

# Healing

## *lifestyles & spas*

magazine

Featuring: Rodmell Press

## stress tips from the experts

By Judith Lazarus

When you feel anxious or stressed, the question is, "Are you going to do something consciously or unconsciously, be at the mercy of circumstances, or take control?" says **Judith Hanson Lasater, Ph.D., P.T.**, and author of five books, including *30 Essential Yoga Poses: For Beginning Students and Their Teachers* (Rodmell Press, 2003).

"Thoughts are not realities, but neurotransmitters locking into reception sites. Each of us reacts to situations uniquely, based on our physiology and emotional and intellectual experiences. We filter them through our own belief systems, manifest thoughts around them, then respond. Remember that unless life or health is immediately threatened, nothing is truly an emergency," Lasater says.

Relaxing in Savasana, Corpse Pose, enables you to be "in the moment." "Energy follows thought," says Lasater. "When you believe you are stressed—allow yourself to be 'present.' Then you can choose thoughts and actions with clarity and love, to do and say what you really want to."

Gather a soft hand towel, a pillow, and a blanket or throw, and lie down on the floor in a quiet room. Swing your lower legs up on a couch or chair, place



the pillow under your head, put the blanket over you, and cover your eyes with the hand towel.

Begin by taking 20 long slow inhalations and exhalations. Then let go of your breath completely, and invite your whole body to drop down into the floor. Let the sounds around you just flow through you. Stay for 15 to 20 minutes. To come out, bring your knees gently toward your chest, and roll to your side. Stay there for a few breaths, then slowly sit up. Take your time moving back into your busy life. (Caution: If you are more than 3 months pregnant, practice this while lying on your side. Relax in a reclining position if you suffer from acid reflux.)

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