

Say Good-Bye To Stress – Forever!

Say Good Bye To Stress Forever!

SAY GOOD BYE TO  
FOREVER! STRESS



Brought to you by Wings of Success

**DISCLAIMER AND TERMS OF USE AGREEMENT:**

**(Please Read This Before Reading Further)**

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

Since natural and/or dietary supplements are not FDA approved, they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease.

The author and publisher of this course and the accompanying materials have used their best efforts in preparing this course. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this course is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this course, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting, medical or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

**This course is © Copyrighted by Wings Of Success. No part of this may be copied, or changed in any format, sold, or used in any way other than what is outlined within this course under any circumstances.**

**This Product Is Brought To You By**



Say Good-Bye To Stress – Forever!

RichardMacKenzieDirect

giving you what you want at the click of a mouse

Success to you  
could mean many things,  
if you could have one wish today,  
what would you do?  
- Richard MacKenzie



# Stress Management

## HYPNOSIS MP3

The antidote to stress is relaxation; and hypnosis for stress management gives you the perfect excuse to relax. So go ahead, try this Stress Management Hypnosis Downloads and relax away your stresses!

[DOWNLOAD NOW](#)



# CONQUERING STRESS

*Get Your Life Back!*

Conquer Stress,  
Depression & Anxiety,  
Quickly Naturally  
and Permanently



**"Ex-Chronic Anxiety and Depression Sufferer Reveals How To Get Natural Anxiety, Depression And Stress Relief With A Revolutionary Easy-To-Follow Program That Will Kick Stress, Depression and Anxiety Out Of Your Life FOREVER..."**

**No Drugs – No Potions – No Hypnotherapy – No Affirmations  
Wholly Natural Method and 100% GUARANTEED**

**DOWNLOAD NOW**



Feel Calmer, Happier and Healthier With Increased Levels Of Energy and Greater Self Confidence. At Last, YOU CAN Beat Stress, Depression and Anxiety Without Drugs - Many Clients Report Noticeable Results In Just ONE WEEK...



# CONQUERING STRESS

*Get Your Life Back!*

Conquer Stress,  
Depression & Anxiety,  
Quickly Naturally  
and Permanently



## Contents

1. <a href="#"><u>Introduction</u></a> .....	6
2. <a href="#"><u>Stress Research</u></a> .....	7
3. <a href="#"><u>Powerful Stress Management Tools</u></a> .....	11
4. <a href="#"><u>Physical Relaxation</u></a> .....	15
5. <a href="#"><u>Rational and Positive Thinking</u></a> .....	17
6. <a href="#"><u>Laugh Stress Away</u></a> .....	22
7. <a href="#"><u>Self-Therapy for Nagging Daily Stress</u></a> .....	24
8. <a href="#"><u>Natural Stress Busters</u></a> .....	27
9. <a href="#"><u>Relaxation and Scent</u></a> .....	33
10. <a href="#"><u>De-Stress your Home</u></a> .....	36
11. <a href="#"><u>MORE GOOD RELAXATION TIPS</u></a> .....	42
12. <a href="#"><u>Targeted Relaxation</u></a> .....	47
13. <a href="#"><u>Stress Self-Assessment</u></a> .....	53
14. <a href="#"><u>Conclusion</u></a> .....	56
15. <a href="#"><u>Bonus Articles</u></a> .....	57

## INTRODUCTION

For the past one hundred years there has been much debate and theory offered about *what stress is and what stress is not*. We each know intuitively what stress is to us because we all experience it. Defining stress, however, is not so easy.

Hans Selye is one of the founding fathers in stress research. In 1956, Mr. Selye argued that “stress is not necessarily something bad – it all depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is detrimental.”

Selye’s position was that the biochemical effects of stress would be experienced irrespective of whether the situation was positive or negative.

Since that time, much more research has been conducted, and new ideas have evolved. Stress is now widely perceived as a "negative," producing a range of harmful biochemical and long-term effects. These same effects have rarely been observed in positive situations.

Richard S Lazarus is attributed with our most commonly accepted definition of stress: *Stress is a condition or feeling experienced when a person perceives that “demands exceed the personal and social resources the individual is able to mobilize.”*

Everyone responds differently to stressful events. That stress response is part instinct and part to do with how we think. We can train our minds how to best respond to the stressors in our lives. Stress does not need to be all bad. Some stress in our daily lives is good and challenges us to reach even higher heights.

This ebook is dedicated to helping people, everywhere, to harness the stress in their lives and channel it into something that is beneficial and positive.

## **STRESS RESEARCH**

### ***Fight-or-Flight Response***

In 1932, Walter Cannon offered some of the earliest research on stress and established the theory of the “fight-or-flight” response. His work proved that when an organism experiences a shock or perceives a threat, it reacts instantly by releasing hormones that help it to survive.

In human beings and other animals, these hormones allow for greater speed and strength. Heart rate and blood pressure increases, delivering more oxygen and blood sugar to support major muscles.

Sweating increases to better cool the muscles and allowing them to remain efficient. Blood is regulated to reduce blood loss if there is any damaged. Hormones focus our attention on the threat, to the exclusion of everything else. All of this commands a heightened ability to survive life-threatening events.

We can also trigger this same reaction when faced with something unexpected or something that frustrates our goals. If the threat is small, our response will be likewise, we may not notice the stressor among the many other distractions of a stressful day.

