

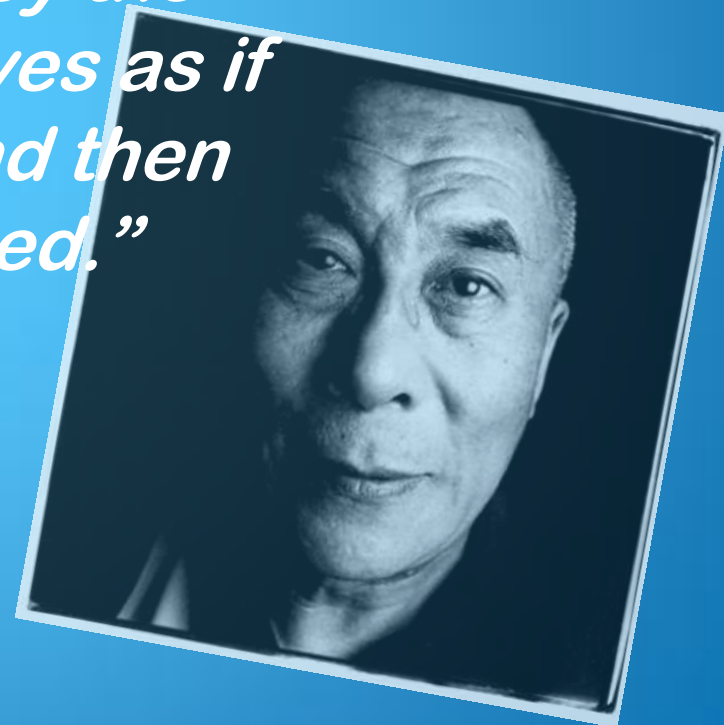


Don't Worry Be Happy with Stress Management

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Prana Yoga & Wellness

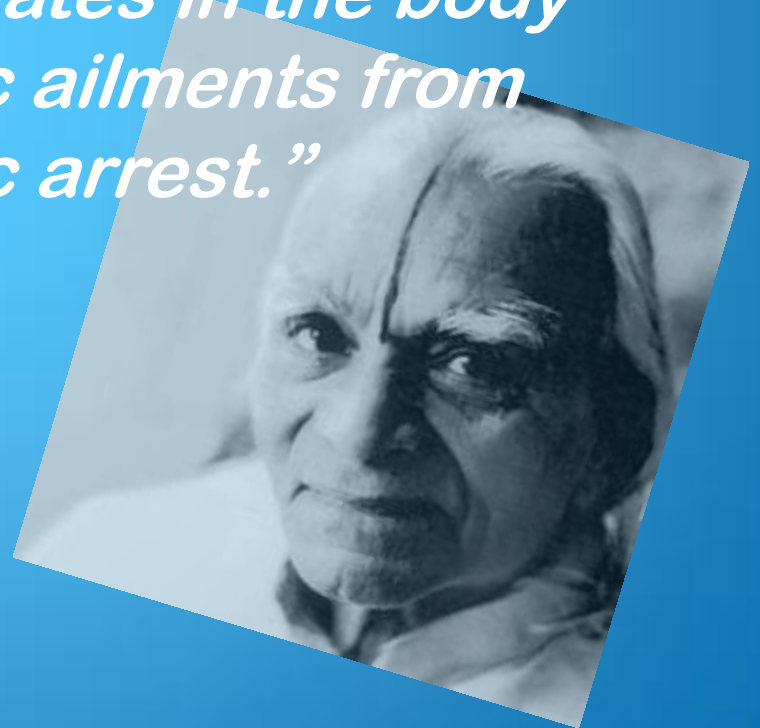
“A man sacrifices his health in order to make money. Then, he sacrifices his money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present or the future; he lives as if he is never going to die; and then dies having never really lived.”

-The Dalai Lama



“Industrial development & urbanization have no doubt triggered a faster life... But we do not allow our mind to pause and think. We throw ourselves from one endeavor to another, believing that speed and movement is all there is in life. Therefore stress accumulates in the body producing psychosomatic ailments from stomach ulcers to cardiac arrest.”

-B.K.S. Iyengar





You're full of it.

3 Causes of suffering:

- nature
- others
- self

Eastern Approach to:

- stress
- mind
- breath





AFP/GETTY IMAGES

20,000

15-20

3-4

1/2 vs 5-6

Practical Eastern Wisdom

Human suffering = NO SUCH
THING as a STRESS-FREE
life... EVER.

**Awareness:
Who/What is thinking
& experiencing?**

Just Breathe.

Yogic Breathing:

