

Calm Body Clear Mind



**End Your Anxiety in
5 Minutes or Less**

By Maria Morris

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Five Fast Ways to End Your Anxiety Today.

Dear Stress Sufferer,

In this short guide I'm going to show you five fast proven ways to make you feel good again.

These concepts take less than a minute to calm you down and have you thinking clearly again.

Why five?

I wanted **quick, easy** ways that you can rely on to get you away from feeling overwhelmed, stuck or anxious. While I know **they all work**, what I don't know is which one is best for you.

So, you have five to choose from.

The idea behind this short guide is this.

When you're anxious, stressed or worried, **you want a way out fast**. You don't want to read volumes, be lectured too or wade through another boring tutorial video.

You want answers and you want them now.

That's why I've made this brief, yet so simple almost **everyone can benefit**.

The only additional piece of "equipment" you'll need is a straw. You'll see why in just a little while.

That said, **let's get started**. . .

The five concepts I have for you are:

1. **It Makes Sense.**
2. Straw breathing.
3. **Leaning against a wall.**
4. Body and Soil.
5. **Nature Neurons.**

One - IT MAKES SENSE

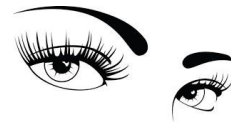
Whenever you feel anxious, take three deep breaths then...

Look around you or sense where you are. Whether you are Inside or outside (this is best done outside because you must engage more of your senses).

Or just looking at your favourite photograph or an image from Your Own True Nature. (*There's one I prepared earlier for you later in this guide.*)

Whichever choice you make (indoors or outdoors) NOTICE. . .

5 things you can see.



4 things you can touch. (it could be something you are wearing, a tree, your other hand and so on.)

3 things you can hear. The sound of the wind rustling through leaves, voices in the distance, or other natural, everyday sounds.



2 things you can smell. (This one has the most profound effect on your brain.) It could be the smell of a flower, perfume or after shave, even something unpleasant.

1 thing you could or have recently tasted. Food, gum, sweets, cigarettes (hopefully not), coffee, tea, lemon cake (we won't go there ☺ and any of your favourite treats.

(Note that you can change the order of the senses as long as you use as many as you can.)

Brain scientists tell us we have four basic brainwave states.

The waking state - called **Beta**

The focused state - called Alpha

The trance state - called **Theta**

The sleep state - called Delta

When your anxious, stressed or worried you're probably in the beta state. What you're doing with all the ideas I'm giving you here is an easy way to shift into the Alpha state where anxiety can't be found. **Our next concept is . . .**

Two - Straw Breathing

What you need.

One straw.

A watch or timer.



One breath in and one breath out is called one breathing cycle.

Using your watch or timer, time your breathing for one minute.

Note how many breathing cycles you complete.

Now, take a deep breathe in and count to ten as you breathe out.

The next time you breathe in, count to ten again as you breathe out only on the last two numbers (nine and ten) you're going to hold the straw and place it between your lips and breath out through the straw.

Breathe gently as you're doing this.

Do this for one or two minutes.

Then take the straw away and breath normally for ten seconds.

After that, time how many breathing cycles you do in a minute.

What you should find is your breathing has slowed down and you feel calmer.

Take your straw with you everywhere you go and if ever you're feeling anxious or overwhelmed do your straw breathing.

What to do if you don't have a straw.

Do box breathing.

I read recently the Navy Seals do this as part of their training to calm themselves in highly stressful situations.

Breathe in for the count of four.

Hold for the count of four.

Breathe out for the count of four.

Hold for the count of four.

DO THIS FOUR TIMES

That concludes this concept, now let's turn our attention to..

Three - Leaning against a wall.

This one is the trickiest of all five, yet it will **calm your mind fast**.

It's a yoga pose. Don't worry, you're not going to do the splits, stand on your head, or *wrap your legs behind your head!*

It's simple to do, just make sure you are fairly flexible. In other words, you have full range of movement in your legs and back.

