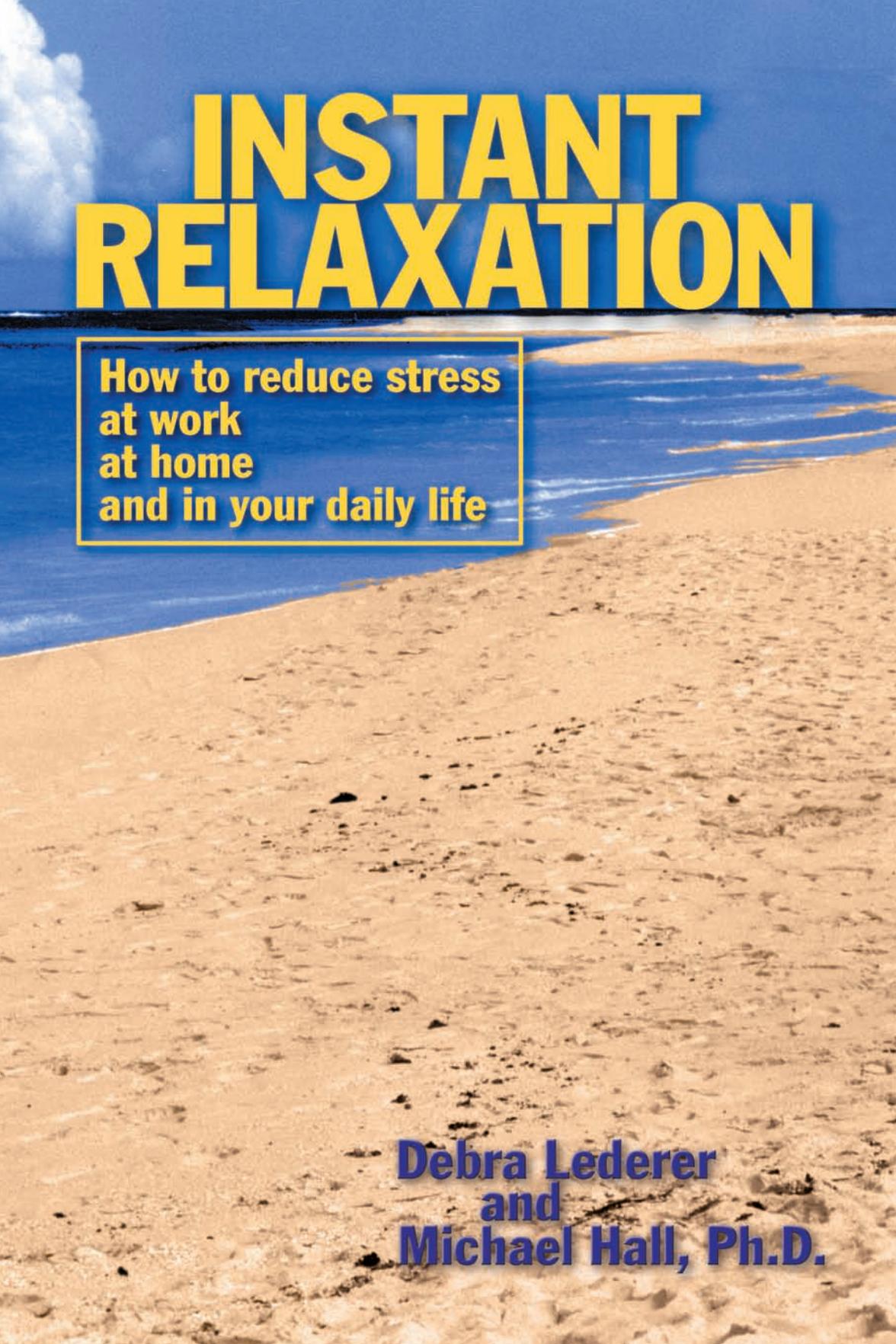


INSTANT RELAXATION



**How to reduce stress
at work
at home
and in your daily life**

**Debra Lederer
and
Michael Hall, Ph.D.**

Instant Relaxation

How To Reduce Stress At Work,
At Home And In Your Daily Life



State-Of-The-Art Fun And Easy Exercises
For Developing The Advanced Ability Of
Flying Into A Calm

Debra Lederer
and
Michael Hall, Ph.D.



