



3

HOW  
TO ADDRESS STRESS

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# 3

## HOW TO ADDRESS STRESS

So, we now know WHAT stress is and WHY it may be unwise to ignore it. We also know that, in modern times, our bodies instinctive stress response is often an overreaction. A 'fight or flight' solution to a set of challenges that rarely require any physical action at all.

A dry mouth, trembling hands, tense muscles and growling stomach never helped anyone to impress at a job interview. Nor did heightened anxiety and sweaty armpits ever help you beat the traffic. When it becomes clear that persistent stress is more of a hindrance than help to your wellbeing, it's nice to know that there may be something you can do about it.

In this section we will discuss "How to Address Stress".

**As with any internal response stress can mean something different to everyone.**

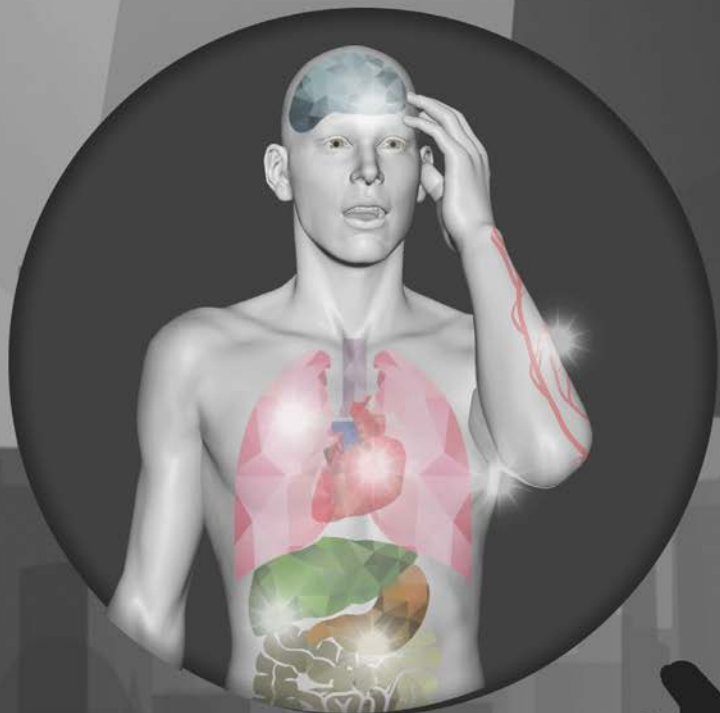
- We already know that stress is a response to a situation rather than something that exists in its own right.
- Accordingly, different things will stress different people.
- Things that stress us are often a result of our life experience.

**While the sources of our stress are highly personal, there are some universal strategies for addressing it that may be helpful to us all.**

There are generally two schools of thought when it comes to stress management - one that focuses on the psychology of stress and one that focuses on its biology.

## ADDRESSING THE BIOLOGY OF STRESS

IDENTIFYING THE PHYSICAL SYMPTOMS OF STRESS  
AND LEARNING HOW TO REDUCE AND MANAGE THEM.



## ADDRESSING THE PSYCHOLOGY OF STRESS

IDENTIFYING THE ISSUES AND ASSOCIATIONS THAT TRIGGER THE  
STRESS RESPONSE AND DEVELOPING STRATEGIES TO KEEP THEM IN  
CONTEXT AND IN CHECK.

## **ADDRESSING THE PSYCHOLOGY OF STRESS**

By now you'd certainly appreciate that, as with almost every response in the human body, the stress response begins in the brain. When our command centre perceives us to be under threat or serious challenge, it sends out a message of 'red alert,' preparing us for self defence.

As we now realise, this can often be an unnecessary physical overreaction to a situation that would most likely benefit from a calmer, more thoughtful approach.

Being able to identify the issues and environments that cause us to mistake common challenges for physical threats is a key cornerstone of successful stress management.

We have compiled a list of some common, general strategies recommended by doctors, psychologists, and a variety of stress management professionals to help address stress psychology on the following page.

Addressing the psychology of your own stress, however, is a personal journey, one that can often be made easier with the support of others. If you find it difficult to engage with some of the general strategies listed, consider reaching out to your health practitioner. He or she should be able to put you in touch with an appropriate specialist who can focus more specifically on your individual circumstances.

## STRATEGIES TO ADDRESS STRESS PSYCHOLOGY

### IDENTIFY WHAT SETS YOU OFF

- WE ALL HAVE DIFFERENT THINGS THAT TRIGGER OUR STRESS RESPONSE. IDENTIFYING THE SOURCES OF OUR STRESS CAN HELP US EITHER MANAGE OR AVOID SITUATIONS THAT WE KNOW WILL CAUSE A STRESS REACTION.

### SET BOUNDARIES TO WHAT YOU TAKE ON

- KNOW WHEN TO SAY NO TO REQUESTS THAT WOULD CREATE EXCESSIVE STRESS IN YOUR LIFE.

### SOCIALISATION

- SOCIALISATION HAS BEEN SHOWN IN MANY STUDIES TO BE A POSITIVE MEDIATING FACTOR FOR STRESS. <sup>1</sup>
- SPENDING TIME WITH PEOPLE WHO YOU FIND 'POSITIVE' AND APPROPRIATELY SHARING YOUR THOUGHTS AND FEELINGS CAN BE A GREAT SOURCE OF COMFORT AND RELEASE.

### BE CONSCIOUS OF YOUR INNER VOICE

- NEGATIVE 'SELF TALK' AND REPEATING UNHELPFUL INTERNAL COMMENTARY ON A SITUATION SIMPLY ACTS TO REINFORCE THE STRESS RESPONSE.
- LOOK FOR POSITIVES IN HOW YOU'RE HANDLING THINGS RATHER THAN DWELLING ON THE NEGATIVES

### RESPECT SOME ROUTINE

- STRESS AND UNCERTAINTY GO HAND IN HAND FOR MANY. CREATING SOME PREDICTABLE ROUTINES CAN ADD A HELPFUL ELEMENT OF CALM AND STABILITY TO THE DAY.