This mobilization of the body to spring into survival mode also has negative consequences. We become *excitable, anxious, jumpy and irritable*. This state can reduce our ability to be most effective. With shakiness and a pounding heart, we can find it difficult to carry out controlled skills.

The intensity of our focus on survival takes from our ability to draw information from many sources. We can find that we are more accident-prone and less able to make good decisions.

To be most productive, our day-by-day lives require a calm, rational, controlled and socially sensitive approach.

We need to be able to control our fight-or-flight response; otherwise, we can have problems later on such as poor health and burnout.

## **Identifying Stress in your Life**

Many people go through their days not aware of the stress in their lives. They might think, “Well, how serious can it be if I don’t even know it exists?”

Regardless of how little or how much stress you have in your life, being able to identify it will be a big help to you. Once you are able to identify the stress in your life for what it is, you can then go about the business of dealing with it more effectively.

Make no mistake about it – if there is stress in your life, chances are you are reacting negatively to at least some of it.

## **Keep a Stress Diary**

When you commit to keeping a Stress Diary, you gain important insight into how you react to stress. This allows you to better channel your energy into performing as you choose to and not as the result of the unidentified stress that has a foothold in your life.

You will begin by recording, each day, information about the stresses you are experiencing. Your goal will be to analyze these stresses and then better manage them.

### **Here is an example of a day one entry:**

- . Woke up late (alarm did not go off)
- . Got the kids off to school in an awful rush, very cranky
- . Arrived to work without any breakfast, feeling like a zombie
- . Short-tempered with co-workers all day
- . Picked up kids from school and nearly bit their heads off
- . Locked myself in my room.
- . Stayed in room entire night, sleeping and watching TV, had a bath



**Your Stress Diary will better help you to understand:**

- > What causes your stress in more detail?
- > Level of stress that you operate at most efficiently
- > How do you react to stress? Are your reactions appropriate and useful?

When you write your Stress Diary each day, you will gain valuable insight that will help you to manage stress more proactively.

**So that you can best analyze your stress, include the following information:**

\*Date and time of each entry

\*How do you feel right now? On a scale of 1 – 10 with 1 being miserable and 10 being ecstatic

\*Record your mood on a scale of 1 – 10 with 1 being low and 10 being very happy

\*Record how effective you feel you are on a scale of 1 – 10 with 1 being very ineffective and 10 being highly effective

\*How stressed out do you feel? On a scale of 1 – 10 with 1 being in a Zen state and 10 feeling like you are crawling out of your skin

\*What stress symptom do you feel?

\*How did you handle the stress?

***Analyze your Stress Diary***

Commit to making daily entries into your diary over a reasonable period of time. After a period of about 4 weeks, you should be able to start to see patterns.

Some of your behaviors which are provoked by stress will be repeated on a regular basis. Make a list of those behaviors that you see most often. These will be the stressors in your daily life you will want to learn to control first.

## **Say Good-Bye To Stress – Forever!**

Next, look at the causes of these obvious stressors. Also, look at how well you managed them on a day-by-day basis. When you can identify areas where you can learn to manage your stress responses better, list those.

List all of the every day events of your life that cause you stress and list how these events made you feel.

By now you can see the contrast in what events cause you the most stress compared to what events cause you the least. You can now see at what stress level you can function best. Your goal now will be to lessen the stress in your life by managing how you deal with stressful situations and you can do this by responding to the stress in your life in a more proactive/positive manner.

## **POWERFUL TOOLS TO HELP MANAGE EVERYDAY STRESS**

Often times stress will manifest when we carry over yesterday's concerns into our present day concerns. An accumulation will almost always end up in a high stress level. Therefore, we must be able to "dump" all of our concerns from the previous day or days and concentrate wholly on our today.

### **Stress Busting Tip #1**

Resolve right now to release every thought from yesterday and be only mindful of the now.... *this thought only...this breath...this moment.* Take in three very deep breaths and slowly release each one.

At the same time feel each and every concern, each and every problem, and each and every unresolved moment, begin to dissolve. You can deal with them at a later time. For now, you are only to be in this very moment.

Now go to your inner quiet place. Go deep inside to a place where you feel that you are at peace and then just relax and breathe in deeply and enjoy the feeling of being at one and at peace within yourself.

Use this special time and place to be calm. Free your mind and body of all worry, all regret, all disappointment, all anger and grief.

### **Stress Busting Tip #2**

Next, think of one particular act, such as rocking your baby, taking a quick stroll, raking the leaves, and do that one simple thing. All the while, your mind is quiet and calm and you are in your own special place within.

Practice this act of quiet and calm each day and you will see that you will accomplish so much more. At the first sign of being stressed, go back to this mindful, quiet place and start all over again until you have reached your inner place of calm.

**Stress Busting Tip #3**

The very best thing that you can do for yourself is to eat, drink and rest – to your health!

Stress is easily brought on by not eating and drinking properly. When you don't get the number of hours of sleep that you need each night, you are only setting yourself up for additional stress.

Limit the amount of salt, sugar, caffeine and alcohol in your diet. Drink plenty of clean, pure water each day and do at least moderate exercise each day. This will breathe new life into your skin, hair and will nourish all of your vital organs.

Take time to breathe properly! Take deep belly breathes to send pure oxygen to all of your body.

Laugh and then laugh some more. It is food for the soul! Spend time doing the things that please you most. Engage in healthy and fulfilling relationships and work on problems that would erode the closeness that you have with someone special.

