

Unmanaged stress affects more than your health. Its negative effects can impact your ability to succeed in business and in life.



Next Step Transformation Newsletter

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How Meditation Supports Your Success

Hello friends,

I had taken a break from this newsletter so that I could focus on my family, as we all supported my father during his last year with us. I am happy to report that we made it a very happy year for him and he is now in a better place. I hope you enjoy these newsletters once again; they are dedicated to your greatness and success!

The Evils of Unmanaged Stress

Over 2000 studies in the last 20 years show that unmanaged stress accounts for over 80% of doctor's office visits. The National Institute of Health, American Psychological Associations, the National Cancer Institute, and The American Institute of Stress all name stress as the #1 health issue in America today. Unmanaged stress affects more than your health, its negative effects can be seen and felt in your analytical thinking, problem solving, decision making, and creativity; which means it is probably impacting your ability to succeed in business and in life.

For business owners, The World Health Organization estimated in 2012 that workplace stress costs American businesses up to \$300 Billion a year due to increased sick and personal days, reduced productivity, reduced customer service, and increased customer and employee turnover. And stress has only become more pervasive in our lives since 2012.

Meditation to the Rescue!

Meditation is one of the top techniques recommended by doctors for reducing stress. Meditation reduces stress on



Contact me to schedule a stress management talk for your team, group, or business.

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multiple levels. In the physical body it helps lower your blood pressure and improves your breathing. On the mental level it improves mental clarity and focus. On the spiritual level it promotes calm and peace. When you feel better, calmer, and more focused, your performance automatically increases and you are more successful at whatever you are doing.

My meditations are short—most are less than 15 minutes—and focused. They are designed to quickly address the negative effects of specific stress, indicated by the title of the meditation, so that you can recover your clarity and strength in that area. You can find my meditations and “100 phrases to...” recordings on Google Play at <https://play.google.com/store/search?q=martha%20soria%20sears&c=music>

To get you started with meditating here is a 15 second mindfulness technique for you. Sit up in your chair and just swivel your shoulders and neck to find a comfortable alignment. Now close your eyes and be present, focusing on what is going on internally in your body, mind, and emotions. As slowly as you can take a deep breath that fills your lungs. Hold for a short pause and then slowly release your breath until your lungs are completely empty. Pause and breath normally. Think about the process that your body just experienced with that one breath. Notice the release, however small, that your body felt. Open your eyes and you have completed your one-breath meditation. If you liked the feeling, then next time you can expand the meditation to be two or three breaths. The objective is to bring about a pause and awareness of where you are and who you are in the present moment. This inner awareness reminds you that everything else is just external noise. After your one breath, you are now ready to address and respond to what is going on with calm and focus.

To your success,

Martha Soria Sears

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