### ACCEPT THERE ARE THINGS YOU CAN'T CONTROL

- A PERCEIVED LACK OF CONTROL OVER LIFE EVENTS HAS BEEN SHOWN IN STUDIES TO BE A MAJOR CAUSE OF STRESS. <sup>2</sup>
- LEARNING TO LET GO OF THOSE THINGS IN LIFE THAT ARE BEYOND OUR CONTROL CAN PROVIDE US WITH THE HEAD SPACE TO BETTER INFLUENCE THE THINGS WE CAN CONTROL.

### BE CALMLY ASSERTIVE, NOT AGGRESSIVE.

- ASSERT YOUR FEELINGS, OPINIONS OR BELIEFS IN AN APPROPRIATE WAY.
- AVOID BEING AGGRESSIVE, DEFENSIVE OR PASSIVE.

### MAINTAIN PERSPECTIVE.

- MAKE TIME FOR A HOBBY OR ACTIVITY TO ADD BALANCE TO YOUR LIFE.
- CONSIDER HOW IMPORTANT A PARTICULAR SOURCE OF STRESS MAY BE IN A BROADER CONTEXT.

## ADDRESSING THE BIOLOGY OF STRESS

While the sources of our stress are highly personal, the human body's response to it is generally universal.

We may not know exactly what will stress whom, when and by how much, but we do have a fairly good idea of what physically goes on in the body when stress takes hold.

**The stress response is a powerful physiological response to a perceived threat or challenge. Recognising this fact is a key ingredient to effective stress management.**

- We need to recognise when we are under stress's influence,
- Build physical resilience to cope with it, and
- Understand how we can control it when it's being more harmful than helpful

Some of the most common general strategies recommended by doctors, psychologists, and a variety of stress management professionals to help recognise and then address the physical symptoms of stress are listed on the next page.

Many of these strategies are simply good sense. By this stage in the module, you're better equipped than most to identify the physical warning signs of the stress response. Presumably, you are also aware that looking after your general health is very important to building physical resilience.

Considerations like exercise and good nutrition deserve educational modules of their own. We would strongly encourage you be mindful of these critical aspects of your health and wellbeing.

But now, we'd like to turn your attention to arguably the most powerful tool available in the fight against stress. It may be listed at the bottom of the table, but it tops our list. Relaxation.

## STRATEGIES TO ADDRESS STRESS BIOLOGY

### LEARN THE SIGNS OF YOUR STRESS

- THE STRESS RESPONSE IS POWERFUL AND IT CAN ANNOUNCE ITS ARRIVAL WITH SOME TELLTALE SIGNS.
- IDENTIFYING THE SYMPTOMS THAT YOU MOST COMMONLY EXPERIENCE UNDER STRESS CAN HELP YOU START TO ADDRESS THEM AS SOON AS THEY HIT.
- COMMON SIGNS INCLUDE: DRY MOUTH, TIGHTNESS IN THE NECK, SHOULDERS AND BACK, HEADACHE, POOR DIGESTION, FATIGUE AND RACING HEART.

### LOOK AFTER YOUR HEALTH

- EXERCISE CAN BE ONE OF THE MOST EFFECTIVE STRESS MANAGEMENT TOOLS. IT PROVIDES A PHYSICAL OUTLET TO THE STRESS RESPONSE, IMPROVES YOUR GENERAL HEALTH AND HELPS TAKE YOUR MIND OFF UNNECESSARY NEGATIVE FOCUSES.
- EATING A HEALTHY BALANCED DIET CAN BUILD RESILIENCE AND PROTECT AGAINST THE STRESS CAUSED BY DIET RELATED DEFICIENCIES AND DISEASE.

### GET ENOUGH SLEEP

- LACK OF SLEEP IS A SIGNIFICANT PHYSIOLOGICAL STRESSOR TO THE BODY.
- BIOLOGICAL RHYTHMS AND PROCESSES CAN BE SERIOUSLY AFFECTED BY SLEEP DEPRIVATION.

### MODERATE ALCOHOL AND CAFFEINE

- AVOID RELYING ON ALCOHOL TO REDUCE STRESS.
- REDUCE YOUR CAFFEINE INTAKE.

### LEARN TO RELAX

- RELAXATION, BY DEFINITION IS A COUNTERBALANCE TO STRESS. WHEN YOU'RE DOING ONE, YOU'RE NOT DOING THE OTHER.
- THERE ARE A NUMBER OF WAYS TO RELAX INCLUDING SUCH DIVERSE ACTIVITIES AS READING, LISTENING TO MUSIC, DOING YOGA, MEDITATION,<sup>3</sup> BREATHING EXERCISES,<sup>4</sup> THE LIST IS AS LONG AS YOU ARE IMAGINATIVE.

## RELAXATION.

Don't worry. You haven't made it this far for us to send you on your way with a directive to 'just relax'. We're not that brave!

It may sound familiar, and a little nondescript, but relaxation is the most potent word in the Address Stress module. Learning how to relax effectively is among the most universal, accessible and effective stress management strategies available to us.

There is so much more to this 'throw away' word than meets the untrained eye. In fact, it's so important, that we are going to spend the rest of this section talking to you about it.

You see, relaxation is not just about kicking back under a palm tree with a coconut (although that may help!). It is about encouraging our minds to quit 'punching at shadows', and persuading our brain to drop the constant fire drill it keeps us running.

When overdone, these practices are the enemies of our health and peace of mind.

In today's world, it's quite simply not practical to remove all the potential sources of your stress. However, it is possible to teach yourself how to gain better control and understanding of your stress response, regardless of its source.

Learning how to relax, calm the mind and settle the body is a valuable life skill and a critical part of understanding 'How to Address Stress'.

It is to this endeavour that we now turn our attention. We'd like to start this part of the module with a quick introduction.

**The stress response has a 'better half' and it's time you were introduced.**

## The Relaxation Response

You have heard much about the stress response in previous sections. In fact, if you've read sections 1 and 2, you may now be rather well versed in its operation.

What we have not yet shared with you is a critical yet under appreciated fact, central to the understanding of stress management. The stress response has an inseparable partner - an opposite, less troublesome, more understated twin.

The relaxation response.

**The relaxation response can be described as your body's counterweight to the stress response and it was famously described by the renowned Harvard cardiologist, Doctor Herbert Benson. <sup>5</sup>**

- The relaxation response is as impressive, powerful and most certainly as important as its better known twin.
- Just as stress results in a number of powerful physiological responses in the body, being calm and relaxed also enables impressive capabilities.

