

Relax into Feeling Better



A Mind-Body Health & Wellness ~~Workbook~~ ***Relaxbook***
for Peaceful People in a Stress-Filled World

Cina and Amon Sherriff

AUTHOR'S NOTE

The recommendations made in this relaxbook are generic and are not meant to replace formal medical or psychiatric treatment. The reader should regularly consult with a physician, or therapist, in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention before following the suggestions in this relaxbook.

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Health is Power!

Congratulations for taking the time to invest in your health, which is your **personal power!**

Our intention for this ***relaxbook*** is to help you connect to the power of practicing relaxation regularly. The simple act of relaxing is often overlooked in its importance to our overall health and well-being.

Studies have shown that the human body possesses an enormous, amazing, and persistent ability to heal itself. Thoughts, beliefs, and feelings that originate in the mind can trigger stress responses in the body that interfere with this natural self-healing process. When we deprive our bodies and minds for long periods of time of the basic requirements necessary to keep us healthy disease (dis-ease) can occur. According to research, over 60 percent of doctor visits are stress related!

The good news is that data also shows that the body can naturally heal itself. It can do this so much more effectively when the mind and body are balanced and relaxed to support the overall self-healing process. **When the body is really relaxed...then healing can really begin.**

Amon says, “Nothing responds quicker to your mind than your body”.

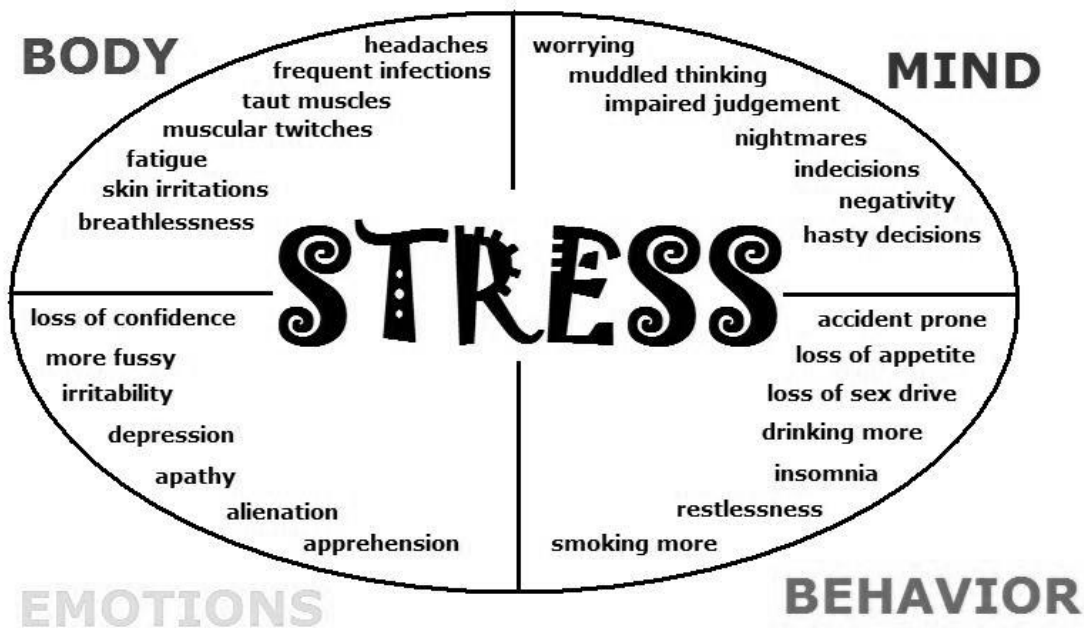
This ***relaxbook*** contains:

- Exercises to help you identify your health and wellness goals and steps you can take to achieve them
- The power of proper breathing
- The benefits of using music for relaxation
- Easy ways to boost your nutrition
- The power in just minutes of meditation
- The benefits of bodywork for managing stress
- Simple acupressure techniques that you can do to balance your body
- Recommendations for vitamins and supplements to reduce your stress
- The benefits of listening to your body
- A mind-body approach to weight loss without dieting

Ready...Set...Relax

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What is stress?

Stress can be defined as the demands of life that create internal attitudes, thoughts and actions that require us to adapt. These demands are called **stressors**. Some stressors are outside of us, some are within us, and others are a mixture of the two. **Stress** is a combination of the feelings we have when we're under pressure and the actual wear and tear that these stressors place on our minds and bodies.

What causes stress?

