

## Relaxation

Relaxation brings healing just like worry brings disease.

We are born with the ability to relax. We learn to worry and we get good at it with practice.

We can re-learn to relax. This also requires practice.

Just thinking about doing things that relax us, also relaxes us.

When we are not relaxed, we go into survival mode. Once we are relaxed, we are free to think about things that are important. Then, solutions and ideas come to us.

One way to relax is to Enjoy Simple Pleasures (E.S.P.). We cover many ways to Enjoy Simple Pleasures in this series under "Enjoy Simple Pleasures."

The book "Feeling Good" teaches how to beat anxiety which brings relaxation. We cover the techniques from this book in this series under "Beat Clinical Depression."

Think about what you are thinking about. Think about relaxing while playing, working or just sitting. Feed relaxing thoughts into your mind. When you get negative thoughts, Change The Channel in your mind. For more information on Changing the Channel, see the video in this series called "How Not To Worry."

Affirmations. On your favorite search engine, type "relax affirmations". You will find a wealth of affirmations to do on relaxation. This really works.