**When in a state of calm, the body can switch its attention from persistently 'punching at shadows' to the crucial functions of repair, re-balance and regeneration.**

Your stress and relaxation responses are complimentary, but each takes centre stage at the expense of the other.

- When you are in a calm state, stress and its symptoms can retreat to the sidelines.
- When the stress response is in full swing, the key functions associated with repair, re-balance and regeneration can be brought to their knees.

When the body is being prepared for 'fight or flight,' processes that can wait for a few minutes are put on hold. This may occur regardless of their long-term importance.

Conversely, when you are relaxed, the noise of the 'fight or flight' commands are silenced and your body will get on with its important daily chores.

Persistent levels of stress will mean this housekeeping is not done properly, if at all. The result may well be a run down, low energy version of you.

The interplay between the responses of stress and relaxation is co-ordinated by your autonomic (involuntary) nervous system, a system consisting of two main branches:

- Sympathetic nervous system
- Parasympathetic nervous system

Yes, these are fancy names, but there is no need to remember them. The diagram on the opposite page explains their function and associated processes.

A proper balance between these systems is essential to your health, vitality and happiness.

**The interaction between our stress and relaxation response is involuntary. But does that mean it's beyond our control?**

Through a set of exhaustive studies, Dr. Herbert Benson and his team at Harvard University set out to prove a simple but crucial fact.

Despite being an involuntary action, we all have the ability to flick the stress switch in the opposite direction!

## RELAXATION RESPONSE

## STRESS RESPONSE



### PARASYMPATHETIC SYSTEM REPAIR AND REBALANCE

### SYMPATHETIC SYSTEM FIGHT OR FLIGHT

#### PROCESSES ENCOURAGED

- SLOWER HEART RATE AND BREATHING
- DIGESTION
- INTERNAL ORGAN REGULATION
- CELLULAR REGULATION AND REGENERATION
- MEMORY LAY DOWN AND RECALL
- LOGICAL THOUGHT PROMOTED
- HAIR GROWTH
- BONE REGENERATION
- REPRODUCTIVE SYSTEM OPERATION
- SUSTAINED IMMUNE SYSTEM OPERATION

#### PROCESSES ENCOURAGED

- ELEVATED HEART RATE AND BREATHING
- ELEVATED BLOOD PRESSURE
- ELEVATED GLUCOSE/ENERGY PRODUCTION
- PUPILS DILATE (ENLARGE)
- BLOOD CLOTTING
- BLOOD DIRECTED TO MUSCLES AND AWAY FROM EXTREMITIES AND CERTAIN ORGANS
- MUSCLES SHORTEN AND TENSE
- REACTIVE RATHER THAN LOGICAL THOUGHT PROCESS

In an attempt to prove this, the researchers set out to establish that, via an appreciation of 'cause and effect,' both animals and people were able to influence involuntary actions. <sup>6</sup>

For example.

- By understanding that they would receive treats only when calm (as measured by their blood pressure), monkeys showed they could relax at will.
- Humans had no need for this bribery in experiments. When given the "task" of dropping our blood pressure, it was shown we could do this by simply calming ourselves mentally and physically using some basic exercises. We just needed to appreciate that one would lead to the other.

Neither humans nor monkeys have direct control over their blood pressure yet both are still able to influence it when asked. It's a bit like buying flowers for your partner. You have no direct control over their mood but you can be relatively sure that you can influence it by the way you treat them. What goes for blood pressure and flowers also goes for stress.

**We may not be in direct control of our relaxation response, but we can activate it indirectly with practice.**

Just as we can get our adrenaline pumping by 'psyching ourselves up' we can also affect our blood pressure, heart rate and a host of other involuntary functions by doing just the opposite.

Psyching yourself down sounds full on. Let's just call it relaxing!

It took an awfully long time for many of us to come to this simple but profound realisation. Man had been to the moon six times before a team of Harvard scholars finally got us to acknowledge our innate ability to simply and effectively address the symptoms of our stress.

**The Harvard researchers extended their study to measure the effects of traditional relaxation techniques. Convincing results soon followed.**

After studying a variety of traditional techniques, the team found many to be effective in engaging the relaxation response. They found the following functions to be significantly influenced by a simple proactive approach to relaxation. <sup>7</sup>

- Oxygen consumption
- Respiratory rate
- Heart rate
- Blood pressure
- Muscle tension

Elsewhere in the world, people have needed less persuading that stress is an issue worthy of attention. What, for us, took thousands of clinical studies to prove has been accepted as basic knowledge for thousands of years in many cultures.

**There are many approaches to calming the mind and body but there is a common theme.**

Accessing the physiological benefits of relaxation requires us to turn down the chatter of the busy world we live in. Quietening the constant mental hum that keeps the stress response on its toes can place profound relaxation well within our reach.

There are lots of ways to relax. While we have our own technique, which we will share with you shortly, we have provided you with some information on ten of the most popular relaxation methods in a convenient table on the following page. We would encourage you to speak to your health practitioner about which methods may be best for you to try. Everyone is different. The important thing is to engage with something that's appropriate for you, enjoyable and makes you relax effectively.



## YOGA

WHILE YOGA COULD EQUALLY BE LISTED AS AN EXERCISE, ITS FOCUS ON MOVEMENT IS TOWARDS CALMING AND CENTERING THE MIND.

THE COMBINATION OF A PHYSICAL OUTLET FOR THE STRESS RESPONSE AND A MEDITATIVE ANGLE TO CALM THE MIND CAN MAKE IT AN EFFECTIVE STRESS MANAGEMENT TOOL. <sup>9</sup>



## MEDITATION

A TRIED AND TESTED RELAXATION TECHNIQUE, THE EFFECTIVENESS OF WHICH HAS BEEN CONFIRMED BY MANY CLINICAL STUDIES. <sup>8</sup>

THERE ARE MANY KINDS OF MEDITATION BUT ALL SHARE A COMMON GOAL OF CALMING THE MIND THEREBY ALLOWING THE BODY TO ACHIEVE A STATE OF BALANCE.