Stress can be caused by anything that poses a challenge or a threat to your well-being. Stress can come from virtually any, and every, area of your life. It comes in many forms: physical, mental, emotional, social, and spiritual. You can experience stress related to your family, work, community and environment as well. But, not all stress is bad. Some stress actually gets you going and is good for you. If you had no stress at all your life could feel boring and pointless. However, **when the stress begins to undermine both your mental and physical health...it is bad!**

In this next exercise you will determine what stress is detrimental for the well-being of your body and mind. You will identify the stress-related symptoms that may be occurring in 3 areas of your life: 1) physical 2) mental and 3) emotional. **If you can spot the symptoms, you can begin to reduce the stress.**

Stress Symptoms Questionnaire

Do you experience any of these symptoms regularly?

Physical	Yes	No
Frequent headaches and migraines		
Feeling fatigued and worn out		
Difficulty sleeping		
Difficulty going back to sleep, if awakened		
Lump in throat, difficulty swallowing		
Digestive issues		
Persistent stomach ulcers		
Teeth grinding		
Pounding heart		
Restlessness		
Increased consumption of alcohol, tobacco or other drugs		
Frequent colds		
High blood pressure		
Excessive body tension-especially in neck, head and shoulders		
Overweight		
Chest pains		
Episodes of diarrhea		
Twitching in face and limbs		
Light-headedness, dizziness		
Unexplained skin rashes and itches		
Need for sleeping pills or tranquilizers		
Excessive perspiration, especially of the hands		
Mental		
Negative self-talk		
Difficulty concentrating		
Difficulty focusing		
Forgetfulness		
Lack of interest in hobbies		
Difficulty expressing creatively		
Emotional		
Feeling anxious		
Feeling overwhelmed		
Over excitability		
Excessive worry		
Easily discouraged		
Frequent crying spells		
Easily irritated		
Poor sense of humor		
Bad temper		
Feeling frustrated		
Feeling uncertain		
Excessive fault finding		

How Has Stress Affected Your Health?

All healthy changes begin with an honest self-assessment. Look at where you are now to help you determine where you would like to be.

What would you have to change to become a healthier you?

Check the boxes below that apply to you.

- ☐ Lose Weight
- ☐ Gain Weight
- ☐ Increase Energy
- ☐ Lower Blood Pressure
- ☐ Lower Cholesterol
- ☐ Decrease Joint Pain
- ☐ Improve Vision
- ☐ Decrease Risk of Degenerative Disease
- ☐ Improve Memory
- ☐ Improve Dietary Habits
- ☐ Increase Exercise
- ☐ Improve Strength and Endurance
- ☐ Internal Cleansing
- ☐ Improve Digestion
- ☐ Increase Sleep
- ☐ Other _____