DO NOT DO THIS IF YOU HAVE BACK, MOBILITY, OR LOW BLOOD PRESSURE PROBLEMS.

(I've only put this in because I know some people are into movement. Even though you're not moving while you're doing this, it does require some effort to get into the pose.)

Here's how you do it.



First, place a folded blanket near a wall, with the folded edges away from the wall.

Sit on the blanket sideways as close as you can to the wall.

Lean back onto your elbows, swivel your trunk round and take one leg up the wall.

Take the other leg up the wall and lie back.

Get your buttocks as close as you can to the wall. (You may need to wiggle around a bit to make this happen.)

Lie there and relax. If you are able, push your legs against the wall while keeping your hips down.

To finish, bend your knees and turn to the side and stand up.

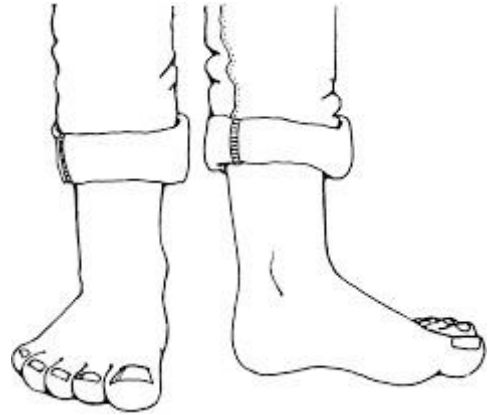
This stress relieving strategy works fast. Your body will completely relax and within one minute you'll be feeling calm again. You may want to build this in to your daily routine. You can gradually build up to five minutes in this amazing yet easy pose.

And now. . .

Four - Body and Soil.

If you've ever heard the term "**grounding**" or "**earthing**" then you'll enjoy this next concept.

If you've never heard of either word, you're still in for a treat. More and more scientific evidence is emerging about the effects of connecting with the earth.



In the 1950's a chemical firm called Du Pont invented **cheap plastics**. And in 1961 the first plastic sole was introduced to the world.

According to the recent documentary called "Grounding" since the introduction of plastic soles on shoes there's been a dramatic increase in cancer, autism, and diabetes. They call this the "**epidemic of ills.**"

I don't know how true this is, however what I do know is **grounding works fast to relieve stress.**

When you take your shoes off and walk barefoot on grass or sand here's what happens.

You calm the left side of your brain. It has a soothing effect on your central nervous system as both the right and left sides of your brain synchronise.

Studies show that when plants are brought indoors **they live longer if they are grounded.** And if they are not grounded they die faster than they should.

Grounding is on the increase world-wide. There are now grounding hotels.

One woman has run across America barefoot.

Dr. Joe Mercola (*who has the world's biggest alternative health website*) supports it and does it daily.

The Earth has a negative charge which is healing to your body.

Stand or sit on grass or sand with no socks or shoes on (*if it's not too cold*) and see how long it takes you to have a calm body and a clear mind.

I've saved the best until last . . .

Five - Nature Neurons.

If you live in a town or an urban area, you probably have what's now known as **Nature Deficit Disorder (NDD)**.

Having this can shorten your life or be a major cause of anxiety and depression.

