



# ***PYT Weekly Training & Support***

## Lesson #69 **Instant Stress Relief**

by Jim Katsoulis

Let's talk about how to relieve stress instantly because you can do it. In my opinion, if there's anything that contributes to an inability to control your weight more than anything else, it is the accumulation of stress because when we get stressed out,

when we get overwhelmed, we stop making intelligent decisions; we get caught up in the moment and we fall back into old habits.

It's easy to fall back into old habits. Old habits don't require any conscious thought. They don't require any extra effort. We just go through the motions. And so, if you're in the process of changing up those habits, then, stress is a big challenge for you because it's going to bring you back into what you were doing, the old ways of being.

So, we need to get good at being able to let go of stress in a moment; and it's very easy, I'm here to tell you. It really, really is! The thing is, just like anything else, the more you practice it, the better you become at it. The deeper the relaxation becomes and the quicker that you can go into that place, the more relaxed you feel over all throughout the day and throughout your life.

So, what do we do? How do we get to that place?

You've got to think about it like a switch. It's got to be in your mind like flipping a switch. It's that quick; it's that easy; and it's complete. It's like flipping a switch because we're changing everything all at once. And what I mean by that is we're not just taking a deep breath; we're not just relaxing our shoulders; we're not just letting things that have been bothering us go. We're doing everything all at once.

And if you do everything all at once, you have to feel more relaxed. It might not be the level of relaxation that you would like, ideally. We need to recognize that. We're not talking about perfect relaxation here. We're talking about being able to go from a state of stress and overwhelm to a place of calm relaxation or, at least, a place of more calm relaxation.

And this is something you can do anytime you want. The better you get at identifying when you're hitting those stressful places, the more powerful this becomes. If you recognize yourself spinning out of control and you don't know what to do, here you go.

So, it's simple. Physiology and psychology: We're going to influence the body and the mind all at the same time so that you can feel a sense of what you want. This isn't rocket science. The truth is that you know better than anyone what it feels like when you are relaxed, when YOU are relaxed because no one knows how you relax more than you.

You've got your own unique specific way. You've got your own things that you do with your body. You've got your own things that you think about. So, this is up to you to recognize the things that will genuinely allow you to feel a sense of peace for a moment.

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Now, you need to make this distinction. This isn't about "I'm gonna do this and I'm gonna feel relaxed for the rest of the day." It doesn't necessarily work that way. It may, but this is pretty much giving yourself just a time out for a moment, just a moment to re-group and kind of re-center yourself. That's what this is about.

So, this isn't about, "The rest of the day, the rest of the week is gonna be great now." Again, it may be; but this is about when you just need a moment and you just need to reset yourself. And if you're like most people, we need to reset ourselves regularly, at least, daily for most of us.

So, what we do physically ... you know this stuff. I want you to do it now. What do you do physically? Imagine. Pretend. Pretend that you're totally relaxed. You're totally and completely calm. You feel totally peaceful and at ease.

If you have felt that way, when you have felt that way in the past, what does your body do? And, notice, where in your body ... where are the shifts? I'm sure your shoulders probably drop a bit. Maybe you straighten your head out a little bit. Maybe your head was kind of crooked and it was creating tension there.

How does your breathing change? your posture?

And do these things right now. Let everything go. This is the power that you have and you can use it at any time you choose to.

Maybe you have to do an exhale where you exhale forcefully. When you exhale forcefully, then, the inhale will happen naturally.

Your face – your face is completely and totally linked up with your emotions and how you feel. So, if you kept your face all tense and nervous-looking and you try to relax body, it's going to be very difficult. So, this becomes a holistic, a complete and total physiological shift towards relaxation.

And I want you to spend some time with this because if you take a little bit of time and sit in a chair somewhere in a room where you won't be disturbed even for just five minutes, and just relax yourself, and go through your body, and notice what shifts and what changes, then, you educate yourself and you train yourself to notice what you need to do to relax quickly. What does your body do?

And I'm going to help you along. Relax your face; let it go slack. Relax your eyes. Relax your jaw. This is a place where people store tension. Just relax them all.

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And now, imagine that they all relax at the same time. You're to play this game. Imagine you're really stressed, you're tense, and you're nervous. Tighten everything up. You're breathing; you're frazzled. Maybe, you move kind of quickly.

And now, relax. Just let go. Get used to that feeling. You train yourself. Tense, stressed out, nervous – where do you store them? I store them in my shoulders. I feel that my shoulders are rock hard, just tense all the way down to the core. And then, let go.