When we are content and living a balanced life everyday stresses seem to pale in comparison. We are better equipped to deal with the unexpected.

**Stress Busting Tip #4**

Often times when we have too much stress in our lives, we want to just give up. We must always hope for something better! When we give up our fight-or-flight seems to just fizzle and we become caught up in a maze of one unfortunate event following another.

You can take control today! Isolate only one particular stressor in your life and then work on it until you regain control. At the very least, have some new hope!

Being hopeful is a quiet confidence that eventually, all will be well. Write out a plan today about how you will tackle just one major problem in your life. Write it out step-by-step. Make an action plan about how you will tackle each of those points.

Slowly, as you begin to work on your problems, you will start to see that there is hope for a brighter tomorrow. You must believe that, otherwise, you will feel defeated before you even begin.



## **Say Good-Bye To Stress – Forever!**

To actualize the hope you feel, sit in a comfortable chair and close your eyes. Take your mind to a place that pleases you and begin to feel every one of your muscles begin to relax.

Command each muscle to relax. Constrict and then relax each of your muscles.

Have a beautiful picture in your mind. Imagine you are a part of that beautiful picture now and imagine that as you work on your problems you will become that beautiful picture. Your life will become that beautiful picture.

Sit and relax, deep breathing, seeing only that beautiful picture. See all of your most pressing problems resolved. See how you will work to resolve each of your problems.

When you sit up from your relaxed state, write out how you will tackle the problems you have just imagined.

Now, go about doing what you have written one step at a time. The ability to relax, meditate, imagine and plan to resolve a problem is a proven stress buster. You can take control of each and every problem in your life that causes you undue stress.

You can make the stress work for you!

### **MANAGE YOUR STRESS THROUGH MENTAL IMAGERY**

We are not always able to escape our environment when we feel stressed. For some, taking a simple walk to clear the head is something that must be put off. What we all can do, though, is take a few moments to sit in our chair and use imagery to melt away our stress.

*Used with deep breathing, imagery can be a powerful anti-stress tool.*

Imagery makes good use of our imagination. From the imagination we can draw on any number of experiences. We can recall a time and a place where we were at peace, where our surroundings were blissful and beautiful to the eye. We can recreate from memory to bring ourselves out of a stressful situation and into an intensely relaxing situation.

When you picture a pleasant and relaxing scene in your mind, this reduces stress. Your body quickly responds by relaxing. On the other hand, if you create an image in your mind of an

unpleasant and stressful situation, your stress levels will quickly increase.

### **To Create Imagery**

*Many people enjoy listening to a quiet CD of a favorite nature retreat or similar when doing this imagery*

Begin by relaxing in a comfortable chair and deep breathing. Take deep, cleansing breaths and then release them slowly. Start by imagining a scene, place or event that you recall as being safe, peaceful, restful, beautiful and happy. Bring all your senses into this imagery with recalling sounds of cool, running water, the song of birds, the smell of fresh cut grass, the heat of the sun, etc. Imagine that you are at a place free from stress and pressure.

Concentrate on developing your five senses. Savor the pictures of serenity. Smell the freshness of nature. Feel the warmth and comfort of the sun and the air. Behold of the beauty of the animals, of nature. Each image will be different to each person. Really focus on what you can see, taste, touch, smell and feel.

Now imagine that all of your stress, all of your worries and all of your concerns are being zapped from your body. Feel each stress point release as if into thin air. As you feel the stress drain from your body return back to your picture of imagery. Relax there and deep breathe.

Imagery substitutes your actual experience with something much more ideal. It allows you a renewed sense of self-confidence to take on the stress of your life. During imagery, your body is relaxed and recharged. Your stress levels lessen and adrenaline disperses. It gives your mind and body a break over the stress having control and you have complete mastery over the mind and body for that time. Imagery is a great life balancer!

## **PHYSICAL RELAXATION**

Stress and physical relaxation do not co-exist.

*Physical relaxation techniques are highly effective in reducing stress. The highest form of relaxation is achieved with both physical and mental techniques used together.*

Physical relaxation techniques are useful to reduce muscle tension and manage the effects of the fight-or-flight response on the body. This is particularly important when you are under pressure.

### **Deep Breathing Technique**

Deep breathing is a very simple, effective way to relax. It is a core part of well-known relaxation techniques, everything from the "take ten deep breaths" approach to yoga relaxation and Zen meditation.

It works well with complimentary techniques such as progressive relaxation, relaxation imagery and meditation to effectively deal with stress.

To use the technique, take a number of very deep and purposeful breaths and then relax your body further with each breath out. There is no magic to doing this. It is that simple!

### ***Progressive Relaxation***

Progressive Relaxation will relax your body, especially when your muscles are the most tense.

The idea behind PR is that you purposely tense a group of muscles so that they are as tightly contracted as possible. Hold them in this state of extreme tension for only a few seconds. Next, relax the muscles as you normally would. Next, consciously relax your muscles yet further so that you are as relaxed as you can be.

By first purposely tensing your muscles, you will then be better able to relax your muscles than if you tried to relax your muscles directly.

## **Say Good-Bye To Stress – Forever!**

Experiment with PR by forming a tight fist, and then clench your hand as tight as you can for just a few seconds. Relax your hand now and then go back to the same tension.

