

DON'T BOIL THE *Lobster*



How to overcome stress before
stress overcomes you

SANDY
HOUNSELL
SET YOURSELF FREE



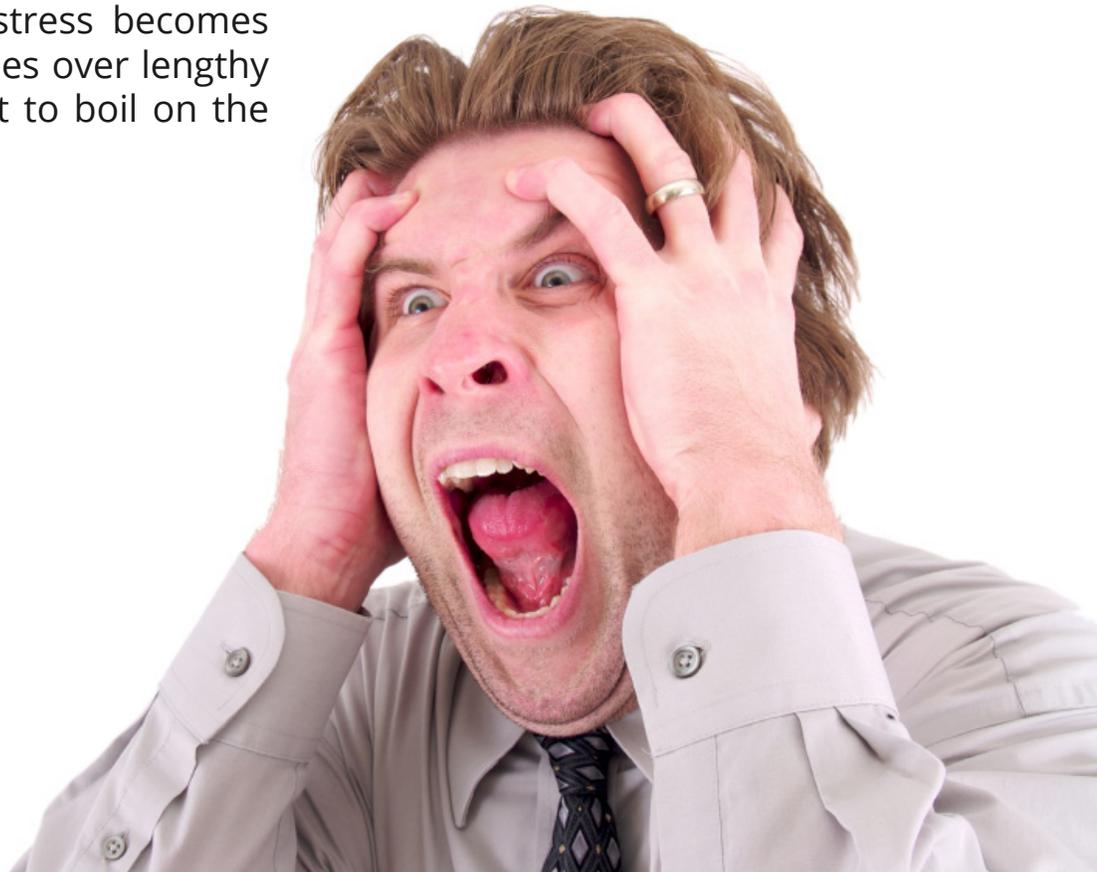
Introduction:

This is not a pretty story, or one that I subscribe to. In order to cook a lobster it is first placed into warm water and then the water is boiled; and so is the lobster. I don't personally endorse boiling the lobster as to me it feels cruel. Now you may find this image and metaphor disturbing, but this is exactly what we are doing to ourselves.

It maybe an urban myth, that if you cook a lobster slowly by gradually heating the water until boils, the lobster won't feel the pain. But it's definitely not a myth when it comes to you and I. Sure, we may turn up the heat gradually, thinking we are doing ok, but when stress becomes the norm and continues over lengthy periods, then we start to boil on the inside.

Regardless of where our stress comes from it affects our body by flooding it with stress hormones. Muscles tense, the heart rate increases and even our breathing quickens. Chronic stress can lead to high blood pressure, heart disease and weaken the immune system making us more susceptible to colds and infection.

