places where you feel loose or tense, calm or anxious, light or heavy, open or blocked? Now see how much you can spread the sensations of calm, lightness, looseness, opening to the places in your body that feel anxious, tense, heavy or blocked.

***Visualization:*** Pick a quiet place to sit or lie down comfortably, eyes closed. Take some slow, deep breaths to gently settle in. Embark on a visual journey to a peaceful, calming place or situation that appeals to you. For instance, imagine floating face up on a quiet, tranquil lake with the warm light of the sun shining down upon you. As your image washes around or through you, allow it to come alive in color, fragrance, sound and texture. Enjoy!

***Repetition of Thought or Sound:*** Sit comfortably, eyes closed. Choose a simple, soothing word, phrase or sound and mentally repeat it, such as “soft as a baby.”

Are you ready to relax and release tension? Are you ready to move forward with ease and joy in your life? Monica Aranguren, practitioner of Vital Core Healing, provides you with individualized healing sessions with powerful relaxation benefits:

- Restorative sleep so that you are refreshed and energized for your day.
- Freedom from the discomfort of stress, anxiety and pain.
- Ability to access calm and balance so that you can enjoy your life more.
- More effective concentration so you can focus on what is important.
- Revitalization of the body, mind and soul.

Take your next step now. Visit [www.vitalcorehealing.com](http://www.vitalcorehealing.com). Learn how Monica Aranguren applies gentle, nurturing, soothing therapeutic touch to help you deeply relax, recharge and heal--guiding and empowering you to reclaim your vibrancy, your health and your life so you can THRIVE.