Balanced Living = Healthy and Happy Living

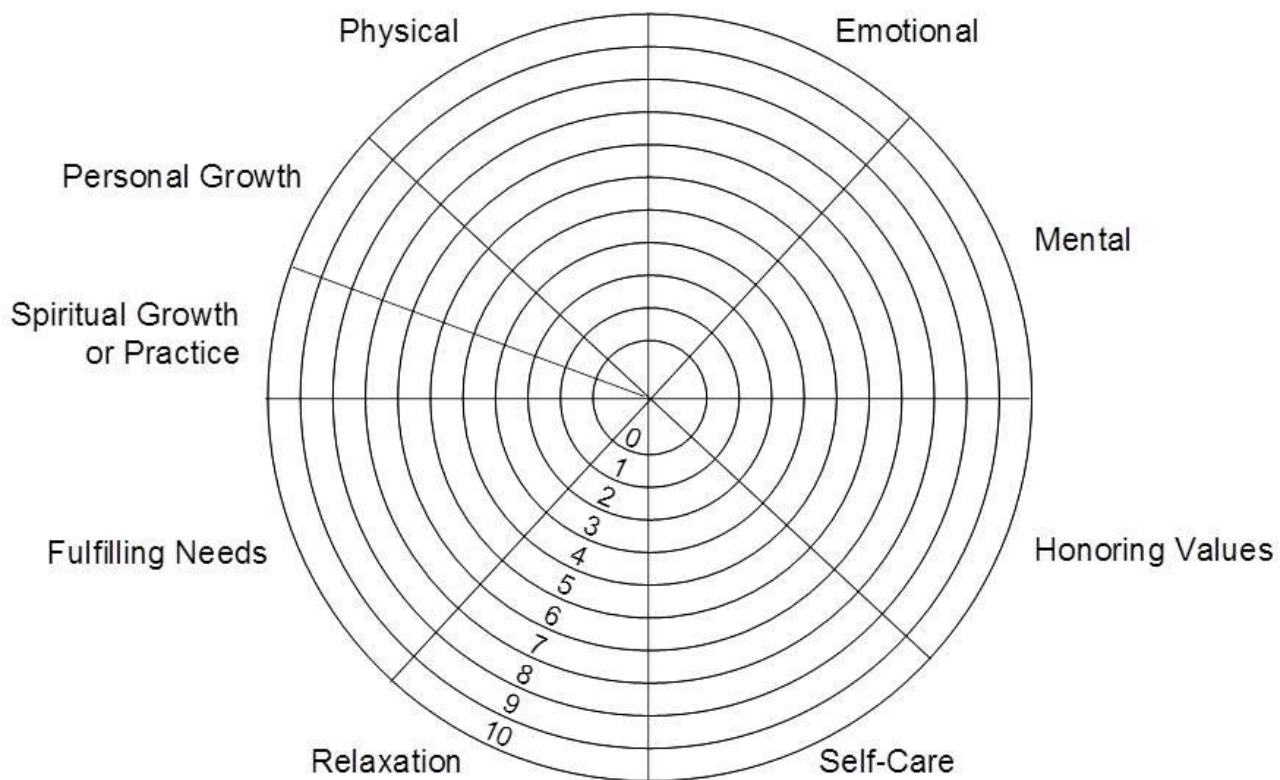
Whatever your current state of health, you can make improvements by committing to a lifestyle based on **balanced living**. Balanced living means considering all aspects of your life: your relationships, your work, your health, and your emotional well-being. Balanced living means that you protect your mental and emotional health while taking care of your body too. And, of course, stress reduction needs to be at the top of your balanced living list!

Amon says, “We’re all in the same big room...the room for self-improvement.”

How Balanced is Your Health Wheel?

Each section of the wheel represents an area in your life. With the center of the wheel rated as zero and the outer edge rated as ten, rank your level of satisfaction with each area of your life by coloring in the appropriate space. **0** should be used to indicate that you are not satisfied at all, and **10** would indicate that you are 100% satisfied.

Health Wheel for Creating Balance



8 SIMPLE WAYS TO RELAX AND REDUCE STRESS



Now that you know how unwanted stress is affecting your body-mind, and you are ready to **Relax** your way to better health, let's look at some simple strategies that will help you reach your health and wellness goals.

1. Just Breathe

The first way to lower your stress level is to focus on your breathing. Practicing deep breathing regularly releases tension and reduces stress.

2. Use Music

Music is an effective relaxation and stress management tool because it can soothe you and help you to easily release some of the tension you are carrying in your body.

3. Eat Healthy

Try adding some healthier food choices to your daily meals. Good nutrition can strengthen your immune system, stabilize your moods, and reduce your blood pressure.

4. Exercise Your Stress Away

One of the quickest, most effective ways to reduce stress is to exercise. The endorphins that your brain produces when you get moving help to boost your mood.

5. Take Supplements

The right herbal supplements and teas can help you cope with the effects of stress and restore your health and well-being.

6. Treat Your Body to Some Bodywork

Stress can actually hurt, causing you to have some serious aches and pains. To manage these physical ailments, try massage, reflexology or acupressure — they really work!

7. Try Meditation

Just minutes of meditation can help you to relax your mind and body. Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health.

8. Listen to Your Body

Paying attention to what **your body** is telling you can lead you to more health and well-being.

3. Eat Healthy



What is a Healthy Diet?

Definition: A **healthy diet** is one that helps maintain or improves general **health**. A **healthy diet** provides the body with essential nutrition: fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories.

If you were told that there was a substance that quadrupled the amount of cardiovascular disease in men over 40, caused a skin disease in adolescents that never existed before, and caused a cancer in women that was previously unknown; you would want to avoid that substance, wouldn't you? Unfortunately, **this disease causing substance is the average American Diet.**

Let's be honest...most Americans don't eat a balanced, nutritious diet. A study published in the "Journal of Food Composition and Analysis" revealed that Americans are getting about one-third of their calories from junk foods. Many citizens eat a lot of fast foods, desserts, and salty snacks while consuming large amounts of sodas and alcoholic beverages.

