

60 Second Stress Solution



LIFE HACKS

60-SECOND RELAXATION

Reduce stress & anxiety in under a minute



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Regulating Your Emotions

I just want to have a good day. Then out of nowhere anxiety, stress, anger pounce on you and ruin your day. You try to tell yourself to get over it it's not a big deal, but it is.



You can take back control of your emotions.

Controlling your emotions doesn't have to be hard and time-consuming. You can take back control of your emotions. You don't always have time to go to a yoga class, take a walk, or listen to your favorite playlist.

You need techniques that will help you control your emotions in the moment while you're working, spending time with friends and family, we're driving to your next appointment.



The four techniques described below are specifically designed to give you back the control of your life.

Each of the following techniques target a specific area of stress and emotions.

Practice each of the four techniques over the next week to discover which ones work best for you and your unique situation.



Method 1: Relaxation of the Core Muscles

In this exercise, your goal is to locate and then relax constricted muscles in your core.

1. Sit down comfortably and place a hand under each side of your bottom.
2. Now feel for the pointed bones that you're sitting upon. These mark the lower boundary of your core.
3. Next, find and touch the two bony points just above your waist on the right and left sides of your body. These mark the upper boundary of your core.
4. Now that you've made a "touch memory" of these four points, imagine connecting them with lines to form a square that encircles your body. This is your core; the location of your psoas muscles and ventral vagal nerve system.
5. Take a deep breath and concentrate on drawing air directly into the middle of this square while allowing it to expand.
6. As you breathe out, relax all of the muscles within the square. Repeat this several times until the muscles of your core are completely relaxed. Once you become adept at interoception, you'll be able to practice this relaxation method while sitting or standing as part of your daily regimen of self-regulation.



Method 2: Soft Palate Relaxation

Here, your goal is to locate and then relax the muscles of your soft palate.

1. Sit down comfortably and shift your focus to the muscles along the roof of your mouth.
2. Release all the tension in this area.
3. Now expand your focus to include the muscles in your face and jaw.
4. Release the tension in these muscles too.
5. Next, with all of these muscles relaxed, silently say the letter "R" to yourself and try to gently maintain the subtle arch this creates in the roof of your mouth for five seconds.
6. Repeat this exercise five times. 7. Notice the relaxation in your body



Method 3: Diaphragmatic or "Belly" Breathing

Diaphragmatic breathing offers another proven way to rapidly restore us to PNS dominance. Here's the four-step method recommended by the Cleveland Clinic.

1. Sit comfortably, with your knees bent and your shoulders, head, and neck relaxed.
2. Locate your diaphragm by placing one hand below your rib cage and the other on your upper chest. As you breathe, you will feel your diaphragm rising and falling.
3. Breathe in slowly through your nose so that your stomach moves outwards against your hand. Count in your head and make sure the inward breath lasts at least five seconds. Pay attention to the feeling of the air filling your lungs. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.
5. Repeat steps 1–4 five times.
6. Notice the relaxation in your body



Method 4: Shifting Focus to Your Peripheral Vision

This method was originally developed by the U.S. military to train snipers. Fortunately, it works just as well for civilians.

1. Find a spot at eye level that's located 5–10 feet in front of you.
2. Focus your eyes for five seconds on that spot.
3. Now soften your focus until the spot becomes blurry. Hold that for five seconds.
4. Still facing forward and without moving your eyes, shift your focus to your peripheral vision. Do this simultaneously with both eyes.
5. Maintain your peripheral focus for 10 seconds.
6. Repeat steps 1–5 five times.
7. Notice the relaxation in your body.

[Optional] If you're having difficulty shifting your focus from the center to the periphery, try extending your arms in front of you at an angle of roughly 75–80 degrees to your face. Now, when it's time to shift to your peripheral vision, wiggle your fingers to help you find the periphery. Make sure to keep your eyes facing forward while you do so.

Practice Makes Perfect

Each of these techniques target a specific type of anxiety and stress. Practice these techniques over the next 5 to 7 days to find out which ones work best for you.

Typically, one or two of these techniques will work best. Going forward, use the one or two techniques wheneverEach of these techniques target a specific type of anxiety and stress. Practice these techniques over the next 5 to 7 days to find out which ones work best for you.

Typically, one or two of these techniques will work best. Going forward, use the one or two techniques whenever you feel anxiety or stress to regulate your emotions and improve your quality of life.

Thank you for downloading this guide and I hope these techniques help you as much as they have helped us in my life.



If you have any question at all,
email me at

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Now get to work and remember -

“ The best way to predict your
future is to create it.” - Abraham
Lincoln

Eric Beasley