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Preface

I first met Debra at a *Meta-states Training* in New York City and immediately recognised both her special expertise in the area of relaxation, and her passion for it. She knew all about the ins-and-outs of relaxation—what it looked like, sounded like, felt like, etc. And in terms of State management (the subject of the *Meta-states training*), she really knew how to access her own state of inner calm that allowed her to stay focused and clear. She also knew how to coach others into the same experience.

The area of mutual interest—NLP and State management—lead us to begin collaborating about a book. In the months that followed, Debra provided me with an entire manuscript on the subject. In fact, for the most part, you have that manuscript in the following pages. Through our talking and e-mailing, we decided to title it *Instant Relaxation*.

In the following pages, I have added some explanation sections and some touches here and there to the training of Stress Management that Debra has studied and presented over the past ten years with businesses and in personal consultations. You will find a work that explains, shows and coaches you how to develop your own ability to “*Fly Into a Calm*” anywhere and anytime you choose.

Debra wrote an entire text before I ever got involved. Her exercises and ideas on the *Relaxed Core State* arose from the actual hands-on experience of coaching clients through the process of relaxation in the context of their daily stresses. Her skill truly lies in the development of these exercises. Now you can also receive her coaching as you read and practice. Doing this program will enable you to easily learn to access states of inner calm and peace.

I became involved in this out of my strong belief in State management, and in using the neuro-linguistics approach (NLP) to access our most empowering states. The *neuro* part refers to using our neurology to its fullest potential. You will find that being aware of your breath and posture affects your state tremendously. *Linguistics* refers to our use of language and the languages of the mind to powerfully effect our states.

So now, through Debra's years of study and practice, you receive the benefit of the following direct, simple, and easy-to-follow step-by-step instructions. This means that you have in your hands a truly hands-on, *how-to-do-it* book. So as you read, you can just allow yourself to go ahead and fully experience the steps that will take you into this most resourceful state and when you get done, you will be able to demonstrate the power of **Flying Into A Calm.**

A handwritten signature in black ink that reads "Michael". The signature is fluid and cursive, with a long, sweeping underline that extends to the left.

*Michael Hall, Ph.D.
Grand Junction,
Colorado
January, 2000*

Chapter *Two*

*S*even Days to Instant Relaxation

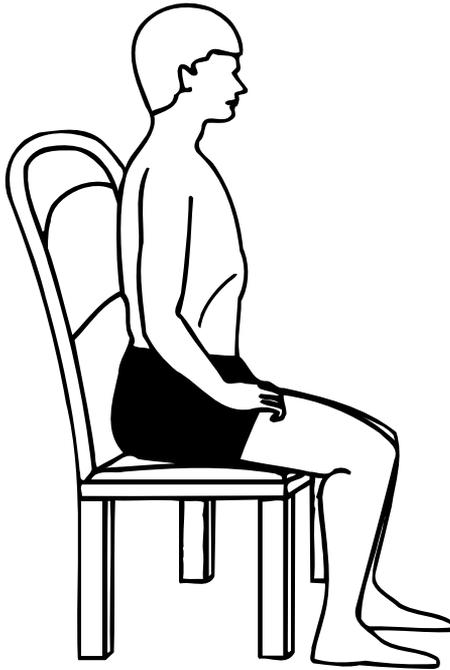
Day One: The Breath of Relaxation

Breath Exercises



Do you frequently or typically find yourself feeling sleepy after a few hours at the office? If so, your breathing pattern may explain why. If you take shallow breaths, your body will have a difficult time staying awake. But, change your breathing pattern and you will create different feelings in your body. As you breathe deeply from your abdomen, you will discover that your body feels energized and invigorated. On the next page we have listed two different breathing exercises. Each exercise gives you an example of how your breathing affects your energy level. You can do the following exercises while sitting or standing and practice the technique with your eyes open or closed.

Breath Refresher



1. Focus on your nose and feel your breath.
2. Slowly count to 5 as you inhale a long, slow, deep breath through your nose.
3. Hold your breath for a count of 5.
Silently say to yourself:
1 long inhale
2 long inhale
3 long inhale
4 long inhale
5 long inhale.
4. After five seconds, slowly exhale through your nose to a count of 5.
5. Repeat this sequence ten times.