Finally, relax your hand again so that it is as loose as possible. You should now feel very deep relaxation in your hand muscles. You can exact the same result by doing this exercise throughout your entire body.

### ***The Relaxation Response***

'The Relaxation Response' is a term penned by Dr Herbert Benson of Harvard University in 1968. He had good success with reducing stress and controlling the fight-or-flight response.

Direct effects of Dr. Benson's relaxation techniques includes deep relaxation, slowed heartbeat and breathing, reduced oxygen consumption and increased skin resistance.

### ***The Relaxation Response Technique is as follows:***

1. Sit comfortably and quietly
2. Close your eyes
3. Start by relaxing the muscles of your feet and then work up your body relaxing each of your body muscles
4. Focus/Breathe purposefully/Deeply/Calmly
5. Breathe in deeply and then let your breath out. Count your breaths, and say the number of the breaths as you let each one out

Do this for ten to twenty minutes.

Alternatively, follow the above steps, using relaxation imagery instead of counting breaths in step 5.



## **Being Aware of How We Think (Rational and Positive Thinking)**

***Much of the stress in our everyday lives can come from our thought processes. How we perceive a situation can be off and so we can feel that we are off. We can jump to wrong conclusions about people's motives and so be seen as unreasonable. All of this can send us spinning downward into a spiral of negative thinking and so stress is born.***

***Here are some effective and simple tools that help to change this negative thinking.***

Any given situation in your life is not stressful in itself. Your perception of the situation is what will or will not make it stressful. Stress will arise quickly if:

- \*\* You feel threatened in any way
- \*\* You feel your resources will not be sufficient to meet with a demand
- \*\* How much damage you feel this situation can do to you
- \*\* Whether or not your resources will be enough to meet with the demand.

A person with a calm and well-balanced life will not perceive threat easily, while a person who is frazzled and feeling low certainly will.

When we are feeling low and without reserves to deal with stress, we become easily stressed: Physically, socially, emotionally and in our careers. Feeling this type of stress serves as an early warning signal to alert us to take immediate and positive action! To ignore these important signals means we will definitely suffer.

***Using Thought Awareness to Deal with Stress***

Be on guard to watch for negative thinking when stress arises. If you are thinking negatively about your future, putting yourself down, criticizing your efforts, doubting your abilities, or planning for failure, you then become paralyzed to deal with stress.

Your negativity will only serve to damage your much needed self-confidence, harm your performance and deplete your mental recourse.

***One way to effectively counter-balance stress is to be forever aware of your stream of consciousness as you think about a stressful situation. Do not deny your negative thoughts, instead, just let them happen, acknowledge them, and then write them down as they occur***

As you become more and more familiar with your thought patterns, which are negative and which are not, look back at your Stress Diary. You will easily see patterns that emerge detailing the same or similar negative thoughts.

Once you have identified which negative thoughts cause you the most problems, you can then take action to deal with them more effectively.

**Step One to Managing Negative Thoughts is to acknowledge them.**

**Step Two to Managing Negative Thoughts is to write them down.**

**Step Three to Managing Negative Thoughts is to deal with them.**

Thought awareness can be your first effective step in the process of managing negative thoughts. Remember, you cannot manage thoughts that you do not acknowledge first.

***Use Rational Thought to Deal with Stress***

The practice of rational thought allows you to separate the positive thought from the negative. Study each of the negative thoughts that you have identified using the Thought Awareness. Look at each thought and ask yourself if this thought is, in fact, reasonable. Many people find

## Say Good-Bye To Stress – Forever!

this step very difficult, because you must be somewhat objective to get it right. You must separate the emotion from the rational.

Let's take a look now at your Stress Diary. We will identify where you have had frequent negative thoughts:

I feel inadequate (written 5 times in 6 days)

I feel taken advantage of (written 3 times in 5 days)

I feel I am not appreciated by my kids (written 6 times in 6 days)

Are the above comments only thoughts and feelings on your part or can you back your feelings up with actions?

For Example: I feel inadequate because when I was asked to bake for the bake sale, I felt poorly that day and remained in bed, unable to bake.

Ask yourself if this is an occurrence that is frequent (your staying in bed and not baking) or if this was a one time thing.

If the answer is that you do, in fact, stay in bed a good deal rather than participate in some school function, you might want to look further into avoidance issues.

On the other hand, if this was just a one time thing for you, you could easily tell yourself that your feelings are unwarranted and your kids would understand that you wanted to bake but simply could not at that time. There will be plenty of other school functions that you will be able to help out with.

The key to rational thought is to clarify and identify truth and underlying thoughts and feelings. When you can do this, you are better able to deal with any stress that results.

Left with the actual negative feelings and thoughts, you are now warned to take appropriate, and if need be, immediate action to ward off any subsequent stress.

Lastly, positively affirm those thoughts and feelings that turned out to be less than negative.

***For example:***

I felt inadequate, however, I no longer do. I now realize that I do participate when called upon by my kid's school to contribute, unless I am unable to help at that time. I will continue to help out to the best of my ability and where time permits.

So long as you mean what you write (and say it out verbally) you will feel the stress leave your body and mind as you state the positive and negate the negative.

Go through your entire Stress Diary in this way and you will feel much more relaxed and be less apt to make similar entries into your Stress Diary next time around.

**BUST YOUR STRESS AWAY!**

Sometimes it is just the little things that make a big difference. Own just five Stress Busters each day and practice them, and you will feel the tension leave!