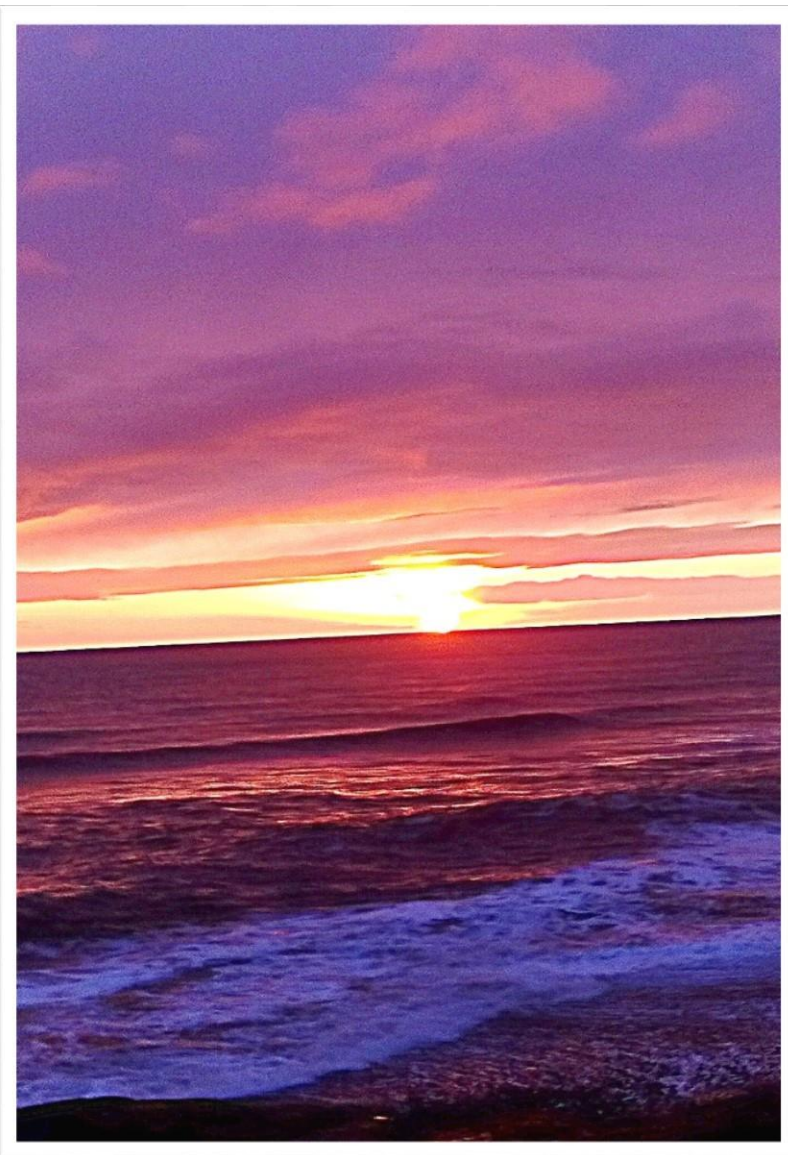
The answer - develop "nature neurons."

New research has proven that nature calms the body and mind in ways nothing else can. It's even been proven to be more effective than meditation!

If you're like most people, you may not have time to go out into nature or you may not live close to the woods or the sea.

There is another way.

You can look at pictures of nature. However, the pictures must be interesting enough to capture and keep your attention.



The trick to this is to stay looking at pictures of nature for six minutes.

More on that in a moment.

But first to get you started here is a nature photo Clive took for you. . .

How does this make you feel?

Did you notice feel uplifted? Maybe you felt a little happier. Did you feel any sensations in your body?

If you like most people, this picture had a positive effect on you. And your body has already started reducing your

cortisol levels. (*High cortisol levels are linked to stress and anxiety.*)

The **World Health Organisation** definition of health is a complete state of physical and mental wellbeing not merely the absence of disease.

In Japan they have something known as "**Forest Therapy.**" And thousands of people each year go to special places designated for Forest Therapy.

Did you know that a leisurely walk in the woods (*compared to urban walks*) produce a 12% decrease in cortisol levels?

And that's not all, photos of nature also produce a 7% decrease in sympathetic nerve activity. (This is the flight or fight mechanism we're all born with.)



Also, there is a 1.4% decrease in blood pressure and a 6% decrease in heart rate.

People also report better moods and lower anxiety.

A long trail of research dating back to the 1930s show people that have chronically high cortisone levels and high blood pressure are more prone to heart disease, metabolic disease, dementia and depression.

Which shows that the steady stress of urban living alters the brain causing anxiety and mood disorders.