As the American diet increases in refined and processed foods, disease is also increasing. There are more incidents of obesity, diabetes, high blood pressure, heart disease and cancer than ever before. Eating a nutrient deficient diet also causes other problems like fatigue, allergies, depression, chronic pain, skin problems and many other conditions that can affect the quality of life.

The good news is that many of these health issues can be avoided by making some simple changes to your dietary habits. It's actually **easier to stay well** than it is to get well. With some dietary awareness you can make better choices and balance your body's chemistry to increase your health and vitality.



The Benefits of Eating Healthy

The benefits of good nutrition are numerous. Good nutrition is essential for optimum physical and mental health. Eating healthy provides energy, promotes good sleep, and gives the body what it needs to function at its best. When you know the benefits of good nutrition, it's easier to make healthier food choices.

Controls Weight

Eating right can help you avoid excess weight gain and maintain a healthy weight.

Better Heart Health

Eating a balanced diet with lots of high-fiber foods will help ensure that your heart works at optimal efficiency.

Improves Brain Function

With good nutrition and healthy eating habits, you can be on your way to improving your day-to-day mental health and well-being.

Boosts Energy

Eating foods high in sugar and saturated fats will cause your energy to drop. When you eat a balanced diet your body has the fuel that it needs to manage your energy level.

Improves Longevity

When you practice healthy habits, you boost your chances for a longer life, and for a better quality of life.

Decreases Cravings

Spikes and rapid drops in blood sugar can result in unhealthy food cravings. As your diet becomes balanced with nutritious foods, you will find that intense cravings for unhealthy foods lessen over time.

Improves Mood

Eating a healthy diet, as well as exercising, can lead to feeling better about yourself, and you may also feel better about your appearance, which can boost your confidence and self-esteem.

4. Exercise Your Stress Away



Exercise in any form, from aerobics to yoga, can act as a tension reliever. You don't have to be in great shape to use a little exercise to manage a lot of stress. Exercise increases your overall health, your sense of well-being and is an easy, effective way to reduce the negative aspects of daily stress. Exercise is an effective relaxation tool in six primary ways:

- Exercise can release tension and anxiety.
- Exercise can be a method of relaxation, a diversion from stress and provides a sedative effect.
- Exercise can increase energy which raises your tolerance for stress.
- Exercise can aid in maintaining muscle elasticity and minimize the muscle-tightening effects of stress and inactivity.
- Exercise can increase physiological control over your body by helping to normalize heart rate, blood pressure, and muscle tension.
- Exercising on a regular basis increases emotional well-being. Studies have shown that self-esteem and self-confidence are increased and that fit individuals who exercise regularly appear more relaxed and less anxious. People who are active also have fewer stress-related problems.

Amon says, "Your body is made to move!"



KEEP CALM AND PRACTICE YOGA

Any physical activity is a great way to relieve stress, but this is particularly true of yoga. Yoga helps to reduce stress because it promotes relaxation. Yoga strengthens your body, encourages breathing, and calms the mind. It can be a great way to reduce tension while staying in shape. Some positions are particularly effective for promoting relaxation, tension relief and restfulness.

The Many Benefits of Yoga

- Regular yoga practice gives you a clear mind.
- The deep breathing resets your mind back to its natural calm and focused state.
- Yoga helps to shape long, lean muscles and increased muscle tone.
- Your yoga practice makes, releases physical tension, and harmonizes the mind and body.
- Yoga helps your body and mind release mental blocks, which encourages creativity.
- With regular gentle yoga practice you become more flexible, bringing greater range of motion to tight areas.
- Yoga breathing focuses the attention on the breath and teaches us how to take deeper breaths, which benefits the entire body. Holding poses over the course of several breaths also builds strength.

Look Good. Feel Better.

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6. Treat Your Body to Some Bodywork



Bodywork is an “umbrella” term that includes all forms of therapeutic touch and healing modalities aimed at improving one's physical body, energy, and/or mind-body connection. There are many types of bodywork being practiced all over the world. Some involve the physical manipulation of the body like massage, while other techniques are focused on the body's energy, sometimes called energy work.

Bodywork practitioners believe that many health conditions are the result of physical body issues such as: tension, tight muscles and soreness. Or, that those health problems are created by a blockage of the energy fields in and around the body.