Lie in bed and just listen to the rain.

Dry off with towels warmed in the dryer.

Hold hands when walking with your loved one.

Make a surprise call to an old friend.

Engage in purposeful, stimulating conversation.

Spend the day at the beach -- any time.

Make good on your promised favor.

Tell the new guy your \*Inside\* jokes.

Kiss and make up.

Plant that first kiss. (Any kiss.)

Spend time with puppies, babies, and kittens.

Give up your parking space for today.

Sip on a Turtles hot chocolate.

Take that surprise road trip.

Swing on a swing.

Fall in love all over again.



## **Say Good-Bye To Stress – Forever!**

Go to a really good concert.  
Bake homemade cookies for the entire office.  
Treat yourself to a free day.  
Pay a compliment.  
Learn something new and exciting.  
Get lost in a great book.  
Treat family to a really great movie.  
Reply to your emails same day.  
Do something/anything one time only.  
Accept yourself just as you are.  
Buy a present -- just because.  
Give the first crocus of spring.  
First day of fresh snow, go skiing.  
Do that promised home improvement.  
Have yourself a really good cry.  
Next time say, "No charge."  
Do the work you love.  
Finish that important project.  
Wear only comfortable shoes.  
Buy that sweater you really want.  
Enjoy a brand new day; a fresh start.

## **LAUGH YOUR STRESS AWAY**

Humor is a terrific stress-reducer and antidote to all manner of upsets. It has been clinically proven to be effective in combating the worst of stress.

Experts know that a good laugh relaxes tense muscles, sends more oxygen into your system, quicker and lowers your blood pressure.

So next time you feel yourself start to tense up, tune into your favorite comedy on television. Read a funny book. Call up a good friend and laugh heartily for a few good minutes. It doesn't even hurt to just force a good laugh now and then. You'll find your stress melting away with each breath!

Americans were attracted to humor while reading the stories of Norman Cousins. This man successfully overcame cancer by watching his favorite comedy shows on television.

These days, you can attend an organized humor meeting and even in places such as India where laughing in a public place is frowned upon.

Dr. Lee Berk, along with fellow researcher Dr. Stanley Tan at Loma Linda University School of Medicine, has taken up carefully controlled studies that show the experience of laughter lowers serum cortisol levels, increases the amount of activated T lymphocytes, increases the number and activity of natural killer cells, and increases the number of T cells that have helper/suppressor receptors.

This is powerful evidence that laughter stimulates the immune system and this off-sets the immunosuppressive effects of stress. Laughter is powerful medicine!

Research has proven that laughter can lower cortisol levels and thereby protects our immune system.

The emotions and moods that we are all subject to directly effects our immune system. It makes perfect sense, then, that when we cultivate a mood of humor this allows us to perceive and appreciate the everyday nuances of life through experiences of joy and delight.

## Say Good-Bye To Stress – Forever!

Such positive states of mood and emotion creates neurochemical changes that act to buffer the immunosuppressive effects of stress.

Stress research pioneer, Selye, noted that a person's interpretation of stress is not dependent only on an external event; it also depends on the perception of the event and the meaning given to it.

This points to the fact that we can learn to control our reaction to stress. How we look at a situation, then, determines if we will respond to it as a threat or as a challenge.

Humor gives us an entirely different perspective on our problems. If we can perceive it in a lighter bent it is no longer a threat to us. We have already discounted its effect by lightening it. With such an attitude we serve to self-protect and so control our environment.

***\*\*Bill Cosby coined an important phrase when he said, "If you can laugh at it, you can survive it."***

It's certainly very difficult to force a laugh while in a stressful situation. However, that's precisely the time when you need to laugh the most. Remember, the trick is to take control over your environment or situation. That way you are more apt to feel challenged and less threatened.

Any way you can slice it – lighten up and feel less stress. Calm over chaos is the phrase of the day. Begin by trying to find humor in the worst of situations. If you must, blow the situation way out of proportion, just to make yourself laugh. Make the serious look ridiculous. When you reach the point of absurdity, you can then begin to melt and calm. Practice makes perfect!

## **SELF THERAPY FOR NAGGING DAILY STRESS**

It is all well and good when you can get away to a wonderful Spa or Retreat. There are many good ones located throughout the world. You can even find a great day Spa locally. These are a great remedy for everyday stress.

Another great remedy and a more practical one for everyday stress is to practice self-therapy.

***Here are a few great suggestions that you can start with right away:***

**Great for your aching back and muscle tension**

Begin by massaging some soothing essential oil or peppermint lotion into your feet. Work those thumbs slowly as you move up the arch. In terms of Reflexology, this area on your feet will correspond with the lumbar, thoracic and cervical spine area, respectively.

*FYI: The tips of your cute toes correspond with your sinus region.*

Treat yourself to wide, sweeping movements, working your way up and down your entire foot area. As you land on your toe area, spend some time kneading and massaging with purposeful motions.

*TIP: Apply good amounts of pressure for best results.*

Cover each and every tiny spot on your feet and toes until your whole body responds with a tingling sensation. Now switch with your buddy and work your way to your back!

***Great soothing workout for your mid-section***

Wearing loose, baggy clothing, retreat to a quiet place and then softly close your eyes. Exhale any of the old, stale air from your lungs and then place your hand below your navel and rest.