MEDITATION MAY BE DONE ALONE OR IN GROUPS AND MAY USE EITHER AN INTERNAL OR EXTERNAL FOCUS TO BRING THE MIND TO THE DESIRED STATE OF CALM AND CLARITY.



## TAI CHI

INVOLVES A SERIES OF PHYSICAL MOVEMENTS PERFORMED IN A SLOW, FOCUSED MANNER AND ACCOMPANIED BY DEEP BREATHING. <sup>10</sup>

THE COMBINATION OF MIND FOCUS AND BODY AWARENESS IS CONSIDERED BY MANY TO BE AN EFFECTIVE FORM OF STRESS REDUCTION.



## BREATHING EXERCISES

CONTROLLED BREATHING IS A COMPONENT OF MANY TYPES OF RELAXATION, BUT DESERVES A MENTION IN ITS OWN RIGHT. MODULATING OUR BREATHING CAN RESULT IN A NUMBER OF POWERFUL PHYSIOLOGICAL OUTCOMES IN THE BODY THAT ARE EFFECTIVE, AMONGST OTHER THINGS, IN MODERATING THE STRESS RESPONSE. <sup>11</sup>



## MASSAGE

STRESS ENCOURAGES THE SHORTENING AND TENSING OF MUSCLES. MASSAGE CAN BE EFFECTIVE IN RELEASING MUSCULAR TENSION, IMPROVING CIRCULATION AND REDUCING STRESS HORMONE LEVELS. MASSAGE HAS BEEN SHOWN IN STUDIES TO RELIEVE ANXIETY. <sup>12</sup>

## VISUALIZATION

VISUALIZATION, OR GUIDED IMAGERY, IS A TECHNIQUE THAT DIRECTS YOUR FOCUS TO PLEASANT, POSITIVE IMAGES TO DISPLACE NEGATIVE OR STRESSFUL FEELINGS.<sup>13</sup> THIS TECHNIQUE CAN BE USED ALONE OR GUIDED BY A PRACTITIONER.



## MINDFULNESS

HAS ITS ROOTS IN ANCIENT PRACTICE, BUT HAS MANY MODERN DAY AND SECULAR INCARNATIONS. MINDFULNESS ENCOURAGES YOU TO MAINTAIN A MOMENT BY MOMENT AWARENESS OF THE PRESENT, THROUGH YOUR THOUGHTS, FEELINGS, SENSATIONS AND ENVIRONMENT.<sup>14</sup> STUDIES HAVE SHOWN MINDFULNESS TO BE AN EFFECTIVE FORM OF STRESS REDUCTION WHEN PRACTICED REGULARLY.<sup>15</sup> MANY CONSIDER MINDFULNESS TO BE A TYPE OF MEDITATION.



## EXERCISE

EXERCISE MAY SOUND LIKE THE POLAR OPPOSITE OF RELAXATION, BUT EXERCISE CAN REDUCE STRESS HORMONE LEVELS AND INCREASE THE PRODUCTION OF HORMONES LIKE ENDORPHINS, WHICH ARE MOOD REGULATORS AND NATURAL PAIN KILLERS.<sup>18</sup> EXERCISE CAN BE A RELIABLE DISTRACTION FOR THE MIND, FROM STRESS INDUCING MENTAL CHATTER. THE FITNESS BENEFITS OF EXERCISE CAN COMBINE WITH GOOD NUTRITION TO ALLEVIATE STRESS CAUSED BY POOR HEALTH.



## BIOFEEDBACK

USING MODERN ELECTRONIC SENSING DEVICES, BIOFEEDBACK ALLOWS YOU TO SEE HOW YOU CAN INDIRECTLY CONTROL AUTONOMOUS FUNCTIONS LIKE HEART RATE, BLOOD PRESSURE AND OTHER MARKERS OF STRESS, BY EMPLOYING DIFFERENT RELAXATION TECHNIQUES. PRACTICING THESE TECHNIQUES WITH AN EXPERIENCED PRACTITIONER CAN HELP YOU PINPOINT EXERCISE LEVELS THAT WORK BEST FOR YOU.<sup>17</sup>



## PROGRESSIVE MUSCLE RELAXATION

BASED ON A SIMPLE PRACTICE OF TENSING OR TIGHTENING ONE MUSCLE GROUP AT A TIME, FOLLOWED BY A RELEASE OF THE TENSION. IT IS BASED ON THE PREMISE THAT MENTAL CALMNESS IS A NATURAL RESULT OF PHYSICAL RELAXATION.<sup>16</sup>

## **The Address Stress Relaxation Exercise**

We know how busy life can be. So we set our minds to identifying, in our view, the most effective components of a broad range of relaxation exercises. Our ultimate goal was to combine these components into a single technique that was simple, effective and could be practiced anytime you had a moment to do so.

Incorporating a set of criteria proposed by Harvard researchers as 'critical to encouraging the relaxation response'<sup>19</sup> we set our minds passionately to task.

The result is the Address Stress relaxation exercise.

It's powerful, simple, scientific, and it can be done pretty much anywhere it's safe to sit down and close your eyes.

We will introduce you to it in a couple of pages!

## A Note on Breathing

Breath is a central focus of many relaxation techniques, and for very good reason.

We all know breathing is important. Doing without it for a minute or two will bring that point home very quickly indeed. What few people realise is that breathing is not simply about delivering oxygen to the body. There are many other critical functions that depend upon the way we breathe, including:

- Maintaining the chemical balance in our system, a delicate job critical to a host of life sustaining processes.
- Control of smooth muscle tubes, the delivery network of the body from blood to air and beyond.

When stressed, your breathing rate may rise in anticipation of a level of activity that doesn't actually arrive. In these cases, you can be said to be 'over breathing'.

Your body may notice this inefficiency and try to slow down your gas exchange by constricting your air passages. This is why anxiety is often accompanied by a tight chest.

For this reason, many effective relaxation techniques focus on bringing our stressed breathing back down to more functional levels. There is a dual benefit to this.

1. Breathing can provide a mental focus to help you trigger the relaxation response.
2. Functional breathing can help to balance the body's internal chemistry and promote efficient oxygen delivery.

There's more wisdom (and science) to the advice "calm down and take a deep breath" than you may have thought!

