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A Simple Tip For When You're Stressed

By Jane Thurnell-Read

This is a fantastic tip from Touch For Health to help you when you're stressed, angry, anxious or upset. Try holding your frontal eminences. These are bumps on your forehead that many people hold instinctively when they're upset.

For those of you who don't do this naturally, let me help you locate them. Feel up from the middle of your eyebrows going towards your hairline. Your forehead comes outwards before it curves back in towards the hairline. Hold your forehead at the points where it is furthest out – about 3cms (1.25 inches) above the middle of each eyebrow.

While you hold these points think about the stressful event. It can be something that has already happened, something that is about to happen, or something you fear may never happen! Gradually you should find that the stress lessens.

You can use it for small things, but you can also use it for more traumatic events too. If the thoughts/images are too overwhelming initially, imagine you are watching it on a TV – you can always switch it off if becomes too stressful – you're the one in charge. You can watch it in black and white if that feels easier too. Use it to defuse anything that you feel anxious, stressed, angry or fearful about.

You may want to do it several times covering different aspects of the problem. You can do them one after the other, or at different times, whichever feels best for you.

As you hold the points and think about/imagine the event, you will probably start to feel calmer – you may even find that you start to feel a little bored thinking about this scenario that previously stressed or angered you so much.

Why does it work?

These particular points on the forehead, known as frontal eminences, are reflex points with connections to the central meridian (involved with the brain), the stomach meridian (and your stomach often churns when you're anxious or angry), and the bladder meridian (trips to the loo/bathroom are

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often necessary when we're apprehensive).

I recently explained this self-help technique to a business colleague – a keen mountain biker who'd had a serious bike accident at 30 miles an hour and had broken his skull and collar bone. His bones had mended, but he was now sometimes fearful of the sport he loved.

This is what he wrote to me later:

"I don't know how to thank you enough for the technique you described to me over the phone the other day, it helped me enormously!"

The following week he sent me this message:

"Your tip worked once again last night – went out (in the pitch black with my Light&Motion 'daylighter' light) and did some serious single-tracking and downhill!!! I never thought I'd be doing that again – ever! Thank you so much!!!!!!!!!!!!!! It was brilliant!!!!!!!!!"

It may be hard to believe that something this simple could be effective in removing anxiety and stress, but try it and see.

Life should be simple – do you agree? Then take a look at Jane Thurnell-Read's web site (

<http://www.healthandgoodness.com>

) for more self-help tips and information. Here's a direct link to that

section:

<http://www.healthandgoodness.com/topics/Self-Help/index.htm>

Make the Most of Your Mentoring Relationships

By Judith Lindenberger

Mentoring is one of the best ways to learn, to get feedback, and to take your career to the next level. Here are ten tips for making the most of your mentoring relationships.

Tip #1

Self-assess. Ask yourself, "What skills do I need to get where I want to go?"

Tip #2

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Identify your learning goals. Put them in writing.

Tip #3

Decide together how the mentoring relationship will work – frequency and type of contact.

Tip #4

Commit the time. Don't give up if the chemistry doesn't feel right at the first meeting. Meet a minimum of once per month. Touch base regularly – by e-mail, phone, in person.

Tip #5

Take time to build trust and communication. Get to know each other on a personal level. Discuss your backgrounds, interests, career histories, and perspectives of your organizations.

Tip #6

Keep confidences. Nothing kills trust in a mentoring relationship faster than a breach of confidence.

Tip #7

Be sensitive to cultural and gender differences. Do a little homework. And listen.

Tip #8

Understand and plan for the phases of a mentoring relationship. Build in time for evaluation and closure.

Tip #9

This is about learning, whether you're a protégé or a mentor. Keep a journal.

Tip #10

You don't need a single mentor who you keep throughout your career. What you need is a mind-set that allows you to learn from those around you, no matter who they are. To get ahead, create your own multitalented "board of advisors."

Judith Lindenberger MBA has a distinguished career in human resources consulting and is recognized for her innovation and excellence. The Lindenberger Group, LLC provides results-oriented human resources consulting, organization development, customized training workshops and personal career training to help individuals and organizations improve their productivity and performance. The Lindenberger Group is a two-time recipient of The Athena Award for Excellence in Mentoring. Contact them at 609.730.1049 or

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