Then there's technology.

Most people have become addicted to their devices including phones, TVs, and digital media.

Did you know that 36% of people check their mobile phones while having sex?

70% sleep with their phone.

The average person looks at their phone one hundred and fifty times a day.

Younger people send over three thousand text messages a month.

We are wired to have social connection, but used in this way social connection is like sugar - highly addictive and can easily lead to brain rusting.

Is there anything you can do to offset this?

Nature scenes.



Recent research has uncovered that when people look at nature scenes it has the same effect as going for a walk in the woods.

Ideally the nature scenes that you watch (*like the ones here*) must have what's known as a "soft fascination."

Soft fascination is like watching rain or looking at a sunset.

The healthiest nature scenes are landscapes, seascapes, flowers and plants. They must be interesting but not too interesting. They must get our attention yet not demand it. They must also be compatible with our sense of beauty and a little mystery.

In other words, the photograph is pleasing to the eye and it intrigues you.

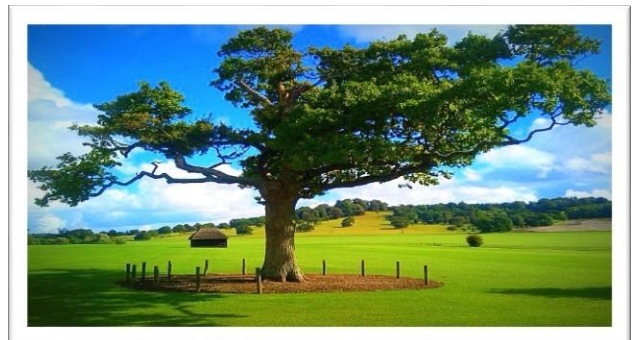
This is known as the **Attention Restoration Theory (ART)**.

Once exposed to nature scenes - it's been proven to produce clearer thinking and less anxiety.

The founder of ART, Stephen Kaplan found that short sessions of nature viewing allowed patients brains to improve in cognitive functions.

He also found that nature viewing makes us happier and smarter.

Nature scenes lull us with soft fascination and make us more relaxed. **They immediately lower anxiety and stress levels.**



You may have heard of "flow" states. This is where you are in the zone and fully focused on any given task. Usually this involves creative work like art, writing, music or even playing sports.

Once again nature viewing helps us get into this flow state effortlessly.

There's also a tremendous amount of new research on nature's "**sound scapes.**" Natural sounds occurring in nature have an incredible ability to **calm your body.**

Nature's soundscapes are both soothing and peaceful. For example, the sound of waves rolling over pebbles combined with the sound of seagulls flying above has **an instant calming effect.**

And once you combine this with nature's "sound-scapes" you have a powerful and effective antidote to anxiety.

Just in case you're wondering why all these other photos keep appearing, it's because **I want you to enjoy them on two levels.**

One is the actual picture's beauty and the other is the beneficial effect they are having on you as you keep reading.

I don't if you're aware that I've been using these, and other photographs Clive (*who works with me*) took as part of my work in a mental healthcare acute unit.



These patients all have moderate to severe mental health problems including anxiety and suicidal tendencies.

All the patients love them and often report they feel their anxiety melts away while they are looking at them.

Also, Clive has been showing them to several people locally and **they all react with awe.**

To get the calming effects of these photos you only need six minutes.

Why six minutes?

In the book "The Nature Fix" by Florence Williams (*winner of the Los Angeles Times book prize in Science and Technology*) found it takes four to seven minutes to benefit from nature viewing through pictures of nature scenes.

When I say benefit I mean. . .



- **reduction in stress**
- **reduced anxiety**
- **better moods**
- **lowered heart rate**
- **increased intelligence**

- more creative
- **feeling happier**
- and more besides.

