

# How to relieve your stress

*Taking simple steps so you can let go*



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## **5 Steps You Can Take to Relieve Stress:**

- 1) Release Your Past**
- 2) Detox and Simplify  
Your life**
- 3) Rest Your Body**
- 4) Forgive Others**
- 5) Give Your Worries to  
God and let Him work**

# 1

## Release Your Past

You cannot move forward in life clinging to the things of the past.

I can't even begin to tell you the amount of stress I have taken on unnecessarily because I sat around and worried and fret over past decisions and circumstances. Somebody once said "you can't unscramble eggs". It's time to move on.

If you made a decision or have had a bad thing happen to you that you regret, you can choose to give it to God, let it go, and watch him work something beautiful out of it. Even if this is the first time you've ever tried doing it. I promise. It works.

I tell people it's not a wagon you fall off of, it's the fact that you and I will resort back to old ways and behaviors when we are triggered and have not moved into victory from past hurts, pain and failures we have experienced. For those of you that would remember cassette tapes... My husband tells me when something in me is triggered by the pricking of an old wound that may not be completely healed yet... He would say, that is the old tape, remove that one and put a new one in. The point is - let go of the old, and take hold of something new and beautiful!



**“Getting stress out of your life takes more than prayer alone. You must take action to make changes and stop doing whatever is causing the stress. You can learn to calm down in the way you handle things.”**

**- Joyce Meyer**

## 2

# Detox and Simplify Your Life

This is so key to any healthy and stress-free life. While you could probably inventory a lot of different areas of your life that are toxic, crowded or overwhelming, let's make it simple and start with these for now:

**Detox Your Body:** Contamination and toxins exist in a multitude of different sources in our everyday lives: food, water, the air we breathe, the environment, cleaning supplies, household goods...like I said, in a lot of places. Don't be paranoid, but being aware of where toxins exist will help you weed them out in the right way. Knowing is half the battle. The other half is acting on it. Start somewhere and the journey will be easier than you think.

**Detox Your Mind:** Where our minds go, the rest of us follows. Be conscious to not let outside sources pollute your thinking. Don't listen to things that promote fear. Feed your mind with good things, and be attuned to finding God's truth. It pays HUGE dividends if you'll do it.

**Simplify your daily life:** Let go of the wrong kind of obligations, relationships and commitments and give yourself margin. Remember, even though you have responsibilities, you ultimately control what you say "yes" and "no" to.



**“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”**

**- John Lubbock**

# 3

## Rest Your Body

Rest is far more important than we realize! I have had to get over myself in thinking I am lazy if I rest or feel like I am wasting valuable time... then I am reminded of this verse in the bible where Jesus is speaking to his disciples... Mark 6:31- *“He said to them, “Come away by yourselves to a secluded place and rest a while.”*

Let's take a quick look at what benefits rest has for our bodies:

- It increases our energy levels
- Improves our focus, and we are able think more clearly
- Our immune system is increased
- Our breathing is better
- Our blood is healthier
- It helps reduce “emotional or worry eating”
- Our bodies will be able to absorb nutrients better
- Digestion improves
- Rest will also bring freedom from anxiety, troubles, etc..

These are just a few of the multitude of benefits of rest. You will be amazed at what you will discover about yourself when you can silence the hustle and bustle of everyday life. I guarantee you will become a more loving and joyful person to be around as well!



**“The most important thing that I learned in growing up is that forgiveness is something that, when you do it, you free yourself to move on.”**

**- Tyler Perry**



# 4

## Forgive Others

No other way to say it: forgiveness fixes a “whole lotta problems”. From health to emotions to relationships, if we can forgive, we can heal and move forward. Here are a couple of “easy” steps to help you get going:

**Step one: “RE-Lease”:** Forgiving and letting the person go, releases the power they have over you. This doesn’t mean you need to go invite the person over for dinner, it means that in your heart and mind, you aren’t going to allow the pain they caused you to pollute your soul. Remember this: “release until you find peace”

**Step two: “RE-Identify”:** Embrace the fact that God has a new identity for you. You are a new creation in Christ, and this means that the old is gone, and the new has come. You are not defined by your past. You are a powerful person. Don’t get dragged back into the muck of bitter unforgiveness.

**Step three: “RE-Enforce”:** Continue to do what you did in step one and two. The first two steps are the reason that I’ve been able to see my life turn around and change for the better. Forgiveness just works!



**“Give all your worries and  
cares to God, for he cares  
about you.”**

**- 1 Peter 5:7 (NLT)**

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## Give Your Worries to God and let Him work

Faith and trusting God is one of those things that on the surface, seems absolutely crazy.

In the midst of visible issues and circumstances that aren't so good in our lives, how are we supposed to just trust that a seemingly invisible God will take care of us?