Aim to become aware of the sensations in your body. As you do, notice how you feel. Do you feel calmer? The more times you repeat this exercise, notice how much calmer, centered, energized and focused you feel. Continue to practice this sequence when you have a few spare minutes.

- Are you aware of any changes in your energy level?
- Do you feel drained after a few hours at the office?
- Do you start to feel stressed because your boss just added ten more items to your “in” basket?

Practice the breath refresher exercise

Notice how different you feel. Just a few minutes of deep breathing tremendously elevates your mood. Remember to practice this breathing technique anywhere and at any time.

A client, Amy, came to me (D.L.) reporting that she had a hard time staying awake at the office. She works as an accountant and explained that sitting at her desk for more than three hours causes her to yawn and to feel really tired. Amy practiced the exercises with me until she felt energized. She then decided to practice the exercises at her office.

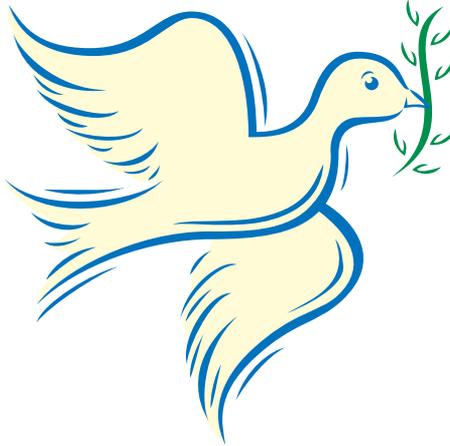
Now, whenever she begins to feel tired, she does the breath refresher exercise. Amy told me that becoming aware of her breathing has made her more effective and productive at her job.

During the next exercise, you will practice breathing from your abdomen. Bringing your attention to your abdomen and breathing from this area allows both your chest cavity and lungs to fill with more oxygen. This creates a feeling of relaxation. You can do the following exercise while sitting or standing.

Day Five: The Internal Imagery of Relaxation

Visualizations

Reaching your Relaxed Core State with Mind Affirmations and Mind Visualizations



Do you think of yourself as a positive person who sometimes thinks negative thoughts and then wonders, “Why does this happen to me?” Many possible causes could explain this state of thinking.

Your conditioning and experience with various past events inevitably play the central role in the way your mind works. You can analyze and try to determine the cause. You can also take action and start reading, seeing, and repeating positive affirmations to yourself. These visualization-affirmations relax your mind and help you to reach your Relaxed Core State quickly and effortlessly.

In the following affirmations, allow your mind to visualize scenes, events, objects, and symbols, whether real or imagined, that will assist you in the process of accessing your Relaxed Core State. Find the affirmations which most shift you into your Relaxed Core State.

Mind visualization-affirmations

- Accepting my mind
- Changing my mind
- Empowering my mind
- Energizing my mind
- Enjoying my mind
- Opening my mind
- Protecting my mind
- Resting my mind
- Strengthening my mind
- Thanking my mind
- Understanding my mind

Instant Relaxation Exercises

Reaching your Relaxed Core State with Mind Visualization-affirmations, Beliefs, Values and Understandings

Accepting my mind

- “I will become open-minded, accepting, and non-judgmental toward others”

Changing my mind

- “My life sometimes feels like a roller coaster with lots of ups and downs”
- “My ups make me feel amazing and ecstatic”
- “I also know that I will face various downs which lie ahead of me”
- “I will remain open to the unpredictable curves in my life and simply prepare myself for the next uphill ride”
- “I know all of these experiences simply function as a part of living life”

Empowering my mind

- “Today I empower myself to do what I love to do”
- “I find books, magazines and movies that inspire me and make me feel creative”
- “I bring meaning to my life through helping, contributing and just being me”

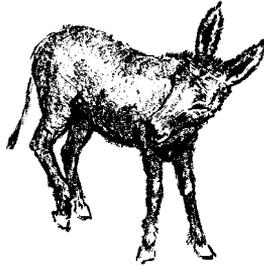
Energizing my mind

- "I energize my mind as I give myself permission to practice breath exercises"
- "The more I breathe, the more oxygen flows into my brain enabling me to think more clearly"

Enjoying my mind

- "My life feels as if I walk on an infinite trail. I always enjoy the journey"
- "I remain patient and aware with each step that I take"
- "I remain open to possibility and change"
- "I remain flexible in my thinking as I walk along the path of life"

