



# Coping With Stress - Practical Techniques For Optimal Wellbeing

## **WORKBOOK**



# Part 1: Your Energy And Your Body

## COURSE EXERCISE

### Qi Gong Exercise

Do each exercise 9 times except the thymus exercise (do this 6 times)

- The Sky High stretch (opposite arm and opposite leg stretching)
- Thymus Tapping and rub the lymph glands (9 times x 6 rounds)
- Kidney Tapping and lower back sweep
- Shake right arm and left leg and shake left arm and right leg.
- Beach balls: swing both arms in towards one another as if you were rolling beach balls inwards towards you. Knees bent, toes pointed in slightly, bum as if you will sit on a high stool.
- Hands facing each other in front, swing arms up above your head bending the knees as you move. Whoosh!
- Same arm and same leg stretching, move to opposite side and repeat.
- Yin Yang Breath. Arms rise with 'in breath' and fall 'with-out' breath. Arms float up as if there are balloons tied to your wrists, palms face earth. Elbows drop into your body. Arms float down with palms facing out, allow hands to drop to the side and repeat.
- Figure of eight. Toes slightly inwards. Nose over navel. Feet slightly wider than hip width. Palms facing each other. Slight hip turn at left and again at right.



Hold your hands below your navel for 1 minute.

Set an intention for your day, example, "It is my intention to have pure peace and joy in my day ahead."

All of these exercises are performed in numbers of nine except the thymus exercise which is 6 repetitions. These exercises and are designed to lift your energy levels and lower your stress levels.

## Muscle Testing for Energy Exercise

Write down points you have learned about muscle testing.

Muscle testing gives us a pathway to connect with our \_\_\_\_\_ to see what is true or untrue for our \_\_\_\_\_ .

To check how energised I am, by using a muscle testing technique, I can ask my \_\_\_\_\_ to see if there is 100% of energy in my body.