

# INTUITIVE BUSINESS NETWORK

By JENNIFER ANGEL

## YOUR ASTROLOGICAL STRESS SOLUTION HOW TO RELEASE STRESS TO STAY IN YOUR ZEN-ZONE



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In today's world, it is so easy to get stressed, simply from everyday life, yet alone everything else that is going on around us right now. And of course, there are the three biggies: change of home, relationship, and job, all of which can challenge us to keep a level of balance and sanity.

When you carry the stresses of life on your shoulders, the worry it creates can stop you from living a life of greatness, the life you desire to live. And when so much energy is placed on worry, which causes confusion, it can be difficult to manifest what you really want.

Stress generates a lot of pressure, both internally and interpersonally, in your day-to-day life as well as in your relationships. However, it can work for you, if you use stress as a catalyst to make change, for both personal and business interactions.

**Here are some key points as to how your Sun Sign can best release stress so you can stay in your Zen-Zone!**

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## ARIES STRESS SOLUTION

***Physical exercise is your key to release stress!***



You strive on challenge and hate feeling controlled and hemmed in, which can cause you to make rash decisions, and have a quick temper. When you get out for a run, do something physical, or engage in cardio exercise, it helps to release frustrations and built-up tension. A good work out can give you the clarity and balance you need to get back on track.



## TAURUS STRESS SOLUTION

***Take a walk in the park, or better still, to your favorite café.***

Change and uncertainty can stress out a peace-loving Venus ruled Taurus, who thrives on security. When this happens, check in with yourself about how you really feel deep down. If you feel insecure, ask yourself why? Soothe your inner soul with music or a walk in the park, or sip lattes at your favorite café. Cooking up a gourmet delight in the kitchen can also help you find your inner peace.

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## GEMINI STRESS SOLUTION

***Find a distraction to slow down your overactive mind.***



Gemini will usually go with the flow, but when stressful situations intensify, then you can feel overwhelmed and frazzled, and head for an escape route. Escape into a book, an electronic game, or watch a movie to give your mind a distraction, and this will allow you to enter a calmer state. When you can disengage from complex issues, you can gain perspective and can talk it out with others.



## CANCER STRESS SOLUTION

***The number one stress solution for Cancer is Sleep!***

When you feel uncomfortable, overwhelmed or stressed, you can retreat into moody silence. The saying, "let me sleep on it", was created for Cancer! A good night's sleep can reveal a great deal about what worries or concerns you. Be open to go deeper into your emotions by asking yourself what it is you genuinely feel and then you will know what you need to do or have in order to regain your calm.

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## LEO STRESS SOLUTION

***Focus on your strengths, your greatness, and don't look back.***



You like to be in control, and if stress triggers feelings of insecurity or threatens your self-confidence, you can over-compensate by being bossy and reactive in an attempt to regain a feeling of self-esteem. Leo needs to feel valuable and important, so remind yourself of all your accomplishments. When you come back to center, express yourself freely and discuss strategies for success.



## VIRGO STRESS SOLUTION

***Chunk it down, reschedule and prioritize.***

You're a perfectionist and are hyper aware of the difference between how things 'should' be and how they are. Realize that everything is a work in progress! Do a quick assessment of what your priorities are, what needs to be dealt with now, what you can reschedule, and what you can cancel. And then chunk your to-do-list down to smaller and more actionable points.

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## LIBRA STRESS SOLUTION

*Indulge in a self-pampering session to think through the pros and cons.*



Your quest for equilibrium and a harmonious environment is ongoing, and if you feel stressed beyond your ability to cope, you may find yourself uncharacteristically lashing out at others. Ruled by Venus, anything to do with beauty and pleasure will relax and balance your energies. A pampering session to sooth your soul will give you a chance to look at the pros and cons.



## SCORPIO STRESS SOLUTION

*Go solo, go deep, the answers are within!*

When you feel pressured you can withdraw from others, and they may have no idea why you are suddenly so remote. You may channel stress into anger and discharge it via the dreaded scorpion sting. Take emotional inventory and honor the depth of your own sensitivity. Tell the truth, first to yourself, and then express your vulnerabilities to someone close, and you will build a deeper relationship.

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## SAGITTARIUS STRESS SOLUTION

*Focus on the positive, the big picture, and your blessings.*



You are naturally optimistic, but when stressed, you can seek escape through activity that distracts you from your cause, which throws you off center even more. Look within and identify the core issue, what is really going on? Then, what is the ideal outcome you can strive for? Stay focused on the big picture. When your cause is bigger than you, everything else falls to the side.



## CAPRICORN STRESS SOLUTION

*Step out of your environment to download inspiration.*

Control, achievement, and your career are all important to Capricorn; if these values feel threatened, you can react with a cold withdrawal. You may also seek to exert inappropriate control in an attempt to alleviate your stress. A change of environment, somewhere other than your work, will provide the space for inspired thought as well as lateral thinking problem solving.

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## AQUARIUS STRESS SOLUTION

***Let your humanitarian out and reach out to someone in need.***



Under stress you can flip a switch that turns your emotional availability off, leaving others out in the cold and dark. However, retreating into mental detachment or silence is an unhealthy response for Aquarius. As a humanitarian sign, your sense of allowing people to have their personal freedom and showing them unconditional acceptance is second to none. Reaching out to someone in need reminds you of how blessed you are.



## PISCES STRESS SOLUTION

***Keep the faith! Have a good Cry. Stay positive, believe it will work out and it will!***

Your sensitivity and analytical mind can make you vulnerable to stress, especially if you encounter a negative or disharmonious situation. Irrational worry can cause overindulgence in food, drink, drugs or even escape through TV or other distractions. Have a good cry, Pisces, to release emotional stress. Connect with your inner guidance through meditation. Open your heart to your faith. And keep the belief that everything will work out and it will.