## **THE ADDRESS STRESS EXERCISE**

So by this stage in the module, you know **WHAT** stress is, **WHY** it's so important to address, and **HOW** to go about doing so. Now it's time to put this valuable knowledge into practice.

With the support of your health practitioner, you may find it helpful to explore a range of different relaxation techniques to find those that are most appropriate, enjoyable and effective for you.

We're quite proud of our own relaxation exercise and we'd like to share it with you now.

### **The Address Stress Exercise is:**

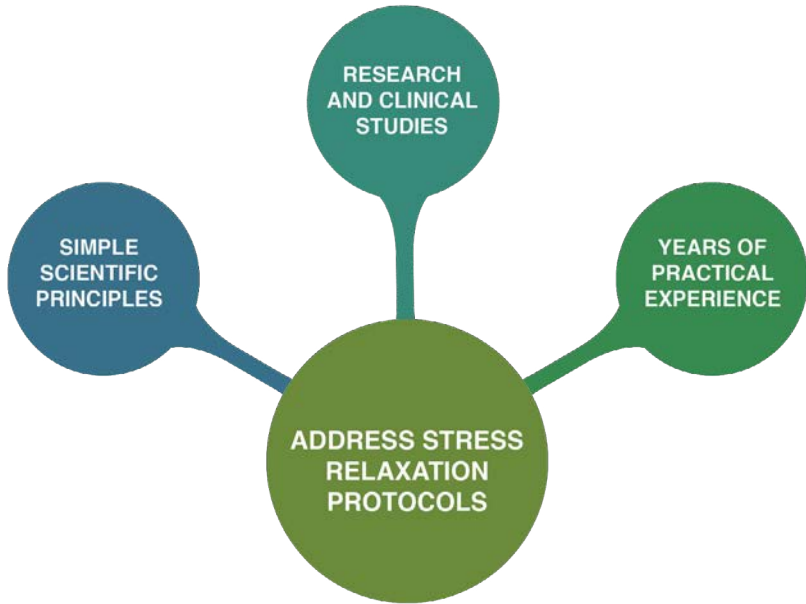
1. Based on scientific principles
2. Easy to do anywhere
3. Useful in reducing the symptoms of stress

We've drawn on the broad experience of leading academics, physicians and practitioners in the field to help create a simple but powerful relaxation exercise.

There is no 'secret technology' involved, no ambitious goals of enlightenment or any requirement to relinquish your worldly possessions.

The exercise is simply a powerful tool designed to help calm your mind and relax your body. The beauty and effectiveness of the Address Stress exercise lies in its simplicity.

- Relaxing resonant sounds to calm the mind
- A breathing guide to bring you to a state of balance and focus
- A period of silence to take back with you into your day



Under the right conditions, flicking off the stress switch is something the human body has the built-in ability to do. An effective way to do this is to simply calm the mind.

Simple? You many be thinking. Ha! That's easy for us to say!

Well, in fact it is simple.

It's not always easy at first, but it is rather straightforward. The key is to draw your mind gently away from the things it's fussing over and towards a 'focus' that requires little or no thought - a soothing sound or your breath, for example.

Eventually your mind may come to prefer this peaceful focus in place of less enticing activities, such as running through the shopping list for the fifth time since breakfast.

Once pleasantly distracted, the mind may soon let go of these unnecessary thoughts, and just like that, if only for a moment, there is stillness.

In this state, the brain calls off the alert, halts the stress reaction, and the body becomes calm and relaxed.

The Address Stress exercise can introduce these moments of calm and stillness into your daily routine.

They might be fleeting at first as your thoughts come and go, but the more you practice, the more frequent and extended these periods of calm and mental silence may become.

Before too long, you may find the calm persists not only during the exercises, but also into the rest of the day.

A calmer you is a more balanced and vital you.

### **Next steps:**

The rest of this section is dedicated to explaining how to access and engage with the Address Stress relaxation exercises.

We have provided a lot of detail later in this section for those who are so inclined, but all you really need to remember is this:

### **The Address Stress exercises are as easy as 1-2-3.**

1. Sit comfortably, close your eyes and listen to the calming sounds.
2. Breathe comfortably along with the breath guide from when it fades in, until it fades out.
3. Trust that if you do these two simple things you're doing it right!

# THE ADDRESS STRESS EXERCISES AND APP



The Address Stress app is designed to be used both as a 'stand alone' relaxation tool, AND as your guide through the Power of Calm 14-Day Program.

This e-booklet will show you how to download the Address Stress app and run you through it's features. **The Power of Calm 14-Day Program e-booklet** will show you how to use the app to support you through the 14-Day Program.



## THE ADDRESS STRESS APP

The Address Stress exercises are available via the Address Stress app. If you are engaging with the Power of Calm 14-Day program you will use this app for the relaxation exercises suggested in the program.



The Address Stress app is available for most smart phones and tablets. It is supported on the Apple iOS platform (version 6.1 and above) and Android™ platform (version 4.0.3 or above)

If your device has an operating system below the supported versions, you may wish to consider upgrading to the latest version offered.



## HOW TO DOWNLOAD AND START USING THE ADDRESS STRESS APP

### 1. DOWNLOAD THE FREE VERSION OF THE ADDRESS STRESS APP.

- If you have a supported smartphone or tablet, the Address Stress app is available from both the Apple App Store (Apple is a trademark of Apple Inc.) and the Google Play™ Store.
- Simply access the Apple App Store or Google Play™ store on your device and search for: **Address Stress**
- Download the app. The Address Stress app can easily be recognised by the following logo:



- If you can't find the app this way, you can directly access it from the appropriate app store via our website:

[www.powerofcalm.com/modulesupport](http://www.powerofcalm.com/modulesupport)

## 2. UPGRADE YOUR APP TO THE FULL VERSION BY USING YOUR SERIAL NUMBER.

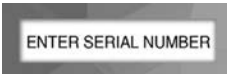
Program participants have free access to the upgraded version of the Address Stress app. This can be accessed in the following way:



Press the *Full Version Upgrade* tab at the bottom of the main menu page.



Enter a valid email address into the box as instructed



Enter your serial number into the box as instructed.

