

PROGRESSIVE RELAXATION

This is Dr. Brian Alman of TruSage (www.trusage.com). Today we are going to reconnect with ourselves and get in touch with our mind, body and soul. Reconnecting with every part of your body will strengthen your mind and help you to continue achieving your weight loss goals.

Feeling a Disconnect?

Being disconnected from others and ourselves can be very upsetting. The grounded, self-aware part of you seems to vanish and in its place is a lost soul. Not feeling connected with yourself can lead you astray – off the path you've worked so hard to be on and onto something else altogether.

So getting reconnected, connecting with yourself is an important step along this journey.

Staying on Track

Before I get into the simple yet powerful technique for connecting with yourself, I'd like to say something about follow through. Let's not be mistaken – follow through is one of the hardest things you'll have to do. But as long as there is follow through, results will happen.

Jack Welch, former Chairman and CEO of General Electric, is a perfect example. He started small at the big conglomerate known as GE, but through endurance and follow through, he was able to reach nearly insurmountable heights in his career. To do this, he finished what he started and had the endurance to keep doing it; he didn't lose sight of his goals and commitments; and he was certain to measure his progress against his goals and commitments. After all, making progress is what gives us a sense of achievement and fulfillment for what we have accomplished.

And if you follow through with both the techniques I've already shared with you and the ones we have yet to explore, then making that progress will be that much more attainable.

Progressive Relaxation

Are you ready to reconnect with yourself? Okay, let's get started. Today's exercise is a technique that goes back generations called Progressive Relaxation, where you get in touch with every part of your body.

Take a couple of moments to get into an open mindset, taking some deep, satisfying let-go breaths. Remember to release on the exhales, letting it all go as you release your breath. Utilize your favorite breathing technique from the arsenal of practices you've already learned. Now let's take our breathing a step further to incorporate Progressive Relaxation. Take a deep breath. As you breathe in, make a fist with one of your hands. Tighten the muscles. Imagine the tension flowing to your fist and feel it, feel the tension

moving from all over your body and concentrating right there in your fist. Hold it. Feel it. Then, as you exhale, slowly open up your hand and relax it. Try to imagine the tension and stress disappearing, vanishing as your fist becomes unglued.

Now try your other hand: Inhale. Squeeze your fist. Exaggerate it...and then release. Release the stress and relax as you give a big exhale. Do this as many times as you want and remember to release all the pent up tension on your exhales. Once you get comfortable with Progressive Relaxation using your fists, move on to other parts of your body too.

Your eyes, for example, are where you carry around all the tension from your mind. So as you inhale, shut your eyes, squeeze them tightly, hold them shut for 5-10 seconds. Then release on your exhale. Continue this exercise, trying different body parts, from your toes to the top of your head. Focus especially on the parts of your body where you may feel extra tension.

As you practice, you'll reconnect physically and de-stress mentally, all in one sitting. And remember, when you mix in a relaxed body with losing weight and keeping it off, then you're definitely headed on a progressive path.

Thank you!

Dr. Brian Alman

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