Take in deep breaths, slowly, through your nose and feel as your belly begins to expand. As you breathe out, imagine that you are exhaling through your ribcage all the way around. Now repeat this in the same way as you imagine inhaling and exhaling through the kidneys or your mid-lower back.



## Say Good-Bye To Stress – Forever!

*FYI: When you breathe deeply and purposefully, this is called "belly-breathing." This oxygenates your tired blood and helps you to focus better.*

You experience a "calm" signal inside and this diminishes all stress so that you can breathe easier.

### **For the Multi-Tasker in all of us**

You can only be so efficient in your lifetime when your little, inner child starts to call you out to play. Just how serious can life be, after all?

Make a point to get down on all fours and play with your kids today! Grab the silly putty and make some cute little critters. Get the slinky out and remember what awe you felt when you first saw that sucker jiggle its way down your stairs!

Make today the first day for your new outlook. Give yourself permission to feel a new sense of adventure. Get those travel mags out and decide with hubby where you will go next and then start planning and saving!

Do something daring and especially do something that will make you want to just laugh your fool head off!

Do this and you will instantly release tension. Remember that all of this positive play will boost endorphins and increase your "feel-good" factor.

*FYI: LOTS of creative play is what is needed to support optimal wellness of your body-mind and spirit.*

### **A very effective 5 minute relaxation exercise for those on the go**

It's time to tense up! Purposefully clench every muscle in your body, including your fists, abs, teeth, cheeks, shoulders, ears and even your toes!

Hold on to the tension for a full 10 seconds.

Slowly begin to release each muscle one at a time.

## Say Good-Bye To Stress – Forever!

As you inhale think of joy, peace, love and friendship.

As you exhale think of those things that cause you stress, one at a time and just let them all go.

*FYI: When you visualize the things that you love as well as what causes you stress and then associate that with relaxation breathing, you are cleansing your body of the negative and filling with the positive.*

### ***Looking for a good night's sleep***

If you toss and turn at night, unable to empty from your mind, the contents of a busy day, this is a great relaxation exercise for you!

Bring a note book to your bedside.

Turn on slow, soft mood music.

Lie quietly and as thoughts come in to disturb your solace, write them all down.

When you are ready to fall asleep you will have “dumped” all of the noisy thoughts and clatter from your busy day that would serve to steal your sleep from you. Writing it all out helps you to empty your mind of it.

Reread all of your notes making a mental note to release all your cares down a sea of care. Envision each of your worries out on a raft about to hit the waterfall. Watch as the raft is eaten up by the falls and so goes your worries.

Return to your peaceful sleep listening to your peaceful music. You will fall asleep peacefully now.

## **NATURAL STRESS-BUSTERS FROM SIMPLE PLEASURES**

There's just no two ways about it, being active, in mind, spirit and body is what keeps the stress away best. The more engaged we are in healthy activity the less place stress will have in our lives.

Make a vow to yourself, today, to do at least 3 simple stress-busting pleasures each day and you will instantly feel much, much better.

Enjoy moderate, pleasurable exercise like bike or swim

Remove your watch and go for a timeless walk

Give a hug, a kiss or an orgasm (these all release endorphins)

Cultivate interest in music you love

Make some music you love

Select from 3 cards and send to 3 people just because

Phone in for a "well" day and then have a ball!

Offer a heart felt apology

Spend the day downtown and pretend you are a tourist

Play with your children today, all day!

Tell somebody how much you appreciate them

Smile at everyone you see today

Shoot some hoops with a neighbor's kid

Shoot some pool with your own kid

Shoot the breeze with a neighbor you thought you did not like

Take a walk or bike ride on a new route

Always meditate and practice mindful breathing all days

Go to an arts event of some kind even if you don't think you will enjoy it

Dance like a pro!

Cook your spouse a favorite meal

Take mom out for a favorite meal

Go someplace special like to see a beach sunset

Start a new hobby such as gardening

Begin a new journal

Write a poem

## **Say Good-Bye To Stress – Forever!**

Settle in for a really good movie (don't forget the popcorn)  
Reduce all sugar, caffeine, alcohol just for 1 week  
Get back in touch with someone you miss  
Pay someone to come and clean out the garage  
Organize your closet  
Donate the clothes you never wear to charity  
Do a kind deed but don't tell  
Curl up on the couch with a really good book  
Spend the whole day at the Spa  
Spend the day giving someone you love a good massage  
Play board games all day long and into the night.....  
Go for some acupuncture  
Wear wild colors today, all day  
Buy 2 bunches of flowers. One to keep and one to give  
Meditate by the ocean listening to the soothing relaxation  
Go for aromatherapy or reflexology  
Take a yoga class  
Hang out at your favorite bookstore  
Invite a friend out to a movie, a concert or a play  
Frame that picture for your best friend  
Put some coins in someone's expired parking meter  
Pre-pay the toll for the car following you  
Volunteer your time at a food bank or soup kitchen  
Don't just volunteer your time, volunteer you!  
Commit yourself to a spiritual belief or ceremony  
Treat yourself to a hot bubble bath by candlelight  
Go on tour with Mother Nature (see the woods, mountains, desert)  
Go fly a kite!  
Treat yourself to something pampering (a manicure or new hairstyle)  
Wait in line for a free makeover in a department store  
Retreat to your favorite store and buy 1 gift just for you  
Join a book club  
Brew a special cup of tea and offer it to someone else  
Try a new recipe at a new exotic restaurant

## **Say Good-Bye To Stress – Forever!**

Paint the kid's room a fresh, new color  
Bring home a new fur ball (pet)  
Surprise your family with a fun Sunday drive into the country  
Blow bubbles with your kids  
Make a snow angel with your husband  
Go back to school to teach  
Update your photo album  
Gather round and plan the next family vacation

### **ANOTHER GOOD REMEDY FOR EVERYDAY STRESS**

Do you feel that you just don't have the time to properly de-stress each day? The good news is you can incorporate simple stress busting routines into all that you do!

