

PLAY Away My Stress?

P.L.A.Y. (Passionately Loving Appreciating YOU!) offers the challenge to awaken individuals that are steeped in a stressful lifestyle to the possibility of lightening up and approaching stressful situations with new sense weightlessness and freedom.

Take a moment to ask yourself these questions:

How do I treat the things I truly love?

How am I taking care of me?

Am I treating myself with the same care as the things you love?

Am I treating myself as the special unique person that I am on the planet?

Do I treat others as I treat myself?

How do I love and appreciate myself?

Many people today walk around feeling unappreciated. As children, we often felt some appreciation from our family and friends. However, it was a time where we loved ourselves easily enough and sought to give ourselves whatever joy we could imagine. As adults, we have to make a concerted effort to purposely love ourselves enough feel worthy of what we want. Self love is so important and P.L.A.Y. reminds us that we need only to love and appreciate ourselves as we are right now.

Daily obligations with work, family and surroundings tend to direct our thoughts and ways of being towards worry, fears and discontentment. Our focus has shifted from inside ourselves to everything and everyone outside of ourselves.

When you truly love something you tend take care of it, you never feel to abuse it. So giving yourself, back to yourself is a gift of taking special care of yourself that you will never regret.

The tool we can use for establishing self-appreciation is P.L.A.Y. The reason it works is because stress cannot occupy the space as laughter, fun and JOY! Take a moment to reflect on those feelings you had at the time when you felt most free in your life. Now, think of anything that you have done or desire to do as an adult that brings you that same sense of freedom. Breathe slowly and deeply. Feel, embrace this feeling now and anchor it in your heart and soul. Do this as many times as it takes to shift your consciousness from outside yourself back to its rightful location- inside. If you do this practice it WILL happen.

You see, working from the inside out will never fail you as you will be constantly operating from a Divine space of destiny at work. As the Creator, the Power that dwells in and through us births nothing but goodness, grace and mercy.

Enjoy your new blueprint for a healthier mind, body and spirit on a moment to moment basis by deciding to P.L.A.Y. whenever the need arises. Intend on JOY whenever stress rears its head in your life. Breathe in and out... and anchor once again!

Much Love, JOY and continued Blessings on your journey towards lifetime stress management!