



4 Weeks of Stress–busting Suggestions



“It’s not stress that kills us, it is our reaction to it.”
Hans Selye

Welcome to Week 2

Welcome, and I hope you enjoyed my Week 1 suggestion on breathing for relaxation. This weeks suggestion is a little something different. Dive right in with an open mind and after you've tried it, let me know how effective it is and how much you liked it!

Welcome to Week 2, Bi–lateral Stimulation

Bi–Lateral Stimulation

Before I explain how to use this next relaxation tool, I’d like to give you a brief lesson on how and why it works. First, don’t let the name fool you, it’s a fancy name for an amazingly simple process. The term bi–lateral in this instance refers to the 2 sections of the brain– the right and left hemispheres. Stimulation refers to actively activating these hemispheres of the brain. According to my limited education, only one hemisphere of the brain at a time is activated for any activity. Overall, both hemispheres work in tandem, but for certain activities only one hemisphere is activated. So, imagine when you’re in a stressful situation; imagine that stress as a red ball. Imagine that red ball on the left side of your brain. Now, what if you thought about a blue ball instead (happy thought) and it would erase the red ball??? That’s sort of how this relaxation technique works. I’ll explain more later below. If you’re ready for something a little bit different, keep reading and watch the video below for our Week 2 relaxation suggestion. Imagine how much more enlightened you’ll feel after learning all this new “brain stuff”, lol. Enjoy Week 2

Follow this link for video: https://youtu.be/qJXooeEw_2I

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