



## Complete Harmony

*Achieving harmony in your world*

Coaching

Stress Management

Personal Styling

Reiki

# Creating calm from chaos...

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Issue 5

Learning to breathe properly is a fundamental part of reducing stress.

Some experts say that a truly relaxed person only breathes between five and eight times a minute, so your current rate of breathing may indicate how stressed you are. If you can regulate your breath, you'll notice an immediate benefit. Tibetan monks are reputed to say that it is the number of breaths you take that determines the length of your life.

Efficient and controlled breathing and the ability to relax are vital in dealing effectively with stress. Simple breathing exercises and muscle relaxation techniques reduce the mental and physical effects of stress and enhance wellbeing.

To see real, lasting benefits you need to make it part of your lifestyle rather than something you do to break the routine. Your breathing pattern won't change overnight, like anything you have to work at it.

## ... every breath you take

The small time you spend relaxing your body muscles and controlling your breathing each morning or evening will pay dividends over the rest of the day. Some people find it more convenient to perform relaxing exercises in the evening, helping them unwind and preparing them for sleep. If you do, remember not to do any form of physical exercise straight after a meal or in the hours before going to bed.

Correct breathing is the key to calming mind and body. How you breathe reflects your health and how you feel about yourself. Your breathing becomes shallow and rapid when you are anxious, but slow and deep when you are at ease. Years of stress and poor lifestyle means that rapid, shallow breathing is the norm for many people.

Hyperventilation is a response to stress. It is the basis of the primitive fight / flight mechanism.

Apart from over-breathing and its hazards, some people tend to hold their breath in tense, anxious situations and are then forced to release it quickly which stimulates rapid breathing.

If you learn to breathe properly, conditions such as palpitations, dizziness, migraines, tension, anxiety, panic attacks, lack of concentration, sleep disturbances can be alleviated and you can also benefit from a lower heart-rate, reduced blood pressure and manage stress more effectively.

Deeper breathing and a lower pulse are recognised signs of good health – the deeper the breath, the more body tissues can be oxygenated and the stronger your heart is, the less often it needs to beat.

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### Make-up Spring Clean...

Your make-up bag needs a refresh just like your wardrobe and spring is the perfect time for a cosmetics overhaul. Cosmetics get old and retain bacteria after a while so you need to update them accordingly. Mascara should be replaced every three months whilst eyeliner, eye shadow, blusher and lipstick last about 18 months. If your make-up gets claggy, gooey, dried out or starts to smell unpleasant then throw it away. Do you use all the items in your make-up bag? If some are redundant then you are either a creature of habit and wear the same thing every day, or, you bought some shades that don't really suit you. Just like clothes, make-up should enhance your look so think carefully when you buy. It's easy to stick to what you know but don't get in a make-up rut! Try a new colour from time to time, just be sure that it is in a shade that compliments your colouring.

At Complete Harmony, Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc. (Hons) in Financial Services, Rachel now works as a Wellbeing and Image Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Associate for the Chartered Institute of Bankers, member of The Institute for Learners and member of UK Reiki Federation, she has extensive experience of coaching, management and communication skills, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

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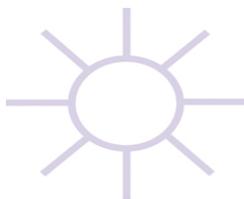
### **Rachel's corporate business...**

#### *How The Wellbeing Programme can add value.....*

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects: coaching, stress management, performance management, management and communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of team development workshops and health and wellbeing workshops.



## **Career And Life Management**

### ***Mission Statement:***

*Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.*

For more information please telephone or e-mail

Rachel Watson      07746 030 172

rachel@completeharmony.co.uk

**www.completeharmony.co.uk**

info@thewellbeingprogramme.com

**www.thewellbeingprogramme.com**