



## Get Out of the Pool

### Two-Part Method for Relieving Stress

We deal with issues all the time, but the emotional/stressful ones are not so easy to relieve. Imagine, for instance, a hot summer day and you are walking (in your street clothes) by the shallow end of a swimming pool.

You accidentally fall into the shallow end. You're not hurt nor drowning, so you stand up.

What is true? Your street clothes are all wet!

What would any normal person do?

1. Get out of the Pool!
2. Shower off - Put on Dry Street Clothes!

This works really well if it is such an obvious situation. But when it regards stress and the emotions, we really don't have well-developed stress-relief methods.

Try this simple exercise:

#### **Part 1 – Get Out of the Pool** (Remove yourself from what is stressing you)

Here is a hypothetical situation: You are standing with your boss in the hallway. The boss decides to really give you a hard time about something and you start to feel intense stress. You say something like "Excuse me, I'm going to the washroom; I'll be right back." Even if you are away for only 30 seconds you have consciously removed yourself from the source of the stress.

#### **Part 2 – Put on Dry Street Clothes** (Change the energy around the situation)

When in this imaginary or literal washroom, think of one of your most beautiful experiences (e.g., first time you held your child, most beautiful mountain vista you ever saw, first time in love, etc.)

Really bring that thought memory completely forward into the present moment NOW. As you concentrate on the memory, immerse yourself in what it felt like. Hold this emotional immersion into that beautiful memory for at least 30 seconds.

When ready, leave the washroom and rejoin your conversation with your boss. The energy around the stress will have completely changed. It may take practice, but it works!

## What is Actually Happening

In Part 1 you are choosing with the power of your will to remove yourself (physically or mentally) from that which is causing you stress. Even if it is only for a few seconds, the powerful will is disconnecting your mind from what is stressing you.

In Part 2 you are again using your will to choose an event in your life that was peaceful, expansive and loving and you placed yourself fully in the emotion of that memory. Just using the will to immerse yourself in that feeling completely changes the energy of your connection to what was previously causing you stress.

Doing this exercise repeatedly, or when needed, is exercising self-development and the power of the will to choose.

- Get Out of the Pool
  - Emphasizes the Power of the Will to Choose
  - Reduces stress by interrupting the stressor
  - Changes the energy surrounding the stress