exhalation

nasal

1:2 or 1:4:2 ratio

abdominal

full yogic

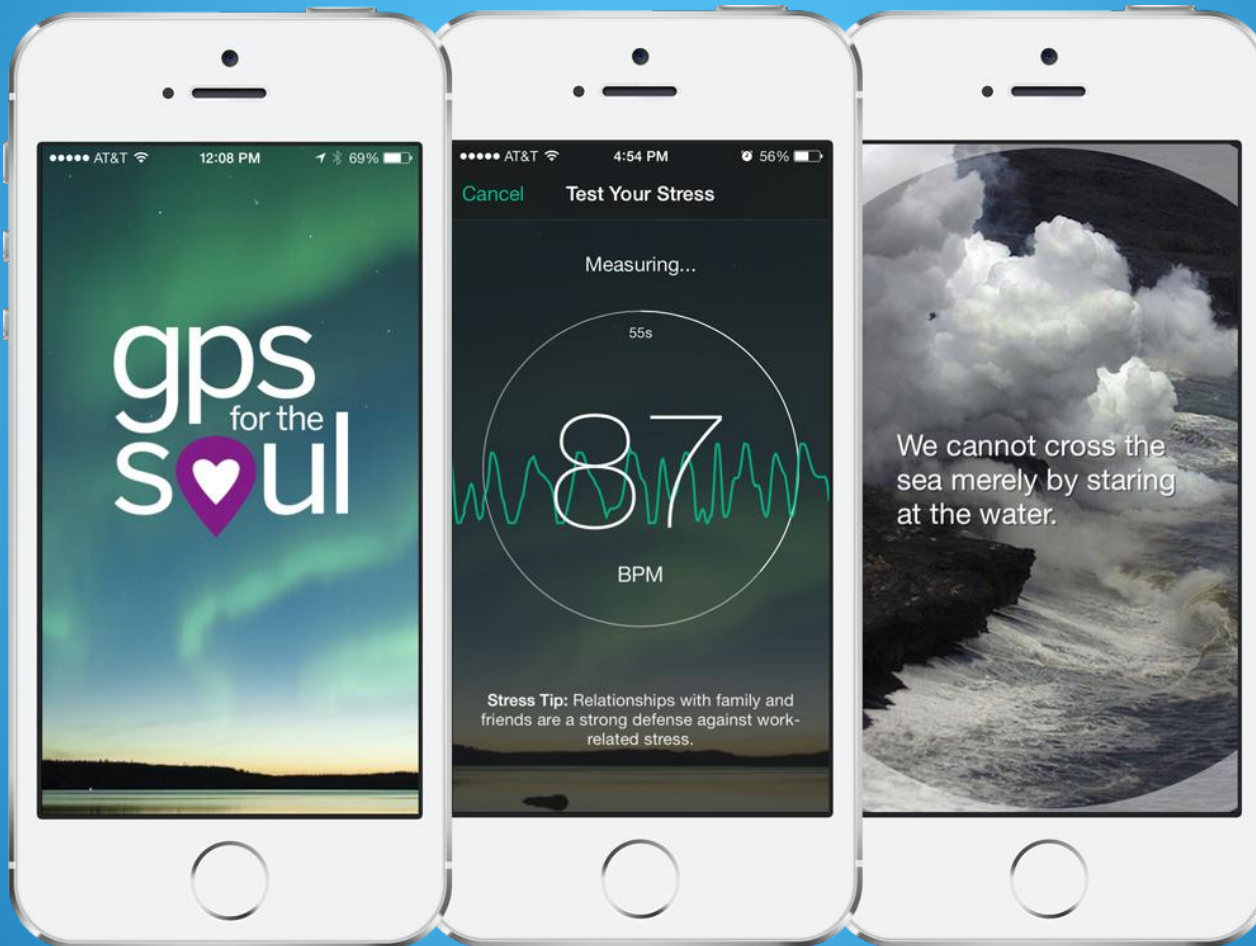
body scan

Mental State

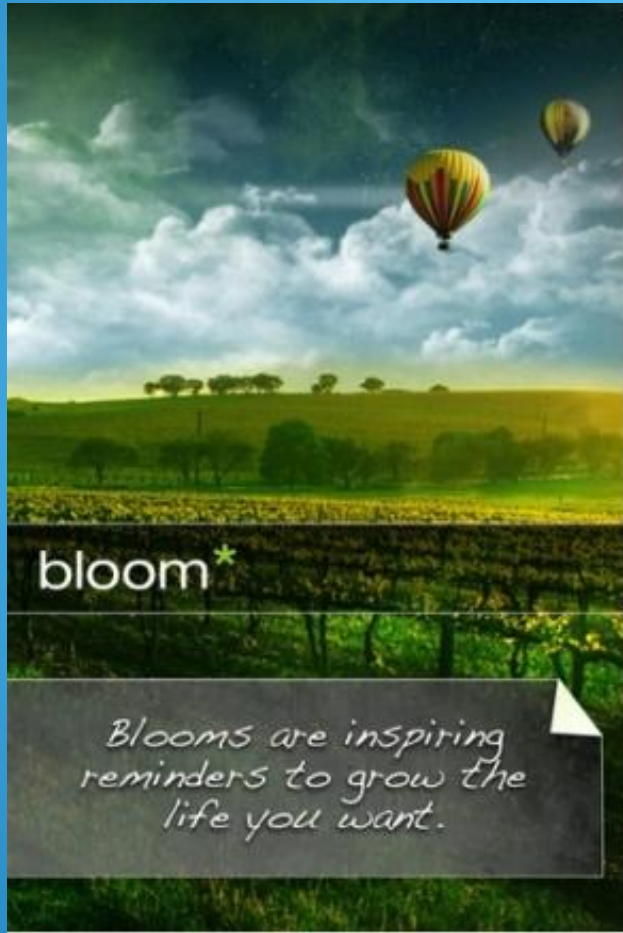
Gratitude

There's an App for That!

GPS for the Soul



Bloom



bloom*

Blooms are inspiring reminders to grow the life you want.



Plant a bloom in your daily schedule to remind you of what's important to you.

Resiliency = Continual Practice

- Remember the full plate & 3 causes of stress
- Breathe & relax
- Direct awareness
- Be grateful
- Find others
- Use Technology but...

Unplug regularly.

Sundays off wasn't such a bad idea.

Thank you.



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