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1, 2, 3 minute Stress Relief Exercises and Tips!

By Bretta Kelly, BMSC, LLC

Edited and Hand Illustrated by Josh Kelly



people in manufacturing as well as service industries. A majority of the employees I have interacted with over the years carry a lot of stress in their bodies.

An environment I often come in contact with is one with individuals found sitting in front of their computers, often times not rising to rest or eat lunch. Many are working, meanwhile they are eating simultaneously, and more often than not doing so with poor posture. The most common observation I have made is that of how common it is for one's shoulders to be hunched so high, an onlooker would be unable see their neck, holding so much tension within their neck, shoulders, and upper back; such behavior has an effect on breathing, and causes fogginess in the brain, as well as anxiety and shallow breathing.

For about eight years now, I have been practicing energy healing principles, as well as exercises. Additionally, I have been a volunteer instructor for healing yoga classes, and staff member for workshops such as finding true self and stress to strength. I created a YouTube Channel, Bretta Kelly 1, 2, 3 Minute Stress Relief videos. My intention with regards to these short videos is to share a handful of the principles and practices that I've learned, alongside those I am still learning about, is to increase the possibility that somebody watching or listening may find one technique

or exercise that will give them great relief in their emotional or physical body.

My tip for anyone reading this article is to create a reminder on your phone once every hour to help you rise up and move for one or two minutes in order to circulate energy within your body. If you can't get up, here's something simple you can do: sitting still with a straight back and a huge smile on your face, clap your hands forcefully for 60 seconds. Halfway through, you will be shocked that it may seem difficult; try clapping even harder, smiling bigger, and get to 60 seconds. After you are finished, feel all the tingling vibrating energy within your hands, as well as the rest of your body from simply clapping your hands! Remember to breathe in and exhale deeply. In just one minute you are able to bring all the blood to the surface, and all your cells, as well as the rest of your body, will feel awoken. You will be able to breathe deeper, see clearer, and work better.

Bretta Kelly 1, 2, 3 Minute Stress Relief Videos – YouTube Channel; You can watch or read the introduction at Video Introduction https://youtu.be/h_L6FTCT3HY, and Meaning of the hummingbird <https://youtu.be/hVfFGEJDMHI>, please subscribe and enjoy!