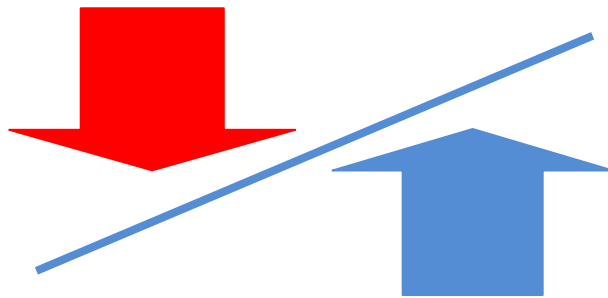


Sam Borrett - Performance Coach: Personal - Business - Corporate

HOW TO DE-STRESS YOURSELF

There are many methods for transforming tension and stress, but we are more trained to keep our real emotions inside. Unfortunately it is this suppression, which plays a vital part in the disease factor in the human organism. We can continue to focus on the symptoms completely forgetting that at the root of the problem lies the cause itself. Finding the cause, however, is the real solution.



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How to de-stress Yourself

*They always say time changes things,
but you actually have to change them yourself.
Andy Warhol*

a) Personality profile and analysis

One of the first steps to be taken in developing a strong working relationship with yourself is in resolving stress and using the impact of stress positively to see what lies beneath the persona or the personality.

In Greece, the personality we all have was depicted as a mask in many plays and acted out on the stage in front of a public audience. The Greek play was acknowledged as a very fine art of psychodrama and the audience also participated in the unfolding of the plot and in the healing journey of the participants of the play.

The identification with this mask is one of the major causes of split and anxiety in the world we live. However the journey is only taken by each one of us and we need to have the courage to look at ourselves honestly and to see what we have become.

There are some very powerful methods and tools that use the energy of the personality in the quest for accepting ourselves for who we are. It is for the modern man and woman that certain methods have been devised. When you do not have to create a false personality or mask, you can be completely at ease with yourself.

Tension is there because we are living with masks; you are angry and you have to be non-angry, you are sad and you are not allowed to cry. These things create tension, they create anxiety.



b) Stress

Herbert Bensen MD of Harvard Medical school, has done extensive research that indicates that if a person stops to watch their breath for even 10 minutes, the body chemistry changes from over stimulation of stress and other hormones (dangerous to every part of the body) to relaxation and balance.

There are many methods for transforming tension and stress and it is also important to find healthy emotional outlets. Too often we are more trained to keep our real

emotions inside and this suppression plays a vital part in the disease factor in the human organism.

There are a number of very powerful methods that deal with stress and they are guaranteed to reduce and eventually eliminate many of the bi-products of stress.

They are active in nature, as the hyperactive mind and stress-impacted body produced by the way we live, need an outlet for expression. If continued over a sustained period of time, the benefits are enormous. The mind's habits are so ingrained that what is called for is a firm resolution to change our lifestyle to a more relaxed and balanced one.

Did you know that the conscious mind, where the entire thought processes take place, is a very small part of the mind; only one tenth?

So when we make a conscious resolution only one tenth of our mind knows about it; the rest is ignorant and that part will not be supportive, and if we cannot get its support we will not succeed. Stress is also reinforced when we make decisions and are unable to carry through with them.



c) Burn Out

You may well ask what burnout is. It is not always so easily to dissect especially when it comes to us.

Some symptoms are that we will feel:

- Overwhelmed,
- Or even a little stretched to say the least.
- If you're feeling either exhausted, a loss of interest in what you do and a distinct dislike for going to the workplace you may well be suffering from burnout.
- There may also be a drop in your general overall enthusiasm and ordinary things others cope with easily are not dealt with by you with the same bounce and lightness you once had.
- Some other very good pointers to burnout and we have all had it are when we are feeling less compassionate, trusting and concerned with our clients, friends, colleagues or even family.

- One very subtle indicator is that we will find more ways to escape intimate one to one moments with friends or family and bury ourselves in work or other distractions.
- The Company may have plateaued in their performance and are wondering why they are not doing financially better, but it is because of their inability to change.
- The heads of the organisations or firms usually say they want to change but are really happy with the way things are because they do not want to rock the boat. When the realisation dawns on them it comes as a shock initially but thereafter a relief and a desire to turn the corner.

Some possible factors in burnout may be that the nature of the demands upon us cause us an undue amount of anxiety and not only that a loss of confidence in our levels of competency and general overall accomplishment. This may vary from person to person naturally enough.

I have found in organisations, businesses and companies that a conflict an individual may have between both their professional role and the policy of the company can be a turning point; similarly a conflict they may have with their personal philosophy and that of the organisation and company will also impact adversely on them if they are not somehow reconciled.

There are some antidotes to the problems and these may include but not be limited to the building of a more supportive team building process, leading a more balanced lifestyle and taking a more realistic approach to setting goals and achieving them. In this instance a Coach independent of the company culture has proven to be beneficial.