### Your Serial Number is: **cphas2agen15**

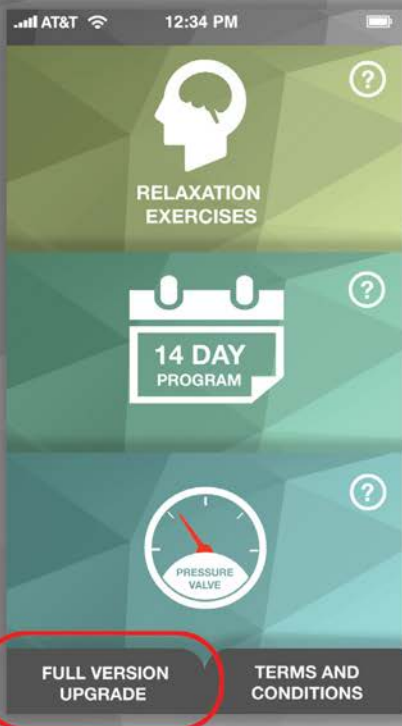
Your device will then automatically download the full version of the app giving you access to all the Address Stress exercises and programs.

If you need help at anytime while using the app, please look for the nearest *Help* button, which appears throughout the app as a question mark within a circle.



**You're now ready to start your Address Stress exercises!**

PRESS THE FULL VERSION  
UPGRADE TAB ON THE  
MAIN MENU PAGE



ENTER YOUR EMAIL  
ADDRESS



ENTER SERIAL NUMBER  
PROVIDED WITH YOUR  
ADDRESS STRESS  
PACKAGE



## HOW TO USE THE ADDRESS STRESS APP

Once you've upgraded to the full version of the app, you will have access to the full *Main Menu* screen. This screen allows you to engage with the app in three different ways:



Select your own Address Stress exercises to do anytime you like via this tab. Simply choose an exercise, select your preferred breath rate and you're ready to go.



Use the app to guide you through the Power of Calm 14-Day program. Full instructions on how to set this up are included in the *14-Day Program E-Booklet* that you will engage with next.



Let out some steam with a 2 minute 'quick relax' exercise called a Pressure Valve. You can use this, if safe, anytime you feel yourself getting stressed during the day.

The Address Stress app is simple. Please feel free to rely on the app to guide you through.

For those who prefer more detail, a **step-by-step guide** can be found in the optional 'Detail' section - in the 'How to Address Stress' E-Book.

*A more detailed discussion on the Address Stress app and its features and be found in Appendix 1.*



RELAXATION  
EXERCISES



TERMS AND CONDITIONS

## HINTS AND SUGGESTIONS

### START WITH A 10-MINUTE GUIDED TUTORIAL.

THE 'RELAXATION EXERCISES' SECTION OF THE APP OFFERS YOU A VOICE GUIDED TUTORIAL. SELECT THIS OPTION TO BE GUIDED THROUGH A FULL ADDRESS STRESS RELAXATION EXERCISE IN A CALMING AND ENJOYABLE WAY. WE SUGGEST YOU USE THE TUTORIAL SPARINGLY AS THE EXERCISES ARE DESIGNED TO BE MORE EFFECTIVE WITHOUT THE DISTRACTION OF VOICE INSTRUCTIONS.

### YOUR BREATHING SHOULD ALWAYS BE CALM AND GENTLE.

EACH EXERCISE HAS A PERIOD OF GUIDED BREATHING. IT IS IMPORTANT TO BREATHE A LITTLE DEEPER FROM YOUR DIAPHRAGM (BELLY), BUT THERE IS NO NEED TO FILL YOUR LUNGS TO THE VERY TOP. YOUR BREATH SHOULD ALWAYS BE GENTLE AND RELAXED, IN AND OUT THROUGH THE NOSE, IN TIME WITH THE BREATH GUIDE.

### THE EXERCISES AIM TO RELAX YOUR MIND, NOT ENTERTAIN IT.

THE RESONANT SOUNDS ACT AS A FLOWING CURTAIN OVER YOUR THOUGHTS. IT IS THEIR BEAUTIFUL, SIMPLE AND CONSTANT NATURE THAT MAKES THEM SO DEEPLY RELAXING. THE ABSENCE OF VARIATION IS A KEY FACTOR IN CALMING THE MIND. LOSE YOURSELF IN THE SIMPLE SOUNDS AND THEY WILL DO THEIR JOB.

### FINISH AN EXERCISE YOU START (UNLESS YOU FEEL UNCOMFORTABLE)

BREAKING SUDDENLY OUT OF YOUR RELAXATION EXERCISE WITHOUT TAKING A FEW MINUTES TO RE-ENGAGE WITH YOUR ENVIRONMENT MAY LEAVE YOU FEELING A LITTLE DROWSY. IF YOU DO NEED TO STOP BEFORE THE END, TRY AND GIVE YOURSELF A MINUTE BEFORE YOU OPEN YOUR EYES AND GET GOING.

## HINTS AND SUGGESTIONS

### HAVE A RELAXED ATTITUDE TO EACH EXERCISE.

DON'T BE OVERLY JUDGMENTAL OF EACH EXERCISE YOU DO. IF YOUR SESSIONS ARE MORE ENJOYABLE ONE DAY THAN ANOTHER, THAT'S PERFECTLY FINE AND NORMAL. A 'NOISY' RELAXATION SESSION CAN STILL BE EFFECTIVE. IN FACT, IT PROBABLY REFLECTS IT WAS WELL NEEDED. DON'T OVER-THINK OR TRY TOO HARD. THIS WILL ALMOST CERTAINLY BE COUNTERPRODUCTIVE. JUST RELAX, BREATHE AND ENJOY!

### TAKE TIME TO RELAX TWICE A DAY.

MORNING AND EVENING IS OFTEN BEST BUT YOU CAN, OF COURSE, DO A RELAXATION EXERCISE ANYTIME YOU LIKE.

PLEASE NOTE: IT IS BEST NOT TO DO YOUR EXERCISES AFTER A BIG MEAL.

IT CAN BE HELPFUL TO ADD A COUPLE OF 2 MIN 'PRESSURE VALVES' WHENEVER YOU FEEL YOURSELF GETTING STRESSED. 'A STITCH IN TIME SAVES NINE.'

