



# RELEASING STRESS



Physiotherapy Department – FSE Field Hospital

### 1. Touch **I touch the Heart of Release.**

I find something that symbolises release from the bondage of stress. Holding it, I consider how stress shackles me in many ways, affecting my relationships, and how freedom from such stress will restore to me great energy to live my life fully.

I remember a small story of being released from stress when I was chained up and living in some form of emotional or physical bondage. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories ... Feeling touched by the Spirit of Release, I begin to see myself flying free.

### 2. Desire **I desire to be free of stressful bonds.**

I slowly and prayerfully read the prayer text below:

*My heart is in anguish within me, the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "O that I had wings like a dove! I would fly away and be at rest.*

*I would hurry to find a shelter for myself from the raging wind and tempest. But I call upon God, and the Lord will save me. Cast your burden on the Lord, and he will sustain you;*  
Psalm 55

I name all the bonds I wish to be free of ...

I ask the Spirit to break my shackles, and free me for greater service of others.

### 3. Breathe **I breathe in the Spirit of Relaxation.**

I imagine the Spirit of Deep Relaxation addressing me by name, saying, 'Your light will break forth like the dawn, and your healing will spring up quickly'.

I breathe deeply in this light and healing, wait, then breathe it out into my stressors, into all that chains me up, and I see those chains break. I fly free, released and whole.

I repeat as desired – breathing, released, relaxed ...

### 4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who released me from the chains of stress? Secondly, to whom and how do I pass on this exercise – who urgently needs to be free of the bonds of stress?**

Note: The three dots ... indicate the places to pause.

