



Creating Success...

February 9th, 2011

Hi Simone,

I have heard quite a few people recently say how much they do not like January. Their reasons are that this is the month after Christmas so they are now broke, this is the month they have to pay their taxes, new challenges ahead, etc. As a result, they spend their new year stressing about what is yet to come or spinning a disempowering take on what state last year has left them in.

Either way, creating unnecessary stress is a sure way to make things harder for oneself.

Well, we're in February now, so hopefully this month is more liked!

Until next time, be well...

Simone

FEATURED ARTICLE



6 steps to stress relief

One of the main causes of stress is fear, often spurred on by worry. When you experience fear, the natural response is either 'flight or fight'. In other words when you feel fear you either want to run away from what you are fearful of or fight against it. For example, you are worried about your financial situation. You are probably fearful of the repercussions of what your situation might bring (unpaid bills, material loss etc).

The 'flight' in this situation could be ignoring the reality of what you are experiencing and not facing the issue. The 'fight' can refer to your fretting or your complaining about your finances without seeking solutions. The recurring thoughts about this situation stir your feelings of fear which in turn have negative effects on you both mentally and physically. Let's take a closer look at some of these effects.

If you are constantly worrying about your situation, your mind becomes contaminated by negative thoughts and uses a lot of your energy. This usually worsens your perception about the issue making it harder to find a solution and affecting your mood and emotions as well .

The physical effects are greatly influenced by the mental aspects. Fear produces adrenaline, which causes your blood vessels to constrict, increasing your blood pressure and preparing you for the 'flight or fight' syndrome. This physical reaction occurs anytime you feel fear and it can cause anxiety, which later results in lethargy unless a solution is found.

Now that we have examined some of the main cause of stress and some of the effects it can have on you, let's look at the solution.

Stop worrying - be conscious of your thoughts and change them. Anytime you have a negative thought, replace it with an empowering and inspiring one. This enables you to reduce the fear and lessen the negative effects. How can you change your thoughts? By changing the pictures in your head, altering the sounds and inner voices, or by changing the feelings in your body.

Thankfulness - do you wake up every morning? Can you breathe? Do you have a roof over your head? Show gratitude for the things that you have in your life. You will always have challenges, and by being thankful for the little things, you can shrink the magnitude of your difficult experiences.

Relax - make relaxation a habit. This is the opposite of worry and it also has the opposite effect on your mental and physical health. Choose things that allow you to totally let go, whether it's a long bath, a meditation class, a good book or a weekend away.

Energise yourself - it is also important to source energy, especially since you'll need it after all the anxiety and lethargy that stress can cause. Revitalise your mind, body and spirit by eating the best foods and thinking the best thoughts.

Start living - don't exist and float around your problems, face them with positive conviction! Live your life to the fullest. Make compelling and fruitful goals - short term and long term. Be passionate and courageous and adopt a 'go get it' attitude.

Success is yours - once you follow the first 5 steps, success is assured! When you are no longer worrying, you feel grateful, you are relaxed, have energy and you can start truly living your life. You then give yourself the opportunity to move forward and find solutions to all of the challenges that come your way. Like all things, the more you practise the easier it becomes. All that is left is for you to enjoy your success!

~ END

ABOUT SIMONE

Simone Niles is a woman, a mother, a life coach, a vocalist & tutor, a performance coach, an artist...

Simone believes that **everyone's life has a calling**. Sometimes it is not so easy to hear and sometimes it's even harder to answer. She also believes that we all have an **inner wisdom** that can guide us through the small and big events of our life's journey. This inner wisdom can guide us in all areas of life helping us through all the challenges that life has to offer.

Simone coaches clients from all walks of life, as a **catalyst to help them reconnect** with their inner wisdom and unique potential, to enable them to make the best choices to **live their lives to its fullest**.

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