



Liz McCaughey

Psychotherapist & Counsellor

Stress Relief – Free Package

Hi, I'm Liz McCaughey, the Founder of aMindset.hk and a Psychotherapist and Supervising Counsellor based in Hong Kong.

Welcome to my [Free Introductory Package](#) for coping with Stress.

Here you will find:

- * A brief Breathing Exercise for Instant Stress Relief - [Audio](#)
- * Daily Mind Matters (DMM) - a short daily routine for more effective control of your Stress Triggers - [Audio & Text](#)
- * A Calming and a De-Stress Meditation - [Audio](#)
- * General Stress information - [Text](#)

I hope this Stress Relief Package will help you as much as it is helping me and many of my clients.

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Instant Stress Relief – Audio Recording

In some situations ***Instant Stress Relief*** is needed but you are not able to escape the situation. Follow the simple guided meditation using the breath to find instant relief without unduly interrupting what you are doing.

Meditation 

Just Click above and follow the 45 sec
Breathing exercise for
Instant Stress Relief

Daily Mind Matters (DMM) - Stress

Text and Audio

Use the following method if you are feeling stress or you know of a situation in the future that may cause you stress. It is recommended you follow this workout for at least 7-days. The longer you do it, the more lasting will be its effect.

Optionally, chose to use the [DMM for Stress](#) 

Routine

- AM - Meditation maximum of 15 minutes.
- Midday - Affirmation for 1 minute.
- Evening - Evening Review - 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Meditation - Stress *(Maximum duration 15 minutes)*

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose
- Exhale through the mouth

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- *“I breathe in and visualise a clear running stream”*
- *“I breathe out and release all my stress into that stream.”*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing and then repeat this meditation phrase:

- *“Stress is not a part of my life, my thoughts are calm, my body feels at peace.”*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you stress as a tiny speck on the horizon.

- Silently say: *“This situation is not real, it no longer affects me.”*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings
- Feel peace and calm flooding through your body
- Smile as you open your eyes and end the meditation

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale is positive and strong.*
- *Every breath I exhale releases all my stress.”*

Repeat 3 times.



Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments when you felt stress.

Do not try and push the thoughts away just accept what has happened.

Quickly review the day highlighting those moments of stress.

And then silently affirm:

- *“No situation is allowed to make me feel stress*
- *Stress is not a part of my world*
- *Stress is an illusion of the mind*
- *I do not accept stress as part of my life*
- *I will myself to be serene and relaxed in everything I do.”*

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Audio Meditations

Calming Stress Relief Meditation:

When you are feeling uptight and time is short, try this calming 6-min meditation to sooth away your stress.

Calming Audio Meditation 

De-Stress Meditation:

The following 16-min Meditation is designed specifically for Stress Relief and may be used at anytime, and as often as you wish, for a relaxing De-Stress.

De-Stress Audio Meditation 

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General Stress Information

Stress is that feeling you get when you are overloaded and struggling to cope with demands. These demands can relate to a myriad of things: Finances, work, relationships, social interactions; so many situations can make you stressful. It is important that you know what causes you to become stressful so you can be forewarned and prepare for the stressful situation. For example, if you are doing a presentation and you know that is one of your stress-triggers, then you might use one of the included meditations to help calm you prior to the presentation. Of course, stress can be a motivator and helpful in dangerous situations. However, too many stressors can be harmful for your wellbeing. If you are aware of your stress triggers, then you can help to reduce their harmful effects by making sure you do not present yourself with too many situations that you know will trigger your stress.

So, take some time to work out what your stress triggers are and then work out how you are going to deal with them. What routine are you going to set up to alleviate the stress? Therapy is very good for gaining clarity about stress as a trained professional can assist you in understanding its origins and what you can do to alleviate the symptoms and their effect on your professional and private life. However, you can do some of the work for yourself by following the



Daily Mind Matters Daily Routine sheet and meditation. Stress is accumulative so start dealing with it today. Don't wait until you become overwhelmed and cause yourself considerable suffering and harm.

World Health Organisation

“Stress” has been dubbed the “Health Epidemic of the 21st Century” by the World Health Organisation and is estimated to cost American businesses up to \$300 billion a year.

Hong Kong

In Hong Kong mental health ill health (of which stress is a major factor) is estimated to cost 5.5-12.4 BN HKD per year. (Ref CMHA 2019 brochure)

The effect of stress on our emotional and physical health can be devastating. Stress needs to be dealt with immediately. Daily simple stress reduction techniques can make a huge difference to a person's well-being. And counselling can help people identify stress and provide assistance in identifying stressful triggers and how to develop healthy coping mechanisms to stop this 21st century epidemic.

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In Conclusion

I do hope that you enjoy and, more importantly, benefit from my **Free Introductory Package** for coping with **Stress**.

If you would like to experience more of the **Daily Mind Matters (DMM)** short daily meditations, they are available free on my websites below:

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If you feel that individual stress relief counselling will benefit you, please message (What's App): 62709109 and I will call you to discuss arranging an appointment and what is involved in the therapy sessions.

Or, find out more about me and my Therapy and Workshops - [HERE](#)

Liz

“Breath is the power behind all things. As I breathe, I blow away all stress in my life.”

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