



Cheri Ann Schultz

COMMIT TO SUCCESS

**3 STEP FORMULA To Remain Focused, Committed
and Persistent to Achieve Success!**

REDUCING STRESS AND STAYING COMMITTED

Did you know that a quarter of all Americans report experiencing high stress levels on a daily basis? The top five causes of stress (in order of importance) for all adults are 1) money 2) work 3) economy 4) family responsibilities and 5) relationships.

It's necessary to learn how to manage stress and achieve a healthy, active lifestyle. Time management techniques, forming healthy relationships, and being financially literate are necessary and helpful to achieve the road to success.

Perhaps you already see some clear sources of your stress. At a glance, how much of your stress is caused by outside influences and how much is caused by your own habits and perceptions? If you are like most people, probably the larger portion of your stress comes from within you.



*There are many causes of stress, as well as, different ways to relieve it. You may be thinking... Cheri just give me the “**Magic Bullet**” to take it all way. Just tell me that one thing.. and I promise I will **DO IT!!***

Here’s the problem... The one thing I give YOU may not help the next person. Daily stress relievers are not one-size fits all, however, there are relaxation techniques and methods that work well for many individuals.

DID YOU KNOW?



When stress begins to affect your health and well-being then it's time to make a sound decision to take action. Stress relievers are essential in restoring inner peace, harmony and balance.

RELAXATION TECHNIQUES

Relaxation techniques are a great way to help with stress management. Relaxation isn't just about peace of mind or enjoying a hobby, relaxation is a process that decreases the effects of stress on your mind and body.

Relaxation techniques can help you cope with everyday stress enabling you to think clearly and stay committed!

Whether your stress is spiraling out of control or it's slightly under control, everyone can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy and can help to slow your breathing and to focus your attention on the here and now.

Common relaxation techniques include meditation, tai chi and yoga. However, there are more-active ways of achieving relaxation. For example, walking outdoors or participating in a sports activity can be relaxing and help reduce stress.

It doesn't matter which relaxation technique you choose. What matters is that you select a technique that works for **YOU** and you practice the relaxation technique on a regular, consistent basis.

Relax
Life Takes
Time...

Benefits of Relaxation Techniques

Practicing relaxation techniques can reduce stress symptoms by:

1. *Slowing your heart rate*
2. *Lowering blood pressure*
3. *Slowing your breathing rate*
4. *Increasing blood flow to major muscles*
5. *Reducing muscle tension and chronic pain*
6. *Improving concentration and mood*
7. *Lowering fatigue*
8. *Reducing anger and frustration*
9. *Boosting confidence to handle problems*

YOGA

So what is YOGA?

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation for relaxation. Yoga brings together physical and mental disciplines that enable you to achieve a state of relaxation and tranquility.

YES, sometimes Yoga can take on a serious side where we focus on the mind-body connection and we emphasize peace and serenity. However, I want to encourage ***you to have fun with your yoga practice*** and challenge yourself to create a balance of Peace and Enjoyment!

*Let's begin to explore
some simple relaxation
techniques and get
started on destressing
your life
and improving your
health.*

You don't necessarily have to be serious but be sincere when you begin your practice.

Getting serious sometimes dampens the experience and you lose the benefit of yoga. Therefore, be open and keep yourself fully committed to the process.

Too often we're attached to doing the best pose or were trying to understand the best posture for a new pose. If you're a new yogi, it will be almost impossible to perfect each pose.

However, if you have a consistent practice and begin yoga at the level your body allows, you will start becoming proficient at your practice and improve your postures over time.

Yogis are also eager for something to magically happen. We are looking for peace, a calm mind, and tranquility and when it does not happen, which under these circumstances is inevitable.... we are disappointed.

Suddenly it's become all too serious and it becomes a self judgement process. However, to be free of the outcome is truly the heart of yoga. There will be an outcome... and it will be according to your level!



THE YOGA PRACTICE

Developing a personal yoga practice is the difference between practicing yoga as an exercise and adopting it as a lifestyle. Yoga is not just about working out, it's about a healthy routine. The practice of yoga allows you to be still and mindful in a world consumed with stress and anxiety.

Today, *I am a huge advocate of yoga. It has helped me understand the importance of life and what is practical and meaningful.*

YES.... *These pictures are me doing the poses. I do practice what I teach!! I make it a habit to practice yoga at least 4 times a week.*

*When You Breathe
No One Can Steal
Your Peace.*

Below are the yoga poses I practice regularly. They are highly efficient in keeping your mental, physical and emotional health intact. With consistency, these yoga postures can work wonders for your health and well-being.

Bridge Pose



To practice this simple inversion, start out on your back, drawing your feet toward your bottom, but keeping your heels on the floor. Slowly, lift your hips, then your lower back and finally your upper back. The idea here is to have a straight line from your knees to your neck. If you can, squeeze your bottom to lift up higher and hold this pose for 10 deep breaths, and then release.

Legs Up the Wall



Place your mat towards the wall and sit sideways to position yourself a few inches away from the wall. On your exhale, swing your hips 90 degrees to bring your legs up the wall. Allow your shoulders and head to rest lightly on the floor, relax your arms at your sides or on your legs and gently close your eyes. Keep your legs firm against the wall, but don't force anything in this pose. Hold this pose for 10 -15 breaths, then release.

Child's Pose



Child's pose is one of the best poses to help calm the mind and rejuvenate the body with energy. It is also an effective yoga pose for relieving lower back pain, hip strain and has restorative power that helps in providing mental and emotional relief.

Begin by sitting on the yoga mat kneeling and bringing your knees a little wider than hip width apart. Now, slowly lower your torso so your forehead touches the mat and your arms rest on the floor. Hold the position for 10 -15 breaths.

Standing Forward Bend



When you do a standing forward bend and drop your head below your heart it automatically calms your mind. This helps to relieve stress, headaches, anxiety, fatigue, mild depression, and insomnia.

Begin by standing upright with your feet parallel and about six inches apart. Contract your thigh muscles to lift your kneecap. Keeping your legs as straight as possible, exhale and bend forward moving your torso and head as one unit. Try and hold this position for 10 - 15 breaths.

Any stress prevention process does not end in a week, month or year. It should be seen as a continuous process where you evaluate your progress... then adjust and refine your routine to gain your expected results.

Whatever it takes to keep you focused and support your routine, I encourage you to engage in a challenging task and maintain a regular practice. Remember practice makes perfection!



I will close this module with a song entitled "I HOPE YOU DANCE" by Lee Ann Womack.

There are some days you just need to dance through the chaos and give your faith a fighting chance.

Please take the risk and never settle for the path of least resistance!!!

Love and Hugs,

Cheri Ann Schultz