### DON'T FIGHT YOUR THOUGHTS.

IF A THOUGHT ENTERS YOUR MIND DURING AN EXERCISE, DON'T WORRY, THIS IS COMPLETELY NORMAL. THAT'S WHAT THOUGHTS DO. SIMPLY ACKNOWLEDGE THE THOUGHT AND THEN GENTLY BRING YOUR FOCUS BACK TO YOUR BREATH OR THE SOUNDS.

### IF YOU ARE HAVING TROUBLE FOLLOWING THE EXERCISE OR FEEL UNCOMFORTABLE, STOP AND PRESS THE HELP BUTTON.

THE HELP BUTTON WILL ASSIST YOU TO TROUBLE SHOOT ANY ISSUES YOU MAY BE HAVING. EXERCISES SHOULD BE ENJOYABLE, NOT CHALLENGING. IF YOU FEEL UNCOMFORTABLE, ANXIOUS OR UNWELL, PLEASE GENTLY STOP THE EXERCISE AND TALK TO YOUR HEALTH PRACTITIONER BEFORE RECOMMENCING.

## APPENDIX 1

# USING THE ADDRESS STRESS APP



## A STEP-BY-STEP GUIDE



**The *Relaxation Exercises* tab on the *Main Menu* gives you access to individual Address Stress exercises anytime to choose.**

Getting started involves just two simple steps.

### **1. CHOOSE EXERCISE**

- 10-Minute exercise
- 15-Minute exercise
- 20-Minute exercise

The duration you choose will depend on:

- The time you have available to do the exercise
- How comfortable you are with the relaxation exercises in general

Usually we suggest that you start with 10 minutes and work your way up as time and comfort permit.

### **Voice Guided Tutorial**

In addition to the 10, 15 and 20 minute exercises there is also a *Voice Guided Tutorial*. This track will comprehensively guide you through a 10-minute Address Stress exercise, explaining the basic elements common to all the exercises.

**We suggest that all new users start with the tutorial.**

BACK

### 1. CHOOSE EXERCISE

CHOOSE YOUR EXERCISE DURATION

10 MIN



15 MIN



20 MIN



TUTORIAL



10 MIN GUIDED

### 2. CHOOSE BREATH RATE

STEADY



MODERATE



SLOW



NEXT



## 2. CHOOSE BREATH RATE

Each exercise contains a period of guided breathing.

Some folks breathe slower, and some a little faster, so the app has three different levels to choose from:



**Steady:** Guided breathing rate between 8-9 breaths per minute



**Moderate:** Guided breathing rate between 6-8 breaths per minute



**Slow:** Guided breathing rate between 5-7 breaths per minute

Generally, most people choose to start with 'Moderate'. If that feels too fast, try 'Slow'.

Each exercise will guide you to gently slow your breathing, so it is important that you choose a level that starts you at a breath rate you are comfortable with.

**The exercises are not supposed to be challenging. Your breathing should always be calm, relaxed and gentle.**

If at any time during an exercise you feel uncomfortable, simply stop the exercise and try a more appropriate level. As always, you can press the help button for more information.

Once you've selected your exercise duration and your breath rate, you're almost ready to go. Press the *Next* button at the bottom of the screen to advance to the *Main Exercise* page.

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BACK

## 1. CHOOSE EXERCISE

10 MIN



15 MIN



20 MIN



TUTORIAL



10 MIN  
GUIDED

## 2. CHOOSE BREATH RATE

STEADY



MODERATE



SLOW



CHOOSE YOUR  
BREATH RATE

NEXT



## THE MAIN EXERCISE PAGE

Each Address Stress exercise is divided into 5 simple parts.

**All you need to do is sit back, relax and listen.**

The progress bar (opposite page) tracks your progress through the exercises. The exercises are designed to be done with your eyes closed, but the progress bar will allow you to sneak a peek at your progress if you ever feel the need.

The segments will appear as soon as you press the *Start* button and will gradually fill with colour as your exercise progresses.

**Each Address Stress exercise is divided up similarly:**

### GENTLE INTRO

- Sit upright in a safe and comfortable position, put on your headphones and gently close your eyes.
- Allow the calming sounds to build around you, a shelter from the day and its distractions.

### GUIDED BREATHING

A new sound will fade in. This is your breath guide.

- Breathe in as the sound rises and out as the sounds falls.
- Breathing calmly and full from your belly (diaphragm), rather than shallow from your chest may give you more control.
- Breathe through your nose if you can.

The breath guide will gently slow your breathing as the exercise progresses.

SHOWS YOUR  
SELECTED  
BREATH RATE  
AND DURATION

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BACK



HELP

15 MIN MODERATE

RE-ENGAGE

SILENCE

CALMING SOUNDS

GUIDED BREATHING

GENTLE INTRO

PROGRESS BAR  
IS DIVIDED INTO  
5 SEGMENTS

SEGMENTS FILL  
WITH COLOUR  
AS EXERCISE  
PROGRESSES



INSTRUCTIONS

START



RESTART

## CALMING SOUNDS

- The breath guide will fade out and leave you surrounded by calming sounds for a few minutes.
- Just sit quietly and breathe however it feels comfortable.
- Your breathing may slow down, speed up, or stay the same. There is no right or wrong. Just relax and enjoy the sounds.

## SILENCE

The calming sounds will fade to silence. Enjoy the calm and stillness for a few moments.

## RE-ENGAGE

Light, crisp chimes will slowly bring your attention back to your surroundings. When you hear them, start to gently bring your awareness back to your body.

