

Relaxing Can Take Practice



Believe it or not relaxing can take practice – especially if we are not currently using tools that help us learn how to quiet the mind and still the body. Some people may find that it can take a couple of days at the beginning of a vacation before they start to really feel unplugged and are experiencing the pleasure of downtime.

The **Notice and Ease Tool** from **HeartMath®** The simple steps of Notice and Ease teaches us to settle into the moment, take intensity out of any negative emotions and ease them out so we can experience more good feelings such as joy, compassion and vitality. These positive emotions can increase the biochemical DHEA, which promotes emotional vitality, slows the aging process and offsets the stress hormone cortisol.

Step 1: Notice and admit what you are feeling.



To gain more insight about your emotions, you will need to become more aware of what you are feeling. Noticing and admitting what you are feeling requires slowing down and taking stock. Periodically, throughout the day simply pause and notice how you feel. It takes only a few seconds to ask, "What am I feeling right now?" Don't judge whatever you are feeling. Instead, observe what's flowing through your emotions. You'll discover new things about your emotional patterns and what triggers less desirable emotions in you.

Step 2: Try to name the feeling.



Simply by naming the feeling to yourself, whatever it is – worry, anxiety, frustration, anger, sadness, hurt, resistance or even a vague disturbance – will help you admit what you are feeling. Being honest about naming what we are feeling helps regulate our emotional energy, slowing down the emotional energy running through our system and giving us more power. We can then redirect emotional energy to work for us instead of having it leave us feeling drained throughout the day.

Step 3: Tell yourself to e-a-s-e...



As you gently focus in your heart, relax as you breathe and e-a-s-e the stress out. As you tell yourself to ease in your heart, relax and ease the stressful emotion out, feel as if the unwanted emotion is leaving your system. Don't force it out; ease it out. Befriend the reaction by holding it in your heart, and then let the feeling ease out of your system. If you try to fight your feelings or push them away, they will gain energy. Befriending your feelings will help you clear.

Keep using **Notice and Ease™** for one minute or longer, until there is a feeling that something has lightened up, even if there's not an immediate, complete release. Just keep practicing the **Notice and Ease** tool until there is a feeling of more inner balance.

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