



# THE CSFA CONNECTION

A WEEKLY ROUNDUP OF NEWS AND OPINION FROM CSFA



## WELLNESS FEATURE

# Enter your stress-free zone

By Devann Sheuerman

**'You must master a new way to think before you can master a new way to be.'**  
**Marianne Williamson**

Let's be honest, there are a million things we can worry about every single day. And most of us do. While we worry about the big and small obstacles in life, we are constantly thinking about the past and the future and worrying about both simultaneously! This can start to become an unhealthy habit. It's no wonder a lot of us are living in a state of constant stress and rarely feel moments of peace. But can you imagine feeling peaceful constantly?

Feeling peaceful, believe it or not, can take practice for some of us. Depending on your childhood, how your body's chemically balanced or not, quality of life and a number of other things can affect our happiness and stress levels. But in our constantly busy world, how do we find peace when there's so much stress floating around?

Practice being still and peaceful. Even being still can feel hard at times if you're used to the go-go-go mentality a lot of us are used to. Being still can feel unnatural and may make you want to fidget. Sometimes the quietness can feel uncomfortable and wandering thoughts can take over. So how do you get past the mental chatter and enter a peaceful zone?

Here are a few mindful Yogic 'Tips and Trick's' you can practice and easily integrate into your day!

## 1.FIND THE STRESS RELIEVERS

Be aware of what stresses you out and what makes you feel relaxed. Sounds easy enough, but this sometimes takes some soul searching. Being able to pinpoint what exactly makes you stressed can help you work on solutions on how to alleviate the stress you feel and grow from there. Finding fun and relaxing hobbies like journaling, practicing yoga, meditating, running, swimming, painting, etc. are also a step in the right direction to creating more calmness and happiness in your life. The healthy activities and hobbies you can lose yourself in for some time each day is really important and helps your brains to think more creatively and clearly!

## 2. LAUGH

Surrounding yourself with laughter, happiness, and love are key! When you laugh your stress subsides. When you are feeling happy and creating happiness for yourselves you start to feel more open minded and capable. When you surround yourselves with love from within and

surround yourself with those that truly love and support you there's a sense of stability and safety.

### **3. EAT WELL**

Food is huge when it comes to creating peace within the body and mind. What's in your gut can support a healthy and strong body or can wreak havoc on your system! Eating whole foods and thinking of food as a way to support your body instead of indulging constantly can help us choose foods more filling and nutritious! Writing a food log for a few weeks can help you to see what you're eating, the portions you're inhaling, and can be a reminder of what you're putting into your body.

### **4. PRACTICE YOGA WITH: LEGS UP THE WALL**

Leg's up the wall pose is one of the most relaxing and beneficial poses to practice! You can practice this pose anytime during the day, but it's especially great to do at night before bed. It helps to calm the nervous system, helps to relieve tension headaches, anxiety, depression and a number of things! You can do this with or without a rolled up blanket or pillow underneath the tailbone and low back. Closing your eyes and laying on your back with your legs up the wall for a couple minutes can help you to tune inward and tap into that place of peace we all have within us.



### **5. FIND YOUR BLISS**

Once you find out what is making you feel stressed, then you can start to create more relaxing moments each day. When you start to integrate healthy habits and practices into your daily life, you start to tap into the natural flow of life. Where instead of worrying constantly and holding yourself back from peace, you are thinking more creatively and happily, making practicing peace and getting to your 'stress free zone' easier and easier.