

# 6 Easy Energy Habits to Manage Stress



by **Jacks Maliyakal**

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## Easy daily habits you can follow

We do have simple habits to keep our body clean, fresh, healthy & beautiful. We brush our teeth, take bath or shower, exercise and dress up. We have gyms & beauty parlors.

### **What practices, habits and parlors we have for a healthy mind?**

What if we can have similar simple habits to keep our mind and emotions clean, fresh, healthy & beautiful?

**The good news is, we can.** Our energy and mind is deeply interconnected. If the aura around us is dirty or unhealthy it will affect our thoughts, emotions & mind. If we can keep our aura or energy around us to be clean, vibrant and positive. We can have a peaceful & healthy mind.

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## Step 1

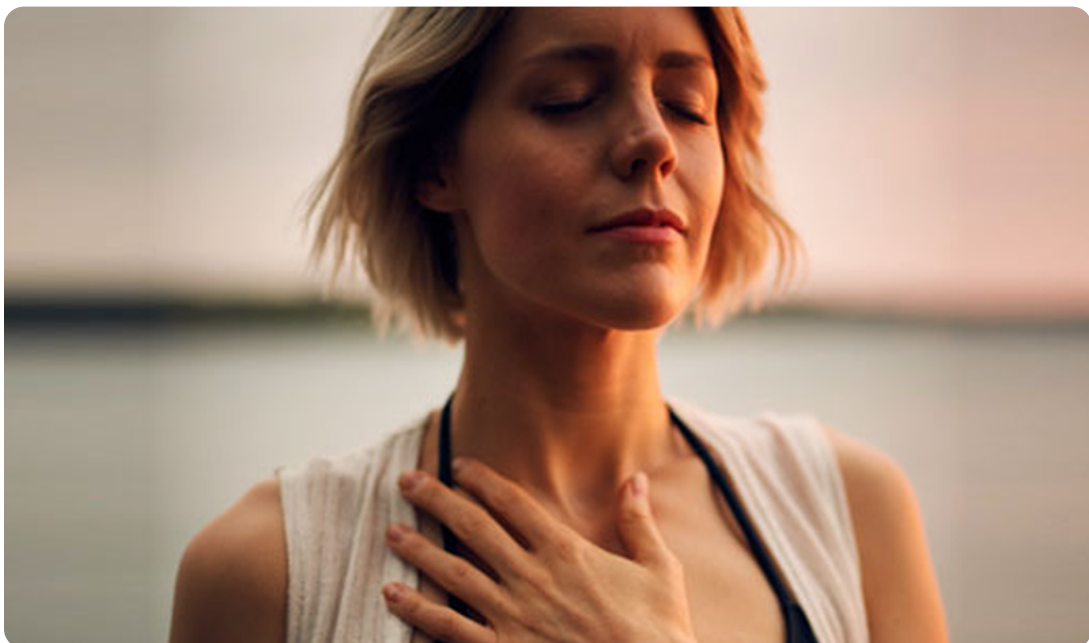
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# Work on your breathe

Your breath, energy and mind is very much connected. If you observe your breath when you are stressed , you will notice its short and shallow. When you are relaxed your breath is slow and relaxed. When you are stressed you can do some deep breathing to relax your mind. We need to train and habituate our self to do deep and long breathing.

1. Train your body to do deep breathing
2. Make sure you are breathing with your tummy not with your chest
3. Do deep and long inhale/exhale
4. Find a quite place and do deep breathing for 2 to 3 mins

By making this a regular practice you maintain a rhythm and balance for your mind. Their are advanced breathing practice like pranayama, pranic breathing & different breathe works.





## Step 2

# Detox your mind and emotions

You need to regularly detox and de-clutter your mind. Same like body has toxic chemicals, mind has toxic thoughts and emotions which makes the mind dirty and unhealthy.

1. Avoid toxic relations or people who make you feel tired and drained.
2. Interact with people who makes you feel happy and relaxed.
3. Avoid reading, listening or watching contents which trigger your lower emotions like anger, irritation, jealousy, fear etc.
4. Read, listen & watch contents which is inspiring, healing, motivating,
5. Avoid multi tasking and focus on one activity with mindfulness.
6. De-clutter your space, home, mobile, laptop which also helps to create a clarity and focus in mind.





## Step 3

# Simple physical exercise daily

Daily simple routine of exercises and stretching helps to keep your energy clean and active. Simple stretching exercises, walking, jogging and gentle yoga is very good to make your day more active and stress free. If you are not used to exercises and jogging, start with smaller steps which make you comfortable to do regularly.

1. Small walks in fresh nature
2. Stretching exercises
3. Join yoga or Gym
4. Join a Sports(Badminton, Football, Cricket etc)
5. Dance or move to the beat
6. Spend time in gardening, farming or rearranging your space





## Step 4

# Meditation/ Be in silence

Meditation helps your mind to be calm and focused. A muddy glass of water if you keep shaking and moving, it will remain. But if you allow it keep it stable in one place for sometime , the mud will slowly settle down and water will become clear. Same is with mind if you allow it to sit without any disturbance for sometime mind will become clear and focused.

1. Find a quite place
2. Sit in a comfortable position
3. Gently close your eyes
4. Try to keep your body and spine straight
5. Observe your normal breath coming and going
6. Do this for 5 to 10 minutes







## Step 5

# Spend time in fresh air and nature

Have you heard of negative ions? **Negative ions** are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments. The Negative ions can be absorbed through the skin to take in all of its goodness! Once our body absorbs, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy. The environment you find rich in negative ions are waterfalls, beaches and mountains.

1. Visit a place rich in fresh air and nature
2. Do some deep breathing
3. Feel your skin is absorbing the fresh energy around
4. Feel your body and mind getting relaxed and assimilating the fresh energy around.
5. Feel you are getting recharged





## Step 6

# Aura cleansing & energizing

If you can regularly keep your aura and chakras clean, balanced and energized, your mind also will reflect with clarity, balance and strengthened. Since energy is very subtle people who are sensitive to energy can only identify it. But it doesn't matter if you are sensitive or not to get the benefits. If your aura is clean, mind also will feel clear and less clouded. An energy healer, pranic healer or reiki practitioner can help you with give a intense aura cleansing and healing.

### **Self Aura Cleansing and energizing practices**

1. Take a salt water bath. Fill half bucket of water with hand full of salt and wash your body. This helps your aura to get cleansed for an extent.
2. Spend time in places filled with good energy like temples, churches, mosque & other spiritual places.
3. Spend time with people who have good energy.







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