Well, as crazy as it does seem, He promises us in His Word (the Bible) that if we “cast” (like throw with all our passion) our cares on Him, He will do the rest.

Everything good in my life, including the paths that I've discovered for great health, have come about by letting go of my worry about how something will work out, trusting God to take care of it, and then watching Him overdeliver on His ability to take care of me.

It's astounding. It's not always quick (many times though, it is far quicker than I expected), but it's always better than I can even comprehend.

Give it a try. The key, is to not take the worry back. Throw your worries and burdens on Him, and keep doing it until you have peace. And then watch Him work it out.

## Ready for some help on your life journey?



### **Personal health and life coaching sessions available now!**

We love individualized health and life coaching, and due to the unique nature of each person's challenges, it can be the best way to jumpstart and clarify the best path for you, with someone who can go on the journey with you!

Book an in-depth consultation with one of our Personal Health Instructors today!

With the increasing performance demands in the workplace, environmental toxins, on-the-go meals, overuse of antibiotics and prescription medication, sedentary lifestyle and social media pressures, it's common to find yourself depleted of vital nutrients, exercise, healthy emotions and sleep that is needed to maintain a healthy body.

This not only affects the physical but also the mental, emotional and spiritual aspects of men, women and children often resulting in sickness and disease.



Our Personal Health Instructors are specifically trained to listen to your needs, and help you find solutions that address your specific health and life concerns.

### **Need more insight into your blood test results?**

In addition to regular coaching, your instructor can also help interpret your blood cell analysis results and provide a strategic implementation plan of Dr. Raymond Hilu's protocol.

If you have not yet completed your blood analysis, our team will provide support to:

- help you establish an efficient plan to pursue answers to your health concerns
- make referrals to our clinical team and help you discover options for your health
- offer helpful tools pertaining to diet, exercise and emotional health to equip you with the necessary resources to move forward.

Skype or phone sessions available.

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## Discover what your blood has to say



Discovering your blood cell condition is the building block for long-term great health!

Through a unique partnership with potentially the foremost cellular health authority in the world, Dr. Raymond Hilu, you can take a simple blood test, send it to Dr. Hilu (in Marbella, Spain), and find out things about your blood and health that will astound you.

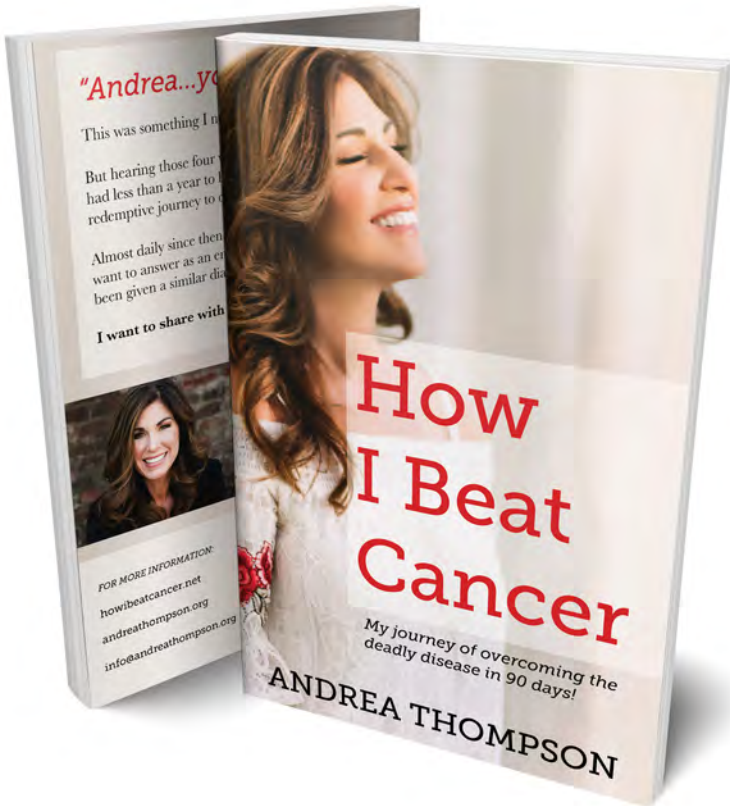
### **Here's an overview of what you'll receive:**

- test
- lancet
- gauze pad
- full Instructions on taking test
- release form emailed to you
- instructions for mailing back to Spain

The information that you receive back from Dr. Hilu's clinic will give you protocols, treatments and next steps, and in some cases, they will strongly encourage you to consider coming to their clinic.

Go to [andreathompson.org/store](http://andreathompson.org/store) to order and receive priority shipping for the kit to be mailed out to you.

## Andrea's detailed journey of beating cancer



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