

My 3 Favorite Stress-Busters

And Each Takes Less Than 10 Minutes!



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Write, Draw and Dance

Need to get some relief from stress and overwhelm right now? Here are three ways to leave stress behind in just a few short minutes. Try each, and see which works best for you.

I offer you a couple of suggestions to consider. Start with an unfamiliar stress-buster, freeing you from any expectations you have. Give yourself permission to play. If your thoughts drift into “shoulds” and “oughts”, comparisons, or evaluations, just notice and send them on their way. There is no “right way” to do these exercises. There is only “your way.” You might also try writing or drawing with your non-dominant hand, or dancing with only specific parts of your body. Let go and just be in the moment of creation!

Write a Letter to Your Beloved Self

Check in with your feelings, and notice what issues are calling for your attention.

Begin composing a letter addressed to “Dear Beloved,”. Tell your beloved self what you are experiencing in your life, and how you are feeling about it.

Ask your beloved self for advice, clarification, ways to proceed, help with choices. Ask what you need to know in order to resolve stressful issues. Or, you can ask questions such as “What is the meaning of this situation?”

Then pause, put down your pen, take 3 deep breaths, and begin to listen for words coming into your mind.

When you are ready, pick up your pen and begin writing to “Dear (Your Name).”

Answer the questions with words circulating in your thoughts, or just make up some answers and have fun with it. Soon you will start knowing the answers as you feel or “hear” them. Write the words down as you become aware of them.

When finished, check in with yourself and notice how you feel now.

Create a Spontaneous Drawing

On a piece of fairly large plain paper (11" x 17" is best), make a circle with a light pencil that spans most of the height of the page. It's easy to use a 10" dinner plate as a circle template.

Find some colors with which to draw – crayons, markers, oil pastels, chalk pastels, or colored pencils. I especially love oil pastels for their bright vivid colors and blending.

Choose a color that you are attracted to, and begin to create movement on the page with that color. Follow the movements and rhythms that your body wants to make, or add music and let the music create the flow.

Add as many colors as you like, choosing the ones that come to your attention in this moment. Let your intuition be your guide.

No need to stay within the penciled circle. Do what seems satisfying to you.

You might play some music as you draw. Choose something that suits your mood and supports you. You might also focus on a stressful issue as you draw, and allow it to change and morph into a new and better feeling place.

When you feel finished, reflect on your drawing by noticing what stands out as you view it from a distance, upside down, sideways. What is your new creation saying to you?

Dance with the Music

Select a piece of music in your collection, about 10 minutes long, which more or less matches your present mood. I recommend well-known classical music for its ability to create images and come to a resolution at the end of the piece.

As the music begins, start by sitting quietly and attuning to the sounds and rhythms of the piece.

Let each part of your body slowly begin to respond, one area at a time. Notice the different instruments, the rhythms, and how your body chooses to react to the sounds.

Allow the music to move your body through space and time. Don't think. Just move.

When the music has ended, stop and notice how you feel now that the piece is over and your body is at rest. Enjoy the deliciousness of this moment.