



How to Stay Safe - Lower Stress Boost your Natural Immune Response To Infection and Disease



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Open2Transformation

People are looking for ways to be safe, healthy, and experience peace, joy and fulfillment in life.

While people focus on how to stop the coronavirus, with simple actions such as washing your hands (very important) there is another important element that seems to be left out, which is:

HOW to be safe if you do contract the virus.

The Best course of action that you can take, the ONE action where you do have some control is to *Boost your natural immune system.*

The #1 way to boost your natural immunity is to *lower stress.*

You do have much more control over this ability than you may believe.

Stress raises cortisol, inflammatory markers, adrenaline, causes inflammation (and inflammation is one side effect of the coronavirus).

Continued stress can lead to panic, feelings of helplessness, loss of control, and ultimately lead to *totally irrational behavior.*

So the benefits of lowering stress at this time are infinite.

*What if we use this time to **protect the body** and develop new ways of living, that go beyond this experience we are having right now?*

Here are some very simple ways to lower stress and boost your immune system's capability, to safeguard you against the influence of infection and disease.

Top 10 Ways to Lower Stress and Boost Your Immune System

1. **Turn off the news!** - Get the info you need, then, stop watching.
2. **Deep, slow, breathing** - into the belly, stimulates the vagus nerve, and sends a signal to the brain that 'you are safe'.
3. **Restful Sleep** - allows the body to heal and rejuvenate.
4. **Focused Fun** - spend moments of time doing something you enjoy: reading, writing, painting, singing, chanting, listen to music, learn a new language.
5. **Guided Meditation** - listen to recordings, or schedule a guided meditation with a practitioner, brings many benefits.
6. **Hypnosis** - has been proven to lower stress and 15 min of being in a hypnotic state is equivalent to the benefits of hours of sleep.
7. **Emotional Freedom Technique** - working with a practitioner or on your own use this meridian tapping to release stressful emotions and fear.
8. **Movement** - as simple as walking, dancing in the living room, cleaning the house. Movement takes you out of stress.
9. **Distance Gazing** - a phenomena of the neurology, by gazing off into the distance for a moment to relax (vs staring at electronic gadgets up close) this changes your neurology to enter a more relaxed and peaceful state (reducing those inflammatory markers)
10. **Connection**- yes, even in quarantine, there are ways to connect - *electronically for now - physically later.* Contact someone who would be happy to receive your connection, uplift their spirits, boost their immune system and boost your own immune system too! (you could also Send them a copy of this list)

BONUS:

Laughter - is the best medicine. Even in the midst of crisis, it's possible to laugh and smile. Watch a comedy, *turn off the news.*

In Fact - Right now - watch this funny video - start laughing - and in under two minutes - *you have 'already' boosted your own natural immune response - moving towards OPTIMAL immunity and health.*

Go see: <https://open2transformation.com/blog/laughter-is-the-best-medicine-boost-your-immune-system/>

To your health....

Becky Hays Bio



Becky Hays, CH/MNLP

REMOTE SESSION by phone or video

PRIVATE SESSION by appointment in Central Austin Location

Hypnosis - EFT - NLP - Life Coaching

Since 2007 Becky has helped her clients overcome challenges, improve relationships, eliminate limiting beliefs and take steps to reach higher levels of joy, happiness and fulfillment.

In her practice Becky shares and teaches the methods she has learned - a *Creative Toolbox of self-empowerment* - to support her clients on their journey.

Becky co-produced the documentary *Beyond Belief* - a fascinating film which is now in its 10th year of global distribution through Gaiam. The movie is also available on amazon. (www.beyondbeliefthemovie.com)

Beyond Belief explores the power of the subconscious mind, and how our beliefs influence our reality. The film shares unique methods that inspire people to access the power within to shape their world without.

If you would like to schedule a session - in person or remote - with Hypnosis, NLP, EFT or coaching to help you reduce stress - boost your immune system and feel better - get in touch:

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