We will discuss **Acupuncture**, **Acupressure**, **Massage** and **Reflexology** and how they can promote relaxation but, they are just a few of the many bodywork techniques used to treat stress, muscle aches, tension, pain, headaches and a variety of other conditions. For a look at a more comprehensive list of the types of bodywork from A to Z go to: <http://www.massagetherapy.com/glossary/index.php>



Acupuncture is an ancient oriental healing technique where fine needles are painlessly inserted at key points corresponding to body's organs to relieve pain, cure disease and dysfunction. It is based on the Taoist philosophy of balancing energy meridians within the body, thus allowing the body to heal itself.

Acupressure uses precise finger placement and pressure, rather than needles, over the same specific points used in acupuncture.

Acupuncture and acupressure are excellent strategies for effectively treating and for managing symptoms of chronic stress. They help to decrease the stress hormones that cause anxiety, depression, sleep problems, fatigue, chronic pain, and many other conditions.

Many people who get acupuncture regularly will tell you that they feel more relaxed and peaceful during and after a treatment. They also seem to be able to manage life's stresses and challenges with greater ease. If you are interested in a holistic approach to relaxation, acupuncture may be a good choice for you.



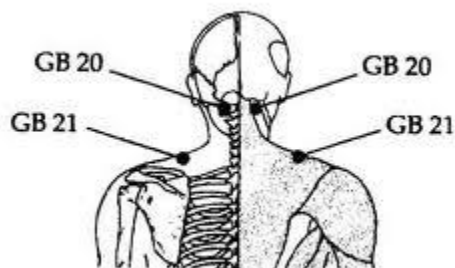
Acupressure is an ancient healing art that uses the fingers to press points on the body to stimulate its natural self-healing abilities. When these points are pressed, they release muscular tension and promote the circulation of blood to aid healing. Acupuncture and acupressure use the same points, but acupressure uses gentle, firm pressure instead of needles.

Acupressure is one of the most effective methods for self-treatment and can be effective in helping to relieve headaches, eye strain, sinus problems, neck pain, backaches, arthritis, muscle aches, and tension due to stress. Self-acupressure can also be used to relieve anxiety and improve sleep. The healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply. By relieving stress, acupressure strengthens resistance to disease and promotes overall wellness.

Help Yourself with Acupressure

By applying firm pressure to these points you can relieve yourself of tension, headaches and pain.

Press on the point and hold from 20 seconds to a minute or press for seven seconds then release for three seconds, repeat three times or more until relief is gained.



Point: Gates of Consciousness (GB 20)

Location: Directly below the base of the skull, in the hollows on either side, two to three inches apart depending on the size of the head

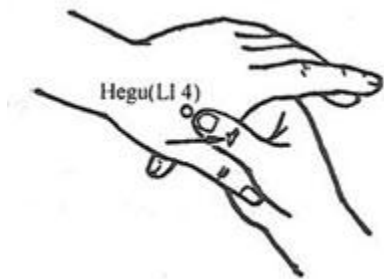
Benefits: Relieves headaches, stiff neck, neck pain, irritability, hypertension, and trauma

Point: Shoulder Well (GB 21)

Location: On top of the shoulder, directly on the muscle, about two inches out from base of neck

Benefits: Relieves frustration, irritability, fatigue, shoulder tension, nervousness, poor circulation, cold hands and feet, headaches

***Not to be used during pregnancy - can cause premature contractions**



Point: Joining the Valley (LI 4)

Benefits: Relieves arthritis, constipation, headaches, toothaches, shoulder pain, sinus pain and head congestion

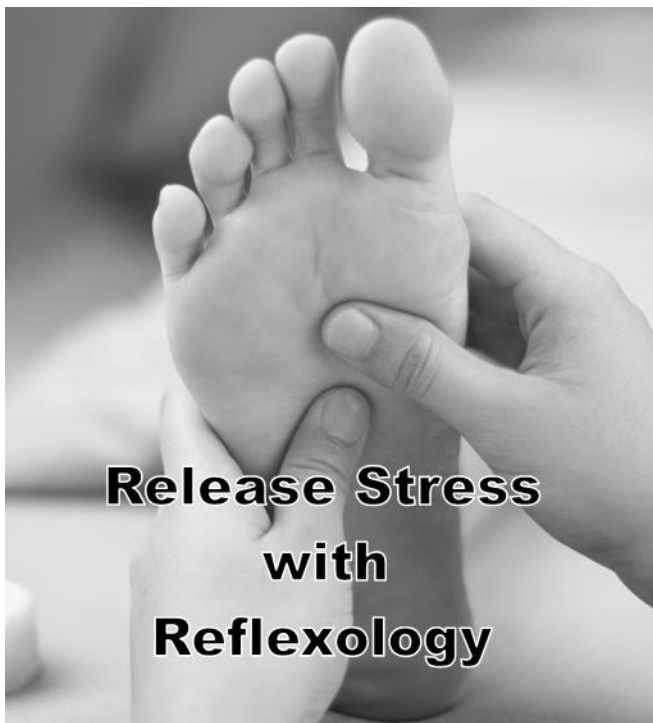
Location: In the webbing between the thumb and the index finger at the highest spot on the muscle when you bring thumb and index finger together.

