

Need a Little Stress Relief?

April is Stress Awareness Month

Are you feeling stressed with the current economic situation or because it's that time again---to file you income tax returns. Whatever your reason, here's a quick and easy exercise you can use to help you manage some of the stress you've been feeling.

Body Scan

Most of us tense our muscles unconsciously when we are stressed then wonder why we feel tight or sore. Often, being tense becomes "natural" and thus, we become accustomed and desensitized to this. Checking your body for any tension "tunes" you in to any tightness you may be experiencing. Once you are aware of any muscle tension, you can then do simple physical exercises to loosen these areas. This exercise usually takes no more than five minutes to do.

1. While sitting or standing, "scan" your body (from head to toe) for any tension you may be feeling.
2. As you are checking/scanning your body for muscle tension, do some physical exercises or stretches to release any tightness such as opening or closing your mouth (to release tightened jaw muscles), neck rolls or shoulder shrugs, shaking your hands and fingers, stretching your back, rotating your ankles, etc.
3. Do this exercise a few times throughout the day.

For more tips and strategies to manage stress and to live an *empowered life*, visit www.liveempowered.com to receive your FREE subscription to our monthly e-newsletter.

Feeling overwhelmed by stress and need personalized, professional help? Call [\(813\) 985-6121](tel:8139856121) or send an e-mail to info@liveempowered.com for a FREE Phone Consultation to see how we can meet your needs.

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