

Belle's Humming Stress Remedy!

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My 4-step exercise decreases the stress and anxiety triggers that run through our bodies, particularly during the Holidays! Plan to spend 3 - 5 minutes on this exercise. As you practice and deepen your conscious awareness of yourself, this exercise will take less time to disrupt the anxiety and stress and get you back to feeling well, focused, and centered.

Notice the feelings and emotions running through your body right now. Breathe and take inventory of where you feel the disruption in your body, and breathe into that space. See it dissolving and leaving your body now.

Thank your body, mind, and heart for the feelings and emotions you're currently experiencing as they alert you to your self care.

1. Circle the words below that best describe what you're feeling. For best results, to obtain a clear meaning of each word, take some time to look them up so you can have a broad knowledge base of yourself and your body! Being able to assign a word to what you're feeling is a powerful communication tool in today's world.

Enlightenment	Worthiness	Expectation	Overwhelmed	Rage
Passion	Happiness	Contentment	Abandonment	Revenge
Empowerment	Appreciation	Satisfaction	Unloved	Grief
Freedom	Compassion	Stillness	Lonely	Guilt
Excitement	Connection	Disappointment	Rejection	Insecure
Love	Believe	Doubt	Anxiety	Unworthy
Joy	Confidence	Worry	Fear	Depression
Acceptance	Responsible	Discouraged	Anger	Despair
Trust	Inspired	Sadness	Blame	Powerlessness
Courage	Hopeful	Pessimism	Jealousy	Hopelessness
Enthusiasm	Optimism	Frustration	Impatience	_____
Eagerness	Positive	Impatience	Irritation	_____

Other? Write it down! _____

2. Please take a moment to circle where you are predominantly feeling on the scale below.



3. Follow my step-by-step guide to practicing humming for stress relief.

Plan to spend 2 - 3 minutes on this exercise to create coherence within your nervous system.

- **Find a Quiet Space:** Look for a calm, quiet area where you can sit comfortably without any distractions.

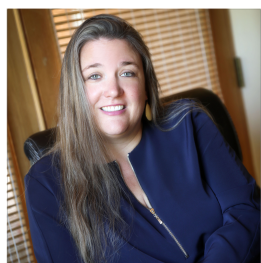
- **Get Comfortable:** Sit or stand comfortably with your back straight but relaxed. You can close your eyes or keep them softly focused.
- **Take Deep Breaths:** Start by taking a few deep breaths in through your nose and exhaling slowly through your mouth to relax your body.
- **Start Humming:** Begin to hum softly. There's no specific note or melody required; simply produce a continuous, gentle humming sound. Take the time to be and breathe between hums.
- **Focus on the Vibration:** As you hum, pay attention to the vibration in your body, especially in your chest and throat. Feel the resonance of the humming throughout your body.
- **Mindful Awareness:** Be mindful of the sensations as you continue to hum. Notice how the sound reverberates within you and focuses your attention away from stressful thoughts.
- **Continue for 45 - 60 seconds:** Aim to continue this practice for at least 30 seconds or longer if you feel comfortable. You can gradually increase the duration with practice.
- **Gradual Conclusion:** When you're ready to finish, gradually let the humming fade out. Take a moment to notice how you feel afterward—hopefully more relaxed and centered.
- **Reflect:** Take a moment to reflect on how you feel post-exercise. Notice any changes in your stress levels or overall sense of well-being.

Remember, the key is to allow the humming to be a soothing and calming experience. It's not about the perfect pitch or melody but about the vibrations and the mindful presence it brings to your body and mind. Practice this exercise regularly to reap its benefits in reducing stress and anxiety.

4. Take a moment to circle where you are predominantly feeling on the scale below. Note the number!



- If humming hasn't taken you to a score of 7 or above, try it again or do something that makes you happy, like taking a walk, calling a friend, or listening to music.
- When you regulate into your parasympathetic nervous system, patience, thinking, focusing, and creating your life is more accessible. That space is in the range of 7 - 10 on the scale!
- Congratulations on reaching level 7 or higher on the scale! You're making significant progress in mastering emotional regulation, and your brain is rewiring neural pathways to make practicing calm a more natural occurrence. Keep up the excellent work!
- The more you relate to your emotions as guidance for self care, the more successful you can be in achieving goals, attracting positive relationships, and improving your health and well-being.
- Keep this exercise accessible to remind you to notice where you are on the scale in any given situation. If you're below 7, make the time to hum, walk, move, or orient your attention to something soothing outside yourself.
- You know you, so discover what advances you up the scale and do it to feel your best in all situations and in mastering feeling freedom and the ease of feeling your best!



Thank you for joining me in this fun and powerful exercise! Choosing and learning self-regulation creates a deeper level of wholeness within you instead of trying to create from lack, frustration, anger, and being off-balance. Every time! I promise!

More to come as we dive into self-discovery and emotional regulation; you will discover far more elegant and compelling ways to live your life. I'm here to assist and provide information and guidance as we all traverse the seasons and terrain of our lives.

I believe in you,~ Belle, Penny, Salsa, and Mimi

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