Stress can slowly creep into our life from many directions where you don't realise how stressed you are until something breaks. And then it may be already too late.



**Sandy Hounsell,
healer, mentor and
hypnotherapist helping
people be calm,
confident and in control,
living a life without fear
or limitations.**

Some of the exercises ask you to sit quietly in order to calm and centre your mind. If your mind won't settle you may want to use my short **"Inner Calm"** guided relaxation before commencing an exercise.

1

THE JUGGLING MATRIX

To regain control in a mad (out of control world) we first need to be honest with our feelings and fears with whatever is causing us stress.

How To Stop The 'Juggle' Becoming A 'Struggle':-

1. Close your eyes, breathe in deeply. See yourself in the universe looking down at the situation causing you stress. Ask yourself "What's really causing me to stress?". "What am I afraid of?" "How do I want to feel instead?". "What outcome do I want that creates a win-win for everyone?". Make a mental note of the answers that come to you.
2. Now put yourself inside a golden ball of light with a golden ribbon attaching to a green ball of light.
3. Next place your fears about the situation along with anyone else that is involved inside the green ball of light. Then imagine the solution resolved as shown to you earlier where everyone is happy and in agreement. See yourselves shaking hands or having a hug.
4. Now cut that ribbon with a golden pair of scissors, and take the green ball of light up into the universe into pure white light watching it dissolve completely.
5. Then give thanks for setting yourself free and for what you are learning from this particular situation.



2

GET YOUR YOGA PANTS ON

In times of stress we dismiss cries of help coming from our body. A body that is listened to feels loved and nurtured. A body ignored can become sick and unwell.

How To Get Comfortable and Flexible In A Rigid World:-

- 1. Listen by reflecting on what is causing you stress and notice where in your body you feel discomfort.*
- 2. Liberate your body by imagining you have a nose on that part of your body. Breathe in deeply, and imagine breathing in through that nose filling the spot with light blue energy.*
- 3. Deflate the stress by imagining that spot becoming very loose and relaxed like a deflated balloon as you breathe out.*
- 4. Scan your body for any other tense spots and repeat until your body becomes the balloon all loose, limp and relaxed.*
- 5. Nurture your body by also taking long walks along the beach or in nature. Soak in a bath. Have regular massage. Meditate. Do all these things. But most of all have fun in your body.*



3

THANK YOURSELF CALM

Gratitude resonates at a high vibrational frequency and when incorporated into your daily life can change the way you see life and how you handle your problems.

How Developing An Attitude of Gratitude Can Raise Your Energy and Help You Release Stress:-

- 1.** Say "thank you" more often than you do now. People appreciate it when you appreciate them.
- 2.** Every day write down at least three things for which you are grateful for that day. These can be as simple as getting to work on time.
- 3.** Spread the gratitude by helping others. They will be grateful to you and you can experience receiving as well as giving.
- 4.** Include things in your gratitude journal that you want, but don't have right now. Write as if you have them already.
- 5.** List all the things you appreciate, including what you love about yourself. Connect your mind with each thought so you feel its uplifting, positive energy filling your entire body. Add to the list each day and watch it, and yourself grow.



Thank you for reading

I sincerely hope you find these healing exercises move you toward more peaceful feelings. As you practice don't beat yourself up or get impatient. Take your time. Be kind to yourself.

If you are ready to stop stressing, waking up in the middle of the night breathless, feeling alone, trapped or powerless, why not book in for a complimentary "Stress Buster Breakthrough" session.

In the session you will leave feeling energised and optimistic knowing there's a solution available just for you as you discover:-

- ➔ *A road map that will take you out of stress for good*
- ➔ *Being crystal clear on where, and how you want your life to be*
- ➔ *How to create your future with confidence*
- ➔ *Tools to enhance your life so you longer struggle or stress*
- ➔ *How you can leave the negative past behind with ease*

You may also find my blog helpful in understanding more about yourself, your emotions and your stress.

Visit: www.sandyhounsell.com.

Book now for your complimentary:

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Valued at \$497

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