

# WARWICKSHIRE LIFE

MARCH 2006 ■ £2.50

*The County Magazine*

## **BRINGING TO LIFE**

WYTON ORGANIC GARDENS

## **DISTORTING REALITY**

ALICES VINCIGUERRA'S UNIQUE ART

## **LITERARY CONNECTIONS**

NUNEATON AND BEDWORTH

## **NO STONE UNTURNED**

BEHIND THE SCENES WITH THE FREEMASONS

## **ENHANCE WITH RESTYLANE**

PROCEDURES CARRIED OUT BY ABBEY FACIAL AESTHETIC CLINIC, NUNEATON

## **THE PROPERTY GUIDE 40 INFORMATIVE PAGES**

PROPERTIES FOR SALE AND TO LET  
THROUGHOUT THE MIDLANDS

03 >



9 771478 175026



If you live your life to the full but wish you had the chance to recharge and relax without having to stop what you are doing, then *The Breathe Your Way to Calmness* DVD and CD are perfect for you.

Both the DVD and the CD have great techniques teaching how to boost your energy levels and increase your mental focus as well as decluttering your mind, soothing your body and balancing your life.

Speech specialist and language therapist Penny Anne O'Donnell, who lives in Warwickshire, is a relaxation specialist who has designed an effective breathing programme for people who need to relax but don't have the time. Her methods are simple to follow and produces great results by discreetly calming anxiety in any situation. The DVD guides you through the breathing exercises as well as giving you the chance to hear relaxation novices who need to access calmness for different reasons.

Penny Anne also has a few tips to help us enjoy reflecting upon and improving our life experiences in 2006.

**CALMNESS BREATHING**

One vital tool to have in your skills kit bag this year is calmness breathing. Breath is the most important fuel we take into our bodies and how you do this (over 20,000 per day) influences both your physical and mental tension levels.

Just check now to see if you are breathing correctly. Inhale and check the direction of your tummy button!

As you breathe in your tummy button should move forward and nothing above your bust/pectoral muscles should move. The reverse should happen as you exhale. If you are using your upper chest this can increase your tension levels and deplete your energy.

Whenever possible tune into the soothing rhythm of your three stage breathing: inhalation, exhalation and preparation.

Smile and sigh your stress away!

Book in a daily sigh and smile break.

We all risk running out of steam as the day goes on. Why not refresh yourself with a smile as you breathe in and breathe out on a gentle sigh.

LOSE THE  
**stress**

Extend the smile to the back of your throat to really enjoy a good stretch and sigh/yawn with relish! It releases physical and mental tension and encourages you to breathe out. It allows you "time out" from your day to re-charge! An easy "time-filler" in a traffic jam, standing in a queue, on hold on the phone and whilst waiting for the kettle to boil.

**POSITIVE MANTRA**

You can positively influence your daily life experience through your "self speak". How do you talk to yourself? Do you boost your self through the thoughts you allow to enter your conscious, or are you fearful?

Try to reduce the amounts of "should" "would" "must" etc and focus a little more upon the "would like" and "it would be lovely if."

Also for two weeks choose a daily positive thought to keep with you throughout your day. For example "I have calmness and inner beauty"

"I can handle this calmly"

"I have the tools to deal with this."

As a reminder pop a post it with your mantra on it on the computer or somewhere that you look a lot. Write yourself a positive message in your diary or on your "to do" list.

Your mind is a unique precious gift. Explore it at every opportunity. ■