



## Managing Stressful Thinking

June 2005

Many of us believe that the stress we experience on a day-to-day basis is caused by outside forces. For example our jobs demand ridiculous amount of our time, or the kids need our non-stop attention and care.

It's easy to think that if we could just eliminate or handle the external factors, we'd find the peace of mind we long for.

The thought is that our stressful feelings are always generated by our own and not always external circumstances. Your busy life may seem to be the problem, but in fact it's how your thinking that gives the feelings of being over whelmed.

When you start to worry about not having enough time to finish your work, or do all the things that you think you need to do you start thinking thoughts like, "I can't possibly get these phone calls done by the end of the day. How will I ever write that report with all the meetings I have to attend? How can I get all my work done and also attend to the needs of the family and spend time with the kids. friends etc. I can see I'm going to have to work through dinner again."

These thoughts then start to generate stress, and as this happens, it often causes more, unproductive thinking like, "I never have enough time to meet my deadlines'. 'I'm always behind schedule'. 'My office is a mess and I'm so disorganized' 'The house is a mess', 'The kids need so much time', there is no time for me, etc etc. These low quality negative thoughts start to affect your mood and you then begin to feel annoyed, resentful and overwhelmed. By this point it can seem like the whole world is out to get you .

So what should you do? Try to understand what is happening to you, perhaps you will see a pattern yourself. Your thoughts are directly linked to your feelings. If you think angry thoughts, you'll feel angry. If you think about something painful, you'll start to feel depressed. Your emotional state always follows your thought patterns. Energy follows thought.

Therefore if you want to eliminate stress, you'll need to start eliminating your stressful thoughts.

How can I do that I hear you asking?, well you can let your feelings be your guide. The moment you notice uncomfortable feelings, ask yourself, "What am I thinking about right now?" Then, identify one or two thoughts. For example, if you're feeling rushed, you might be thinking about all the things you need to do within the next hour. Start by recognizing your thoughts.

After you have done this then change your thinking. Once you notice that your thoughts are creating uncomfortable feelings, stop thinking those thoughts. I know it sounds a bit too simple, but often the act of noticing your thoughts in itself will break the cycle.

Of course you can also just tell yourself a phrase such as "I chose to feel peaceful and

calm," 'I have more than enough time.'

The moment you change your thoughts, you'll enter into a more focused or calm state and be in a much better position to handle the situations.

Often when we are stressed we make the mistake of believing that if we work faster or harder we will get everything done. However this actually then creates more stress, and then you start to feel more rushed and anxious. What you actually need to do at this time is to try and bring yourself into the present moment, take a few deep breaths, perhaps use a relaxation technique and then just focus on one thing, that is the thing in front of you the one thing you are doing. Do not think about all the things that need to be done, but just focus on the one thing your doing. You will be more productive by focusing on one thing at a time.

Its almost like stretching time.

So, the next time your mind is tempted to run ahead and start thinking of all the other things that need to be done, gently bring it back by saying something to yourself like, "I'm doing this one thing right now and enjoying it."  
You'll not only get everything done, you'll wind up in a much better mood!

Learning to manage stressful thinking does take time and practise but it does work. When you change your thinking, you actually do change your life!

Good luck!!

### **Angel Blessings**

*Julie and Steve*

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#### **From the Angels:**

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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**Julie and Steve's Meditation CD's and Angel Essences can be bought from:**

**Bahrain** - Julie and Steve, and Book Case (other outlets to be announced soon).

**Dubai** - Jack Montgomery, Tel - 00971504585860 **Or**  
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

**Will soon be available in Greece, Kuwait, USA, Australia, UK**

## **Angel Essences -**

**Bahrain** - Julie and Steve

**Dubai** - Jack Montgomery Tel 00971 504585860 Elements Fuengshui AL KHALEEJ CENTRE BUR UBAI

Art & Picture Framing Lamcy Plaza, Ground Floor

**Soon in Greece, Kuwait, at Stellarhouse, Saronida Athens.**

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### **Julie Lomas M.I.A.C.H.T.**

Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

She is a member of the International Association of Crystal Healing Therapists and has been practicing and teaching these holistic therapies for 14 years.

She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

### **Steve Ritchie**

Steve is a Usui Reiki Ryoho Master / Teacher / Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing areas such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

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