

## **Notice and Ease tool for reducing stress - this is a great technique for when you are feeling anxious.**

Step 1 – notice and admit what you are feeling.

To gain more insight about your emotions, you will need to become more aware of what you are feeling. Noticing and admitting what you are feeling requires slowing down and taking stock. Periodically, throughout the day simply pause and notice how you feel. It takes only a few seconds to ask, "What am I feeling right now?" Don't judge whatever you are feeling. Instead, observe what's flowing through your emotions. You'll discover new things about your emotional patterns and what triggers less desirable emotions in you

### **Step 2: Try to name the feeling.**

Simply by naming the feeling to yourself, whatever it is – worry, anxiety, frustration, anger, sadness, hurt, resistance or even a vague disturbance – will help you admit what you are feeling. Being honest about naming what we are feeling helps regulate our emotional energy, slowing down the emotional energy running through our system and giving us more power. We can then redirect emotional energy to work for us instead of having it leave us feeling drained.

Step 3 – tell your self to e-a-s-e as you gently focus in your heart, relax as you breath and e-a-s-e the stress out.

as you gently focus in your heart, relax as you breathe and e-a-s-e the stress out. As you tell yourself to ease in your heart, relax and ease the stressful emotion out, feel as if the unwanted emotion is leaving your system. Don't force it out; ease it out.

Befriend the reaction by holding it in your heart, then let the feeling ease out of your system. If you try to fight your feelings or push them away, they will gain energy. Befriending your feelings will help you clear.

Use the Notice and ease tool for one minute often throughout the day

Keep using the Notice and Ease™ tool for one minute or longer, until you feel something lighten up, even if you don't get an immediate, complete release.

Quite often you can experience so many feelings within just five minutes. Don't let this confuse you. Don't even try to figure out why. Just keep practicing the Notice and Ease tool until your energies come back in balance. Then listen to the intuitive guidance of your heart on what to do next.

Feelings are like a code that contains information. You have to name and befriend your feelings to decipher the code. Admit the truth of your feeling world and allow new intuitive perceptions to come to you. Observing our emotions and then practicing Notice and Ease helps change our emotional feelings, giving us a new ability to reduce the drain of negative emotions and replace them with emotions that are more renewing .