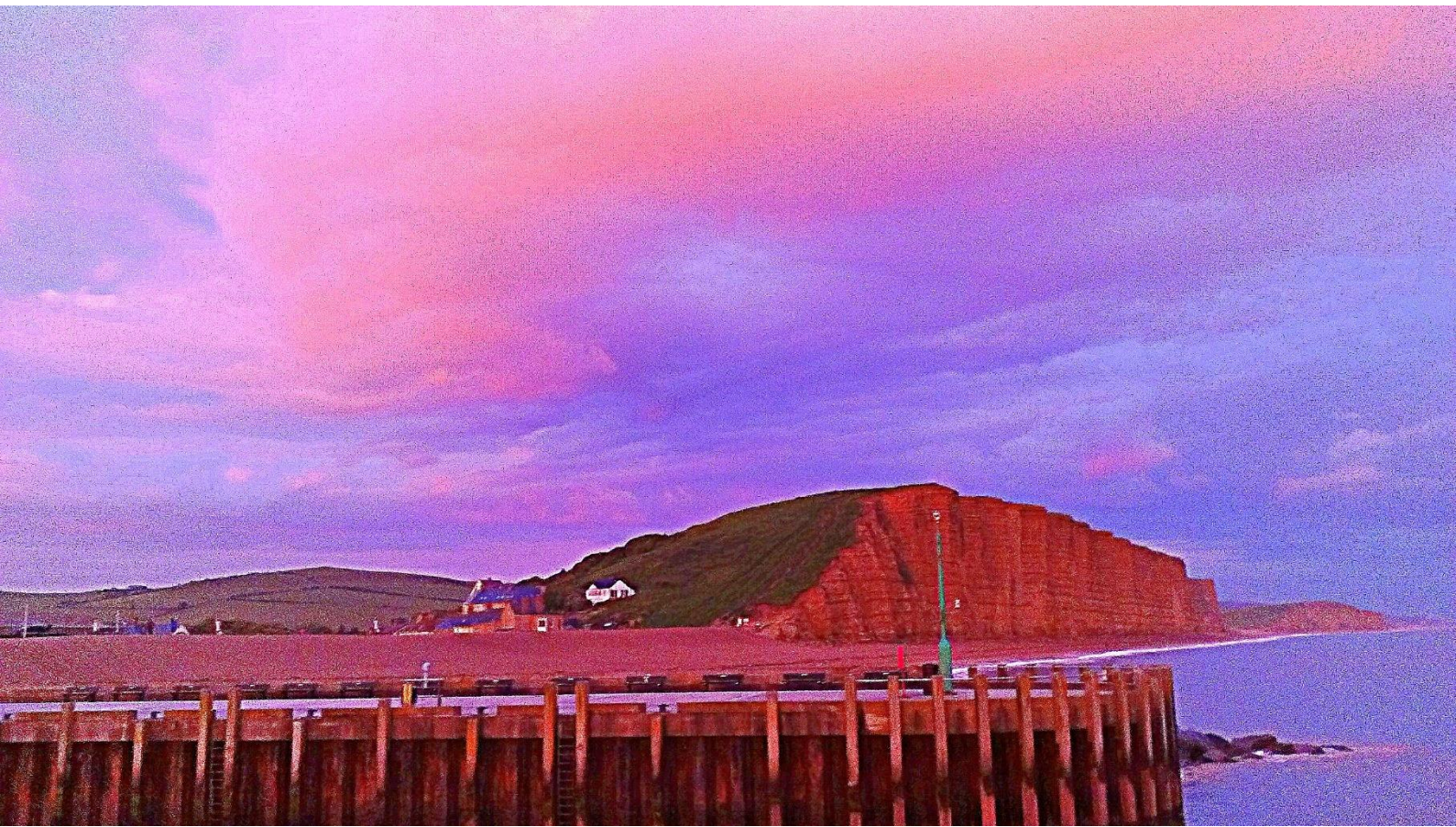
I call this “Nature Snacking.”