***Not to be used during pregnancy - can cause premature contractions**



Massage is any treatment where a therapist, or masseuse, manipulates the body's muscles and soft tissues to relieve pain or alleviate stress. There are as many kinds of massage as there are ailments that massage can be used to treat. Massage can help relax tight, painful muscles, improve range of motion in the joints, enhance circulation and lower stress levels.

Recent studies have found that massage therapy can also improve both mood and sleep quality, in addition to lowering the levels of cortisol, a hormone contributing to stress. Since there are many different massage therapies available, it may require some research to find the right therapist and technique for you. Talk to several massage therapists about their specific type of massage and how it may help to reduce your stress.



Reflexology is a gentle art, a fascinating science, and an extremely effective form of therapeutic compression massage. Based on an ancient therapy, reflexology involves manipulation of specific reflex points in the feet, hands, and ears that connects to and affects the whole body. Similar to acupuncture, reflexology works to stimulate the body's natural ability for self-healing and to achieve balance.

The goal of reflexology is to bring overall balance to the body. The most important step towards achieving this is to reduce tension and induce relaxation. When the body is relaxed, healing is possible.

Stress reduction is one of the most important benefits of reflexology. When tension is released, the muscles cease to contract, blood vessels relax releasing vascular constriction which allows circulation to flow freely, thereby conducting the oxygen needed to all of the necessary tissue and organs.

Very few people can escape the effects of stress and long term stress can be devastating to your health. Reflexology helps to alleviate the effects of stress by inducing deep relaxation. When your body is relaxed it can heal itself. Reflexology is a guaranteed method to relaxing your body and is a powerful antidote to help you combat stress.



Intuitive Reflexology by Amon Sherriff, C.R.
(404) 414-1715

Amon Sherriff is a certified reflexologist, wellness coach and musician. He is dedicated to improving your health and wellness and uses his intuitive healing gift and 35 years of experience to create a unique healing treatment for your mind and body.

Reflexology Can

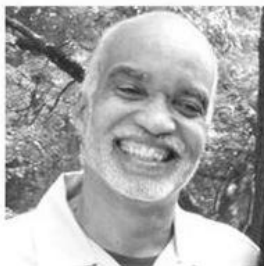
- Help you to relax and release stress
- Improve your circulation
- Strengthen your immune and organ systems
- Balance your hormones
- Increase your vitality

You CAN Feel Better NOW!

To know more visit www.awarehousehealth.com



Intuitive Reflexology by Amon Sherriff, C.R.



Contact Amon for an appointment

(404) 414-1715

amonsherriff@gmail.com

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**Comprehensive
Treatments include:**

- Therapeutic foot or hand massage
- A health and wellness evaluation
- Stimulation to acupressure points in the neck, shoulders and hands

What about Chiropractors?



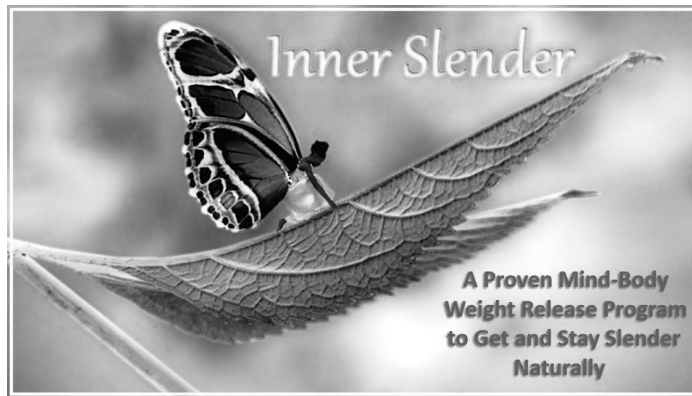
Chiropractic Treatments and Stress

The practice of **Chiropractics** does not fall under the umbrella of **bodywork** but is an important part of any stress management plan. Chiropractors work primarily with the spine, and a healthy and balanced spine is one key to effectively managing stress.

