

## NO WAY TO DE-STRESS

Even though I'm carrying around all this stress because I don't know how to de-stress, somehow I can forgive myself  
Even though I don't really have a good way to de-stress, somehow I can still love and accept myself  
Even though I carry all this stress because I don't know what else to do with it, somehow I can love and forgive myself

I carry all this stress  
Because I don't know how to let it go  
I carry this stress  
And I don't know how to handle it  
I don't know what to do with it  
I can't seem to find a way to de-stress  
I can't seem to find a good way to deal with it  
How do I de-stress  
Somehow there's got to be a way for me to de-stress

I want to be over all these feelings about not being able to de-stress

I've tried all kinds of things  
Relaxation techniques  
Venting to friends or Exercising  
A nice glass of vino now and then  
Talk therapy, Massage therapy  
Time off, special "me time"  
Vegging on the couch doing nothing  
Breathing techniques and counting to 10  
But they either don't work well, or the effects don't last

I want to be completely 100% over all these feelings that I can't de-stress

How can I de-stress  
What's the best way to de-stress  
Does all that stuff really work for other people?  
I don't know the best way for me to de-stress  
All those things just feel like one more thing I have to do  
I just don't have time for that  
And they don't seem to work for me  
If they work for other people, why don't they work for me?  
What is going to work for me to de-stress

Somehow I will be completely 100% over all these feelings about being able to de-stress, or not

What does it feel like to de-stress?  
What would it feel like for me to de-stress?  
What if I could de-stress, what if my body does know how?  
What if my body could de-stress as quickly as it gets stressed?  
What would it be like to de-stress, even just a little?  
What if I could de-stress 5%, 10% right now?  
What would it feel like? Like some steam escaping from a pressure cooker??  
If I could easily de-stress by 5%, or 10%, why not more than that  
What would it feel like in my body to de-stress by 25%, or even 50%?