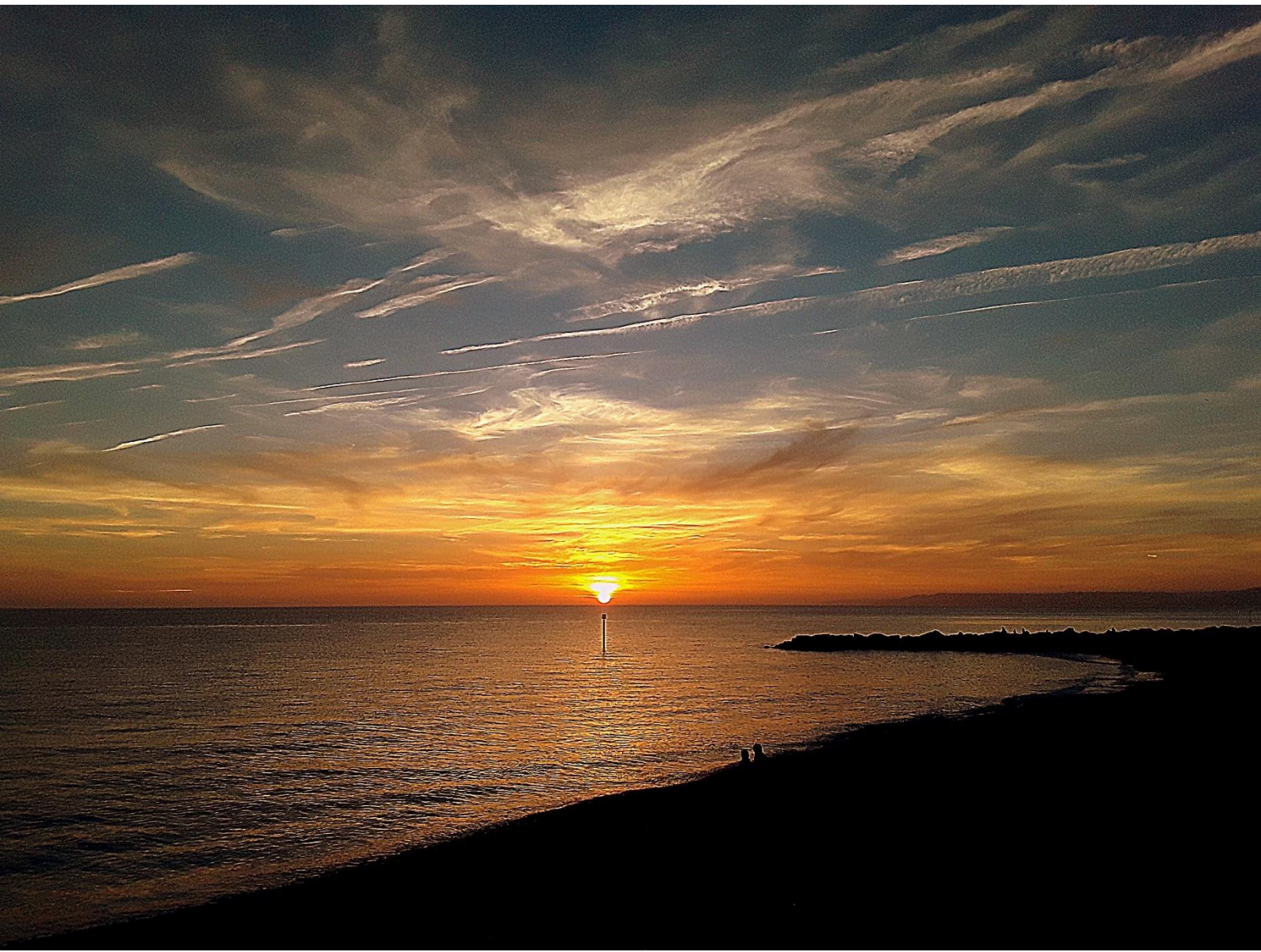
Here are some more of Clive’s photos for you to begin having a “Calm Body – Clear Mind.















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