Chronic stress can lead to nerve irritation, prolonged muscle tension and muscle contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading to the misalignment of the spinal column.

The adjustments of a chiropractor can release muscle tension and help your body return to a more balanced, relaxed state. A chiropractic treatment can help you develop healthy responses to stress and reduce potential physical damage.

Chiropractics is also based on the concept that when given the opportunity, the body-mind can heal itself. You may want to consider seeing a chiropractor as a part of your stress reduction plan.



You Can Become Naturally Slender!

Inner Slender is a mind-body approach to weight loss that combines healthy habits with intuitive eating. Intuitive eating is a philosophy based on the premise that listening to your body's natural signals of hunger and fullness is an effective way to lose weight and keep it off. It does not involve counting calories, diets, fasts or any other forms of restrictive eating.

This approach teaches you how to create healthy relationships with your food, your mind, and your body. Intuitive eating focuses on building your awareness of your body's signals, and learning to trust your own body's wisdom around food and eating. You learn how to recognize, and change, any beliefs that are driving behaviors leading to overeating and to being overweight.

The Inner Slender Program

The Inner Slender Program gives you the **three key ingredients necessary for permanent change** so that you can achieve the weight and fitness success that you want and deserve.

1. You will learn strategies to uncover why you eat and the tools to shift and transform your beliefs about food and about eating.
2. You will be exposed to techniques to help you transform those self sabotaging habits and behaviors that have blocked your weight loss success and how to replace them with new healthier habits.
3. You will receive the support that you need to stay focused on your goals and to help you overcome obstacles.

	<p>Inner Slender Mind-Body Weight Release</p> <p>Cina Sherriff Intuitive coach/teacher/writer</p> <p><i>Develop Your Dreams</i></p> <p>innerslender.com Facebook.com/innerslender cinasherriff@gmail.com 678-694-8462</p>
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Congratulations!

You have successfully completed our *relaxbook*! We hope that you have been inspired to immediately add some new, positive health habits and ways of thinking to your daily routine.

Changing old habits into new ones can take some time so be patient with the process. If you try an approach that doesn't work for you...just try something else. There are many ways to eat healthy, different forms of exercise, and types of bodywork out there that really work! The trick is to find those that work for you and gets you the results that you want.

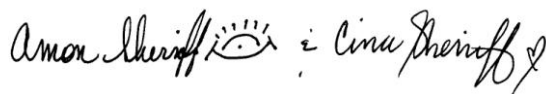
Start small, make a plan and measure your progress. An occasional slip-up doesn't make you a failure, just be careful that the slip-up doesn't turn into a free fall! Examine and identify where you may have gone off course and course correct. It takes consistent effort and focus to accomplish meaningful changes to your health and well-being, and most importantly, time. Remember this phrase...**progress not perfection!**

Listen to your body, be aware, and admit when you are making excuses. Practice giving yourself some love, kindness and encouragement. Revisit your written health goals and dreams regularly. This will give you the momentum necessary to keep you moving toward what you really want.

We believe that **health is power** and want you to experience all that is powerful within you! Let us know how you are doing. Contact us at **www.facebook.com/awarehousehealth** to chat or for health hints and updates.

Believe in yourself, transformation is possible and you can succeed! Just remember to *relax* your way into it!

Peace and Good Health to you!

Handwritten signatures of Amon Sherriff and Cina Sherriff. Amon's signature is on the left, followed by a small smiley face with a single eye, and then Cina's signature on the right.

Amon Sherriff and Cina Sherriff

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Inner Slender

Mind-Body Weight Release

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Recommended Reading

Three Deep Breaths: Finding Power and Purpose in a Stressed-Out World
by Thomas Crum

Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways To Keep The Little Things From Taking Over Your Life by Richard Carlson

Mind Over Medicine: Scientific Proof That You Can Heal Yourself
by Lissa Rankin

The Power of Appreciation: The Key to a Vibrant Life by Noelle C. Nelson and Jeannine Lemare Calaba

Dr. Judith Orloff's Guide to Intuitive Healing: 5 Steps to Physical, Emotional, and Sexual Wellness by Judith Orloff

A Mindfulness-Based Stress Reduction Workbook by Bob Stahl and Elisha Goldstein