

## Stress Relief

### Instant Stress Relief: How To Get Out Of Stuck States And Feel Good In One Second Or Less

Stress relief systems are essential to learning effectively, because being relaxed and alert is vital to learning quickly.

Not so long ago, there was a gentleman named Lester Levenson who developed an ingenious system for letting go of any unwanted feeling on the spot. And that's what a stuck state usually is most of the time...an unwanted feeling.

Nobody likes to feel stuck. We like to be "in the flow". This stress relief system definitely keeps you in the flow.

What is so brilliant about Lester's system is that it combines the perfect set of ingredients to create the perfect automatic releasing system...and as mentioned on the page discussing emotional intelligence, it is a method well documented as effective by some of the world's leading universities, including Harvard and Columbia.

You can see information on the university studies here. Otherwise, let's take a look at how an optimal stress relief system is built and the shortcomings of some of the more popular ones.  
Problems With Traditional Stress Relief Systems

First let's think about traditional stress relief systems and take a look at their problems.

System: Deep Breathing  
Problem: Proactive interference: Old (previously learned) information hurts memory for new information.

The main problem with using deep breathing as a stress relief system is that it's hard to remember to do it. And the reason it's hard to remember to do it is because of what's called "proactive interference".

"Proactive interference" is a term for the fact that it is often hard for a person to recall newly learned information that is similar to information that person already knows. And since all of us know how to breathe, what could be harder than remembering to breathe in a new way?

System: Counting To Ten  
Problem: Takes too long

Although counting to ten can be an effective stress relief system, it's not really very practical. For example, what happens if stress comes up in the middle of a conversation or a lecture?

While you're busy counting to ten, you also aren't paying attention to what the other person is saying. Not a very good component of a person looking to use accelerated learning methods effectively.

System: Visualization Combined With Hypnotic Anchoring  
Problem: Doesn't address the underlying root of what's causing stress

Slightly better than Counting To Ten for stress relief might be visualization, especially when used in conjunction with a hypnotic anchor.

Visualization is a way of simulating the experiences you have when you are in a calming environment. You imagine a scene from your life where you have felt calm and return to that place in your mind's eye during times of stress. By repeatedly doing so, you strengthen the calming effect this visualization has on you.

The most practical use of visualization is when it is combined with hypnotic anchoring. Hypnotic anchoring is a means by which a particular cue (such as a word or number) is associated with a specific action. In this case you might mentally hear the sound of the number "1" as you visualize your calming scene.

What happens over time is your brain automatically links the number "1" to your quiet scene which is linked to calm. The advantage of this is that you can put yourself in a calm state pretty quickly just by thinking of the number "1" as it will automatically trigger the quiet scene which will in turn cause you to relax.

This is pretty close to an optimal automatic stress relief system, but there's still a couple of problems.

The biggest one, is we aren't really addressing the underlying root of what's causing us stress in the first place.

This is the beauty of what Lester Levenson's stress relief system has been able to do for so many people. Not only does it provide stress relief instantly, but it also roots out the underlying causes of the stress. system has been able to do for so many people. Not only does it provide stress relief instantly, but it also roots out the underlying causes of the stress. How To Create The Perfect Stress Relief System...

How would you create the optimal stress relief system? Here's how!

1. Make tension (stress) itself the anchor to the stress relief system. This has two advantages. First of all, the stress that comes up that blocks the flow of what you are currently doing, triggers your stress relief and you instantly are right back in the flow of what you are doing. Second, the unpredictability of when stress will occur provides the variable reinforcement needed to make the stress relief system a habit.
2. Link tension to a simple process that taps into the body's natural ability to release. The process should be built in such a way that the mind-body system will automatically shorten it over time...and it should be designed in such a way that it can be done in as small a time-frame as possible, including instantaneously.
3. The simple process should have built into it the ability to root out the underlying cause of all tension so that the more it's used the more peaceful and calm a person becomes overall.

So what have we got here? We have a stress relief system that is triggered by anything that causes stress and automatically becomes a habit that leads a person to sense of peacefulness, calm, and well-being. [Click here to take a look at what Harvard and Columbia have to say about this remarkable stress relief system.](#)

"Instant Stress Relief: How To Get Out Of Stuck States And Feel Good In One Second Or Less"  
© 2002 LearnFastEarnFast.Com, Inc

[Click here for information from the American Psychological Association for how and when to get ahold of a professional counselor or psychologist](#)