Learning to say 'No' and forgetting totally about pleasing everybody is a great remedy also. Of course there is more to it, but for that something else is needed.

d) Causes not symptoms

Mostly we look at the symptoms, not at the causes and it is because of this that specialists in this age have mushroomed. Specialists can be helpful; however a more total approach is more effective as this will empower the individual in many cases to take their life, health and prosperity into their own hands.

It is true we can take mentoring, coaching or professional advice from someone well intentioned but this help must not be considered a substitute for one's own intelligence and commonsense.

We can continue to focus on the symptoms completely forgetting that at the root of the problem lies the cause itself, but no analysis of these symptoms will ever reveal the real solution. ***And that is in finding the cause.***

Stress Factors

- Can you recognise whether you have stress?
- How do you identify stress in your life?
- What do you do when you identify stress?
- Do you have many arguments?
- If you have arguments, do you tend to justify yourself?
- Do you project fault onto the other party?
- Do you feel misunderstood?
- Do you take responsibility for your feelings?
- Do you blame other people for how you feel? If so, why do you do that?
- Do you borrow more money than you can repay? If so, why do you do that?
- Do you have any nervous bodily movements?
- Are you overweight?
- Can you listen to constructive criticism without reacting?
- Do you smoke?
- Do you over-eat?
- Do you drive too fast?
- Are you accident-prone?
- Are you always on time?
- Are you always late?
- Do you eat too fast?
- Do you have any rashes?
- Do you have stomach problems?
- Do you have migraines?
- Do you have headaches?
- Can you look people in the eyes?
- Do you suffer from high/low blood pressure?
- How much time do you give yourself exclusively for relaxation and silence?
- Do you tend to suppress your feelings?
- Are you on medication?

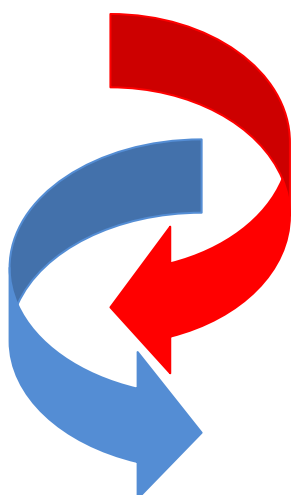
This list is designed to provoke thought as to the way you are living your life. It is simply to bring light into your life, *not to judge yourself*.

e) Assessment of mind/body condition

As the body is the outward expression of the mind and vice versa, it can help to look at the condition of the body. There are many ways in which we can tackle the various issues of a person's life and show through the condition of the body, what steps should be taken to get their life back on track.

One of these very significant physical healing modalities is called Bioenergetics. For example-

- If a person walks splay footed, that is with each foot turning outwards it can be said that this person needs to bring his energies together and decide what life they really want. They can start with first bringing the feet together as they walk.
- Someone who has a lot of neck and back tension is usually carrying a great deal of energy in the upper part of the body.
- If the lower back has chronic pain there are bioenergetic exercises to relieve this pain naturally assuming it is not beyond physical repair according to the doctors.
- If a person cannot sleep, certain patterns have taken root which must be eliminated.
- Generally speaking, tension can be eliminated through different means if the energy in the head can be brought down into the body. Any athlete will tell you of the enormous benefits of exercise, followed by stretching and some very deep breaths. As a result they will feel more relaxed, as they will be more rooted in the body.
- Circulation also improves and they experience a highly increased level of well being and ease.



f) Commitment

Without a commitment to change there will be no major improvement and the person will feel a definite frustration with his or her existing state of affairs. It is at this stage where a coach can be of value and assistance because a more detached perspective is called for to see the person's own sabotaging mechanism.

It is exactly at this point where many people turn back and resign themselves to the situation in which they were at the outset. At the point of commitment many will justify with a lot of good reasons why they decided not to take the next step.

It is helpful to remember that if a decision to change has already been set in motion, any attempt to sabotage this resolution usually results in some type of setback, emotional, mental or physical. Avoid the setback and once you make a commitment stick to it and seek support when you're feeling you lack the determination; it usually only takes a word of encouragement.

About Sam Borrett

Sam graduated as a lawyer and conducted his own successful legal practices for many years. Subsequently he became familiar with the property market and traded extensively in properties, shares, and gained experience in a variety of commercial, residential and rural ventures.

Later, he trained in the field of emotional intelligence, human potential and energy studying psychotherapy, bioenergetics, mindfulness, the human condition and the various "success and health models."

Sam gives seminars, courses and presentations, working with individuals, businesses and companies alike. He also assists start-up businesses, entrepreneurs and early innovators to get going with the encouragement and down to earth principles they need.

When he works as a Performance Coach and Trainer he also supports the culture of success, health and co-operation within each business or organisation. Anyone who has already achieved a high level of success and may have reached a turning point in their lives either professionally or personally can benefit from his pioneering and ground breaking methods.

