



Dizziness & Sweats

by award-winning author / stress-relief expert Susie Mantell

Q: "Stress is really getting the better of me with dizzy spells, sweating & palpitations in difficult situations. Help, please?"

A: The "good" news, I suppose, is that the symptoms you describe are surprisingly common and there are many, many tools and techniques to try in order to prevent, or to cope with, such episodes.

First, it's always a good idea to check out any ongoing symptoms with a trusted health care professional. If the problem seems, in fact, to be stress-induced, there is real hope for rediscovering balance and inner peace.

It is said that, *"an ounce of prevention is worth a pound of cure."* In these stressful times, it's important to collect a wide variety of stress-relief techniques and strategies. No one stress-buster is going to work every time for anyone. Just as stress is cumulative and its deleterious effects accumulate and manifest in physical, emotional and mental distress, stress relief is also cumulative. Finding practices that are personally soothing, and realistic to incorporate into everyday life *before* a crisis occurs is the best way to prevent escalation of stress symptoms.

I would also suggest looking for classes in both breath-work and meditation. Very few of us breathe properly, deeply, , and often symptoms we experience such as dizziness, sweaty palms, head noise, flushing, palpitations etc. can be diminished with slow, mindful breathing and various forms of meditation. You might enjoy falling asleep to gentle music or a soothing relaxation meditation like my own *"Your Present: A Half-Hour of Peace"* or others. Spend some time browsing around our website, and look at more tips that might be helpful on www.relaxintuit.com

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com . *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*

CONTINUED



Dizziness & Sweats Q ...
by award-winning author / stress-relief expert Susie Mantell

In the Meantime...

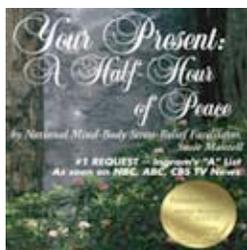
Take 2-3 minute mini-breaks once per hour in your workday, and commit yourself to doing a minimum of one fun thing every single day, without exception.

A few to you might like to try:

- Call up an old friend
- Take yourself to a funny movie (Or a tearjerker! Crying is a great release.)
- Get some moderate, pleasurable exercise
- Watch a goofy TV show
- Organize a pile/drawer/closet (This one's not fun until afterwards!)
- Buy yourself flowers
- Do something kind for someone else
- Take a long, hot bath
- Go out for a nice, healthy-but-really-delicious meal
- Get hugged
- Dance like crazy --all by yourself
- Listen to music you love
- Go someplace beautiful ... a drive, a museum, a garden

Many people find great relief in acupuncture, massage or other body work and energy work. Others enjoy the buoyancy of swimming. Some short-term counseling to explore work-related stress, and how to let things go a little more can also work wonders.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com. *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*



END OF THIS TIP##