#### ***Stretch those muscles!***

Lean your right ear down to your right shoulder and stretch the left side of your neck as you do. Now, switch sides and do the other side. Now, look down and drop your chin towards your chest. Now slowly, let your head roll to the right and then to the left. Repeat slowly until you feel yourself loosen up.

You can do this same exercise for your shoulders, too. Try a few shoulder circles, as well. This is simple to do and when you take the time to do these several times a day, your range of motion will increase and you'll feel considerably more relaxed.

#### ***Enjoy a relaxing massage***

Treat yourself to a professional therapist massage and be sure to ask for a calming essential oil such as lavender or chamomile. Buy yourself some of the same oil to take home, and when you're having a stressful moment, put a few drops of oil onto your tissue or pillowcase and then just breathe into it deeply. You can also use some of the oil to be infused into the air with a diffuser. Just smelling the oil will relax you even if you don't get to have a massage!

#### ***Wear a Smile***

Always begin your day with a broad smile on your face. Purpose in your heart to be lighthearted on this day and every time you see someone pass them a big, sincere smile. You will be surprised how easily this action will affect your mood.

Share in a good joke or two and try to make someone else laugh. Feeling lighthearted is a good thing! Just ask Martha Stewart!

***That Small Inner Voice -- Talk to yourself***

Gently close your eyes and repeat positive affirmations. Tell yourself over and over what you want to believe to be true, such as: 'I am calm' or 'I am confident and sure...' Keep in mind that what you believe to be true will be felt by your body!

***In Support of Good Posture***

Take in a few, good deep breaths as you sit up very tall. Put your feet flat on the floor. At the same time angle your thighs slightly toward the floor, arch in your lower back slightly, gently push your sternum (chest bone) back and then relax your shoulders.

Take in another good deep breath and hold your position for a minute or two. Don't allow your posture to slouch at all during this time – hold your position upright and support your good posture.

As your good posture continues to align, you will relieve all muscle tension. Do this exercise twice daily and you will find yourself naturally supporting your good posture each day.

***Have Some Fresh Air and Take a Brisk Walk***

If you must be indoors most of your day, taking a break to breathe in pure air and to exercise your limbs will be an instant refresher. Doing this will give you back good concentration and you will feel more limber.

Spend only 20 to 30 minutes each day taking in fresh air and walking and you will improve both physically and mentally. If you have a dog, take them along with you. They need to be refreshed just as you do.

***Take up a Relaxing Hobby***

Spend an afternoon at your local craft store and select a new hobby. A good hobby that really interests you will breathe new life into your day. You will be more relaxed and enjoy having a

## **Say Good-Bye To Stress – Forever!**

new interest. Whether you choose painting, playing an instrument, knitting, or even kite flying, choose something that will encourage calm and serenity.

### ***Try a Relaxing Form of Eastern Meditation such as Tai Chi***

Take time to focus from within and you will cultivate a spirit of self control over the anxiety-ridden external world.

Take a good book to bed with you each night and spend 30 minutes relaxing before you turn out the light. This will be calming and as you close your eyes each night remind yourself of your many blessings.

### ***Give Lots of Hugs and Kisses Daily***

Even on your busiest days, stop and hug and kiss someone who is special to you. Your children, especially, need to know how much they mean to you. A show of affection will go a long way.

Spend time each day with a beloved pet. Studies have shown that when we care for a pet we release anxiety and tension, naturally.

Spend quality time with your loved one. Remember those special times with your spouse before the children came along. Nurture moments with just the two of you and you will relax, naturally

### ***Replace that Uncomfortable Office Chair with an Ab Ball***

Next time you leave for your office, stop, first into a fitness store and buy an Ab Ball. This ball will allow your core muscles to have a great wake up call. Just sit on your Ab Ball and then bounce on the spot! You will feel instantly refreshed and your co-workers will want to do the same!

Just as it is time to take your lunch, first bounce on your Ab Ball to get your gastro-juices going! You will firm up your body in no time and best of all you will have fun!

### ***Breathe in the Gift of Life***

## **Say Good-Bye To Stress – Forever!**

We can all go for weeks without a crumb of food, days at a time without water, but, we can only go for minutes without good, pure oxygen.

The average person breathes very shallowly and this makes it almost impossible to be relaxed.

Sit yourself down, purposefully, and take in a slow deep breath in through your nose until you have properly filled up your lungs.

Hold in the air in for a moment and then very slowly exhale through your lips. Breathe deeply in this way for 4 - 5 times, a few times a day.

You will feel instantly refreshed!

### ***Listen to the Gift of Music***

As much as possible, always set your mood with background mood music. Some like traditional blues, some like jazz. Try the newer nature sounds, so you can be working to background sounds of tin pans, flutes and ocean waves crashing on the beach. Whatever you choose, make sure it relaxes and does not energize you. There is a time to be energized and a time to relax. For relaxation, select the mood music over the rock and roll or the hip hop.



