



## STRESS RELIEVING TECHNIQUES

**BY SHIRLEY RIGA**

**MUSIC** – Music that moves and inspires me has always interrupted my chatterbox, gets my attention and takes me away from my negative thoughts. Music literally changes our energy which changes our emotions.

<http://psychcentral.com/lib/the-power-of-music-to-reduce-stress/>

**BINAURAL BEATS** – I was first introduced to Binaural Beat sounds by a Spiritual Director I was working with to help me control the panicky thoughts and anxiety I had. With headphones on, I experienced 15 minutes that changed the racing thoughts and helped my body relax. Although most people can use binaural beats with no harmful consequences, certain groups of people who have neurological or cardiac issues should be cautious in using them.

<https://www.binauralbeatsmeditation.com/the-science/>

**SINGING** – While driving and feeling completely depressed and very tearful, I experimented with the idea if I turned a CD or a radio on and sang to a song, maybe it would help. It was easy to turn the music on. However, it felt like I was sloshing through mud to get myself to start singing. I had to push through my wall of emotions. Once I started singing, I felt better. I proved to myself singing changed my energy and thus changed my emotions!

<http://ideas.time.com/2013/08/16/singing-changes-your-brain/>

**EFT OR TAPPING** – I was sitting in my therapist's office and I could feel the panic and anxiety rising as I shared my struggles. I followed her instructions and tapped as directed. Within moments I was calmer. Tapping or the Emotional Freedom Technique has become a standard for me when feeling overloaded, overwhelmed and the calmness is literally tapped into my body.

<https://eft.mercola.com/>

**SQUARE BREATHING** – I’m an old friend to square breathing as it has helped me instantaneously in many situations to gain control of my racing, panicky thoughts spurred on by my anxiety and worry. It really works well when visualizing a square as I breathe the shape.

<https://dopamedialogue.wordpress.com/2010/07/06/square-breathing-treatment-for-anxiety-without-using-medication/>

**SELF-MASSAGE** – A massage therapist presented to my support group years ago the idea of massaging ourselves to gain calmness and more clarity. We do self-massage naturally by wringing our hands together, smoothing our hand over our foreheads. A five-minute self-massage can relieve stress, and we can practice self-care when we need it.

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

**COIN PASSING** – This is a technique I also learned in therapy to create a rhythmic movement in my mind simultaneously while physically passing an object from one hand to the other. This causes a calming, lulling feeling to come over me. I use a coin or a paperclip or anything else I can easily hold in my hands.

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

**WORRY STONES AND OTHER TALISMAN** – I always think of Dumbo the Elephant learning to fly by holding a magic feather. I use special stones or other objects that hold a deep meaning for me and I carry them to help me feel empowered or safe or whatever I need in the moment.

[https://en.wikipedia.org/wiki/Worry\\_stone](https://en.wikipedia.org/wiki/Worry_stone)

**Feel free to contact me:**

[www.shirleyriga.com](http://www.shirleyriga.com)

[shirleyriga@gmail.com](mailto:shirleyriga@gmail.com)

+1(413) 537-7582

“Your good behavior won’t bring you what you want. Your self-worth will.” – Matt Kahn