

SEVEN STEPS TO A Stress-Busting Attitude

Stress affects our circulation, slows our digestive system, and even increases our blood sugar levels. Try these tips from naturopath
DOCTOR MICHAEL MURRAY *to reduce stress and boost your health.*

STEP 1:

Become an Optimist

Optimism is a vital component of good health and an ally in the healing process. Focus on the positives even in challenging situations.

STEP 2:

Become Aware of Self-Talk

Our self-talk makes an impression on our subconscious mind. Become aware of your internal dialogue, and then consciously work to send positive messages to the subconscious mind.

STEP 3:

Ask Better Questions

Author Tony Robbins contends that whatever question you ask your brain, you will get an answer. For example, if an individual is met with a particular challenge or problem, he or she may ask: "Why does this always happen to me?" Instead, try "What can I do to make the situation better?"

STEP 4:

Employ Positive Affirmations

Positive statements of affirmation can imprint the subconscious mind to create a healthy, positive self-image. In addition, affirmations can actually fuel the changes you desire. Choose an affirmation like "I am blessed with an abundance of energy," and recite it to yourself through the day.

STEP 5:

Set Positive Goals

Achieving goals helps you feel better about yourself, and the better you feel about yourself, the more likely it is that you will achieve your goals. Make your goals attainable and realistic, and be specific. The more clearly your goals are defined, the more likely you are to reach them.

STEP 6:

Practice Positive Visualizations

Positive visualization or imagery is another powerful tool in creating health, happiness, or success. In terms of health, you must picture yourself in ideal health if you truly want to experience this state.

STEP 7:

Laugh Long and Often

Researchers have found that laughter enhances blood flow to the body's extremities, improves cardiovascular function, and plays an active part in the body's release of endorphins and other natural mood-elevating and pain-killing chemicals.

Based on an excerpt from *Stress, Anxiety and Insomnia: What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*, by Michael T. Murray, N.D. Mind Publishing, 2012. Used with permission.