

RUDY AND KELLY'S TWENTY DAILY PRESCRIPTIONS TO REDUCE STRESS

1. CREATE A SPIRITUAL, SAFE PLACE IN THE HOME
 - a. Three minutes of abdominal breathing that is calm and focused
2. MEDITATE
 - a. Concentrate on you nasal breath.
 - b. Next concentrate on you abdomen going up and down.
 - c. Say or chant a mantra (mind energy) multiple times. For example-Spirit, God, Om, Sat Nam, Let Go, Be Free, I'm Happy,etc.
3. VISUALIZE AN IMAGE DAILY OF WHAT YOU WANT TO ACHIEVE THAT DAY OR IN THE FUTURE
4. SAY SOMETHING THANKFUL WHEN YOU GO TO BED EVERY NIGHT AND SAY SOMETHING OPTIMISTIC OR JOYFUL EVERY MORNING
5. MANAGE YOUR FINANCES WELL BECAUSE IT IS ONE OF THE BIGGEST CAUSES OF STRESS
 - a. Get your finances organized.
 - b. Don't panic and remember to breathe.
 - c. Be disciplined and know your debts.
 - d. Make a new plan by thinking your way out of it and seeing a new way of making it.
6. DON'T FOCUS ON NEGATIVITY
 - a. Avoid T.V., radio, and bad news media. Media Fast.
 - b. Don't spend the whole night on the computer or watching TV, give yourself time to transition into sleep, read a book, relax let the mind unwind.
 - c. News/media are preoccupied with gloom and doom, crime, world pain, murder, mayhem and perversion, give it a rest.
7. PRACTICE YOGA, TAI CHI, WALKING, DANCING, OR ENJOY EXERCISES THAT BRING ABOUT RELAXATION AND MEDITATION RATHER THAN OVERSTRESSING THE BODY AND MIND
8. EACH DAY SPEND 15-30 MINUTES PRACTICING MEDITATIVE WALKING. "WALKING MEDITATION"
 - a. Use your senses explore the present moment.
 - b. Appreciate sounds, appreciate what you see, and appreciate nature
9. THINK POSITIVELY
 - a. Be hard-headed and tough-minded, refuse to let others bring you down.
 - b. Don't give up believe in yourself.
 - c. Make a plan to solve the problem.
 - d. Write a plan and visualize it daily.
10. LIVE IN THE PRESENT MOMENT NOT IN THE FUTURE OR PAST
 - a. Live in the light of the day not in the storm of yesterday and tsunami of tomorrow.
11. ENJOY MUSIC IN YOUR HOME AND IN YOUR CAR ON THE WAY TO WORK AND BACK
 - a. It is the language of God or Spirit.
 - b. Music sound is medicine. It is the bridge between spirit and matter.
12. EAT PROPER FOOD
 - a. Food is a drug don't abuse it.
 - b. Don't use food to manage your psychology because it is not a good stress reducer.
 - c. Read the Secret of the Non-Diet. It is about proper food selection.

13. ORGANIZE YOUR TIME
 - a. Demand at least 15-30 minutes for your self daily, no matter what the situation is.
14. TREAT YOURSELF TO A MASSAGE LET GO OF THE MONKEY MIND
 - a. Take a mind shampoo and clean your mind of stress daily. How you think is everything.
15. DON'T SMOKE, USE ILLEGAL DRUGS, OR EXCESSIVE MEDICATIONS
 - a. In the long run, they will cause stress.
16. FALL IN LOVE WITH YOURSELF AND APPRECIATE THE LOVE OF THE FAMILY NO MATTER WHAT THE PROBLEMS ARE
17. BE A HAPPY PERSON
 - a. Avoid negative thoughts or statements. No one can solve all the worlds' problems, so don't focus on them.
18. LIVE THE LIFE OF GRATITUDE RATHER THAN A LIFE OF REGRET.
 - a. You can't change the past.
 - b. Say nice things to people all day like "You look great" "Have a nice day" or "Thank you again".
19. LET GO OF SELF JUDGMENT AND SELF CRITICISM
 - a. You are the creation of spirit or God. He does not make mistakes.
20. KNOW WHAT MIND-BODY ILLNESSES OR STRESS RELATED ILLNESSES ARE
 - a. Stress causes 75% of the illnesses that we see a doctor about. Wellness and stress education is what you need 75% of the time.
 - b. Avoid unnecessary tests and procedures
 - c. By understanding what the illnesses are, I have gathered them together in the Mind Body Index.
 - d. Read "Welcome to your Mind Body." It will save you money in medical care, reduce your stress, and cure your problems with the proper techniques as recommended above.

DR. KACHMANN'S BOOKS:
Secret of the Non-Diet
Call of Life
Welcome to your Mind Body

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mind **BODY**
i n s t i t u t e

Kachmann Mind Body Institute
Fort Wayne IN
260-420-YOGA (9642)
KachmannMindBody.com