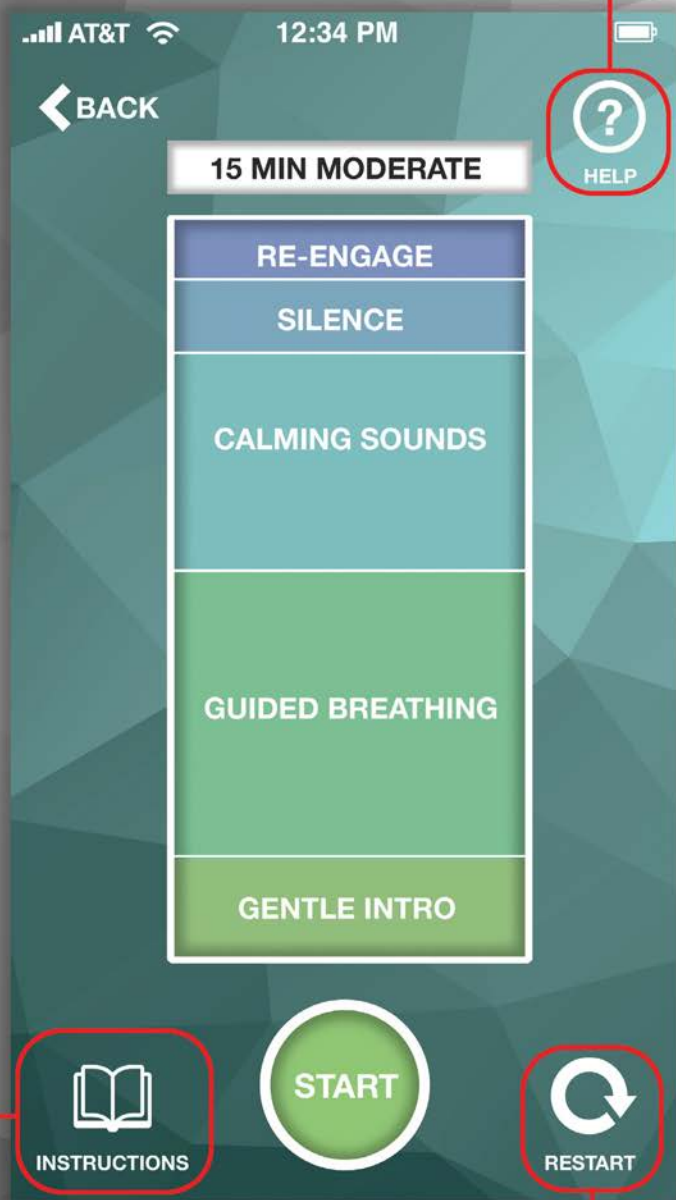
- Rub your hands
- Shift your feet
- Touch your face

In fact, do whatever you like to calmly re-engage with the world around you. But please keep your eyes closed until the chimes fade to complete silence. Once the chimes have totally faded, your exercise is complete. Slowly open your eyes and return to your daily activities, hopefully feeling a little calmer and clearer.

Ready to start?

Simply press the *Start* button, sit back, and get ready to enjoy some serious relaxation!

IF YOU ARE HAVING TROUBLE WITH THE EXERCISE AT ANY STAGE, PRESS PAUSE AND USE THE HELP BUTTON TO ACCESS A RANGE OF SUGGESTIONS.



INSTRUCTIONS FOR THE EXERCISE ARE ALSO AVAILABLE FROM WITHIN THE APP.

IF YOU ARE INTERRUPTED OR NEED TO START THE EXERCISE AGAIN, USE THE RESTART BUTTON.

**If you're having trouble getting into the exercises or something doesn't feel quite right, simply stop the exercise and press the *Help* button.**



HELP

The *Help* button will give you access to a trouble shooting screen that addresses the most common issues new users experience.

Topics covered include:

- Choosing the right breath rate
- How to deal with busy thoughts
- What to do if you feel a little unsettled during your exercise
- Tips on how best to interact with the exercise

**If at anytime during an exercise you feel unwell please stop the track and talk to your health practitioner before you continue.**

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BACK

## HELP TOPICS

THE BREATHING GUIDE FEELS  
TOO FAST OR TOO SLOW



I FIND MY THOUGHTS  
DISTRACTING



I FEEL A BIT UNSETTLED



I CAN'T HEAR THE  
TRACK CLEARLY



I'M JUST NOT SURE IF  
I AM DOING IT RIGHT



## IMPORTANT INFORMATION

IF AT ANY TIME DURING YOUR EXERCISE  
YOU FEEL UNWELL, YOU SHOULD STOP THE  
EXERCISE AND CONSULT YOUR HEALTH  
PRACTITIONER BEFORE CONTINUING.

PRESS HELP TABS  
FOR SUGGESTIONS  
RELATING TO THE  
TOPICS LISTED.





## **Release some steam with a Pressure Valve exercise.**

- The Pressure Valve exercise is a short 'quick relax', two-minute breathing exercise that can be done anytime during the day to help calm and centre you.
- You can access it from the *Main Menu* page of the Address Stress app.
- Sit comfortably (eyes open or closed) and breathe in and out with the breath guide.
- If you are doing the Pressure Valve exercise with eyes open, you may wish to mute the sound using the speaker button at the bottom right of the screen.
- The Pressure Valve is designed to help you let out some steam when you feel a stress response starting to build.

**Sometimes an ounce of prevention is worth a pound of cure!**

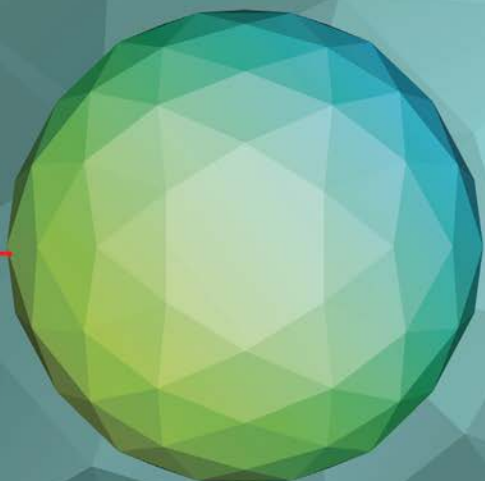
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BACK

BREATHE IN AS THE BALL INFLATES AND OUT AS IT DEFLATES.



TRACK YOUR PROGRESS THROUGH THE EXERCISE.



RESTART

START





## **The 14-Day Program**

- The full version of the Address Stress app gives you access to three different 14-Day Programs, each designed to help you get into the habit of bringing a little bit of calm into your daily routine.
- The app will guide you through selecting and setting up a program of your choice.
- The 14-Day Programs are centered around the Address Stress relaxation exercises but also include strategies aimed at stress awareness and stress minimisation.

**If you'd like to try one of the programs, please proceed to the '14-Day Program' E-book .**

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