This is how easy it is. It's a reset button. You've got it! [inaudible] **06:26** though for some people, right? So, learn how to do this. Imagine there's a button you push and just let go. That's the idea because this gives you control. This gives you a sense of control at those times you need it most because when we get stressed and overwhelmed and we start spinning out of control, this brings us back. That's the idea.

So, we've got the physiological part and you need to spend some time with yourself on this. And I can go through what I do; but that's not going to help you. Some of the things we might have in common but, again, it's different for each person.

So, take a few moments. Just say, "If I were relaxed, when I am totally relaxed, what does my body do?" And just go through your body – top to bottom, bottom to top – it doesn't matter. Just hit every area of your body and notice what it does when you're completely and totally relaxed and at ease.

Now, we move to the psychology. What are you thinking about? Get good at letting thoughts go! How do we do this? It's not just, "I'm gonna stop thinking about it." There are other techniques you can use.

If you keep talking to yourself, if your boss has said something to you or a romantic love interest has said something to you that is driving you crazy and you keep thinking about it, you can imagine there's a volume knob and you turn it all the way ... like that. Okay, so you have control over the volume in your mind.

You can play nice music in your mind. If you don't have any nice music examples, go get a classical CD or one of those meditation CDs and remember what they sound like so that when you want a few minutes of peace, you train yourself to think of the music that you like.

If you really want to take it to a level where you'll master this, spend five minutes a day where you do this, you relax your body completely, you relax your mind, and you play ... there are all sorts of meditation music. Maybe, you play the same songs or the same music every time you do it.

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You anchor these two things together so that in the future when you want to relax, you do the things to your body and you fill your mind up with that music intentionally; you remember it, and it's going to create a deeper response in you. It's called "anchoring." We anchor the state and the feeling to the music. And, of course, we can remember in our mind what music sounds like and that's going to have an impact on us.

We can go to our happy place. It's kind of a cliché and it's a little corny. That's fine because all we're looking to do is this. We just want to change the content of what's going on in our mind for a few moments.

It's kind of like you can't just change the body. This is a little mistake a lot of people make. You can't just relax the body and then in your mind have it racing out of control about all the things that freak you out. That would be like if you think about the saddest movie that you can think of. It'll be like you saying, "I'm gonna watch this, and while I watch it, I'm not gonna get upset or sad."

You see, it would be weird. It would be like self-torture. Of course, you're going to get sad. Everything is built that way. Everything in that movie is designed to create that emotional response. So, if you genuinely want to feel happy, don't put that movie on and watch it. It wouldn't make any sense.

So, it's the same thing with our minds. If you want to relax, if you want to give yourself a moment, you need to learn how to quiet your mind for that time or fill it up with things that make you feel at ease and peaceful.

Maybe there's a field you go to sometimes that's just very peaceful to you. Maybe there's a park you go to, and you sit by a lake, and it's very peaceful and calming, whatever.

And if you don't have any, there's another suggestion. Go seek one out. You don't need a million of them. You don't need to go everyday. You just need a reference point. Once you get this reference point, it's always going to be within you. It's always within you. And that's the big point of what we're talking about here. You want to create this state, this feeling, these thoughts, this psychology, and all of these things within you so that they're at your disposal at any moment in time.

And this could change your eating, and your behavior, and your body more than anything because what do people do with food? It becomes this. They're looking to get some relief for a moment, and they turn towards the food because that's the only thing they've ever learned how to feel that sense of relief for a moment with.

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What I'm talking to you about here is a more natural, healthy, and genuine way to let go of the world and just block it out for a few moments and feel the way that you would like to. And you can never say you're too busy to do this because you can practice this sitting in the car. You can practice this while you're lying in bed. There's always time, and you can do it throughout the day.

It doesn't require that you shut out the world. You don't have to do that. It would be helpful if you could do that for five minutes a day. But even if you can't, it's about, in this situation, how relaxed and how at peace and how calm I can feel.

And the more you practice it, the better you get at it. And so, again, you practice in your mind and you prepare for it; then, you bring it into the world. Know those times you get stressed and let it go. What does that feel like? Get good at that! It's a switch and you're in control of it.

So, practice this and use this. Even if you forget down the line ... even if you spend the next week doing this, it's going to have residual effects on you and you're going to remember it. And, in the future, you'll remember it again and it'll be easier to draw upon it even more.

So, practice it this week, and I'll talk to you next week.

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