
Mindfulness and Stress

<http://www.mindfulnessstrading.com/mindfulness-stress/>

What is Stress?

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

You can experience stress from your environment, your body, and your thoughts. Stress can be positive, keeping us alert and ready to avoid danger.

However, stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges.

Stress is a normal part of life. It is very much a part of a trader's life.

There is no avoiding stress, so don't use this as a strategy. It's much better to learn to manage and control it.

Often the situations and beliefs that make us feel anxious and tense look large and insurmountable.

We tend to form representations in our mind that empower stress. In these representations, we look tiny and helpless, while the things or events that are causing the stress look huge and unsolvable.

As a result, the person becomes overworked, and stress-related tension builds. This tension can lead to physical problems and deeper mental symptoms.

Have you downloaded your copy of the Free 15 day Introductory Course on Mindfulness for Traders?

You can get immediate access by

Mindfulness Breathing

Mindfulness Breathing is a powerful and simple technique that encourages slow breathing from the diaphragm or belly.

Breathing rapidly from the chest increases anxiety while breathing slowly from the belly lowers anxiety and reduces many of the 'scary sensations' of anxiety or panic.

Try the exercise below for 5 minutes and you will see a pronounced effect in reduced levels of anxiety.

First, note the level of tension you're feeling. Then lie comfortably on your back, with a pillow under your head, your knees bent and your back flat, or sit comfortably in a chair, feet flat on the floor.

Then, place one hand on your belly and inhale while you slowly count to 4.

Now, expand your belly as much as you can – like a balloon. You know you're doing it right when you can feel your belly expand.

Hold for the count of 4. Then slowly exhale to the count of 4, just letting all the air out of the balloon.

As you exhale, just feel yourself letting go of tension. Allow your whole body to just let go

It can also help if you visualize your arms and legs going loose and limp like a rag doll.

Keep repeating the breathing to the slow count of 4. Each time you exhale, you may wish to say a relaxing word or phrase silently to yourself.

When your mind wanders, as it will, don't be concerned. Just gently bring your attention back to the counting and the breathing.

Practice this regularly and you'll soon see it's a great way to bring stress under your control.