Reaching your Relaxed Core State with Mind Visualization-affirmations



Opening my mind

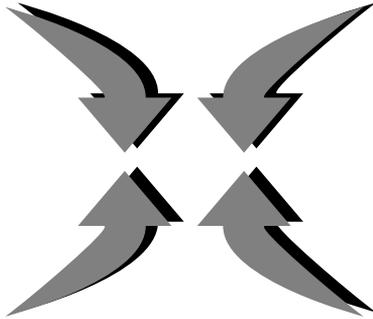
- "Everyday I open my mind to new thoughts, ideas, possibilities, perspectives, and beliefs"
- "I view myself as a special person with my own unique set of views and philosophies about life"
- "I do not waste my energy on toxic people and situations"
- "I have the right to choose my own voice and thoughts"

Protecting my mind

- "I take care to protect myself from people and situations that drain me of energy"
- "I surround myself with happy and encouraging people"
- "I do not need to waste energy on toxic people and situations. I can simply walk away from them, and continue with my life"

Summary

Seven-day Relaxation Plan



How does it feel having committed to this seven-day Relaxation Plan? After seven days, how much more aware are you of your Relaxed Core State? How much more of an understanding do you have of accessing this part of yourself? Did you notice your Relaxed Core State growing stronger as you practiced Instant Relaxation Exercises? Did you feel the Instant Relaxation Exercises keeping you feeling calm, centered, focused, energized, aware, and at ease as you completed the activities of the day? If you answered “yes” to most of these questions, great. And if not, keep practicing and you will definitely feel the shifts in your body and your mind.

After the first week, remember to keep practicing the same exercises, morning and evening for seven days (five minutes in the morning and five minutes in the evening). Doing this reconditions your body and your mind to continually re-access your Relaxed Core State. Simply practice one exercise from each category. Remove the Instant Relaxation Exercises checklist from the appendix and place it by your bed as a daily reminder to practice these effective, simple and fun exercises.

You will feel so great that you will make this relaxation routine a continual part of your life. We would even recommend that you share this plan with your friends and have your friends or family remind you to keep stepping into your Relaxed Core State. The next time you find yourself in a stressful situation, remember

Be Prepared For A Very Positive Aware Life

This book represents a powerful formula for explaining and showing you step-by-step how to reduce stress at work and at home. Stacked with quick and effective NLP and yoga-based exercises and techniques, **Instant Relaxation** provides you with all the information you need to construct your own personal, practical plan to relieve stress in all areas of your life.

Part I introduces you to your Relaxed Core State. As you become more aware and in touch with this part of your Self, you will feel more focused, centered, calm, energetic and at ease. Part II contains a short and structured seven-day plan, giving you the skills and tools to access your Relaxed Core State—in whatever environment you choose. Topics include:

- Day 1: Breathing exercises
- Day 2: Posture exercises
- Day 3: Focused eye movements
- Day 4: Affirmations
- Day 5: Visualizations and relaxation thoughts
- Day 6: Pattern interrupts and anchors
- Day 7: Relaxation language

Part III presents an action plan for you to complete, enabling you to tailor and customize your own plan for reducing stress in your life. Discover how easily you can “fly into a powerful and resourceful state of calm,” at home or at work—anywhere and anytime. You will wonder how you have managed until now without these secrets of relaxation and stress reduction!

The authors’ own gifts and styles skillfully complement each other. Debra Lederer provides the actual practicalities and exercises while Michael Hall reinforces her message with his logical explanations of why and how the exercises work. After reading this exciting, innovative book you will have the understanding and the knowledge to find freedom from stress and also have the ability to remain calm, centered and focused in any stressful situation.

DEBRA LEDERER has a bachelor’s degree in psychology from the University of Michigan. She is a certified yoga instructor, and runs stress reduction courses which have benefited companies and individuals across the United States. Her training programs contain numerous quick and effective techniques for reducing stress in all aspects of life, and she has built a successful consulting practice in New York based on these programs.

MICHAEL HALL, Ph.D. has authored many ground-breaking works on communication, neuro-linguistics, emotions, and motivation. He is one of the brightest authors on the NLP scene today and is renowned for his integrity and compassion. Dedicated to taking NLP techniques into new and exciting realms of therapy and personal development, he also works as a psychotherapist and trainer in Grand Junction, Colorado, USA.



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