## **A CLOSE KINSHIP -- RELAXATION AND SCENT**

Our sense of smell is one of the most powerful tools we have to combat the negativity of stress.

An ocean breeze, the fresh smell of the forest after a rainfall, the pristine scent of a crisp winter morning – all of this uplifts our spirit.

Essential oils allow us to bring the exhilarating scent of the outdoors into our indoor lives. As we must secure our windows to the cold of winter, just a few strategically placed sprays of an essential oil, and we have the best of both worlds!

### ***Magical Essential Oil Combinations***

***To begin:*** Fill a mist spray bottle with purified water and then add the essential oils.

Tighten the cap well and shake the bottle. The longer the mixture remains in the bottle; the scent strengthens and improves in potency.

### ***Essential Sunshine***

50 drops of Lime essential oil

50 drops of Grapefruit essential oil

10 drops of Orange essential oil

10 drops of Patchouli essential oil

Mix with 4 ounces of pure water

### ***Essential Flower Garden***

75 drops of Ylang-Ylang essential oil

25 drops of Orange essential oil

20 drops of Clove essential oil

Mix with 4 ounces of pure water

***Essential Rain Forest***

40 drops of Pine essential oil

40 drops of Cajuput essential oil

20 drops of Cypress essential oil

20 drops of Sandalwood essential oil

Mix with 4 ounces of pure water

***Essential Spice for your Life***

25 drops of Marjoram essential oil

25 drops of Sage essential oil

25 drops of Spearmint or Peppermint essential oil

25 drops of Clove essential oil

20 drops of Patchouli essential oil

Mix with 4 ounces of pure water

***Essential Room Disinfectant***

65 drops of Tea Tree essential oil

50 drops of Thyme essential oil

35 drops of Eucalyptus essential oil

Mix with 4 ounces of pure water

***When you feel particularly stressed and need a little extra boost:***

Place the following blended oils into an aroma lamp with a small bit of pure water.

***Inhale the vapors deeply for best results***

***Essential Breathe Easy***

5 drops of Lemon essential oil

5 drops of Pine essential oil

5 drops of Lavender essential oil

5 drops of Peppermint essential oil

***Essential Room Freshener***

5 drops of Lemon essential oil  
5 drops of Tea Tree essential oil  
5 drops of Sage essential oil  
5 drops of Cajuput essential oil

***Essential Carpet Refresh***

Mix this blend in a wide mouthed glass jar and tighten cap. Let mixture sit for at least 24 hours.  
Sprinkle mixture over carpeting and let rest for 10 minutes. Vacuum.

***Formula #1)***

50 drops of Lime essential oil  
30 drops of Orange essential oil  
20 drops of Patchouli oil  
Mix with ½ cup baking soda

***Formula 2)***

30 drops of Eucalyptus essential oil  
30 drops of Cinnamon essential oil  
30 drops of Lemongrass essential oil  
10 drops of Clove essential oil  
Mix with ½ cup of baking soda

***Essential Furniture Polish***

For a beautiful shine! Combine ingredients and polish gently.

10 drops of Ylang-Ylang essential oil  
1 ounce of Jojoba carrier oil

Use these essential oil combinations in your daily life and you will never have a blah smell throughout your home ever again. Just see the difference in how your mood changes!

## **DE-STRESS YOUR HOME – BRING THE OUTSIDE IN**

Everybody needs their own special place to relax. For many, they choose a place that is outdoors. Where do we go when we want to relax inside of our home?

Consider decorating one aspect of your home, meant only to encourage and promote relaxation. One of the best ways to do this is to bring the outdoors in. What better way than to bring in natural, raw elements, inspired by nature?

### ***Design a Relaxing Room***

Design one room in your home that complements the outside of your house. The design will flow more gracefully along with the outside and the overall appearance of your home will be far more harmonious and appealing.

Homes that are enjoyed, primarily, in the summer months, often feature "solariums." These are truly beautiful rooms, filled with plants and flowers, and natural wood furniture that look light and airy. Wicker furniture has been enjoyed for centuries and is still very popular, today, along with cushion fabrics that have wide, bold displays of floral patterns.

To earmark this one room as your relaxation room, think about using all of the natural colors and hues from the great outdoors.

### ***Begin in the Garden***

Start by deciding on a garden color to be dominant in your room design. A good suggestion would be to start with the natural hues of pink, salmon and similar pale colors. You can also swing for the deeper and bolder colors of bright yellows, reds and oranges.

For best effect, add tones of green. This will be a major part of your interior palette; you just need to decide where and how much of the green will be used.

Your walls and floors will be used as the background for everything else you will design in your relaxation room. As you decide on the feeling or mood of the room, think about these two large areas to begin with. Your objective is to bring indoors the feeling of an outdoor garden, so think about materials to be found in nature.

## **Say Good-Bye To Stress – Forever!**

Wood should immediately come to mind and, if you already have hardwood floors under your carpeting, let that be part of the design of your room. The money you might spend on wall-to-wall carpeting can be best used in another area of your home.

Next take a look at the walls. Natural green will be the background color for your indoor “garden,” so follow this same design and use a soft pale green as your wall color. Choose a neutral color of green and this way, a tone of almost every other color will work with it nicely. Keep your ceiling a soft white or ivory and then add white crown molding and baseboard molding to frame your walls.

You will now have a soft glow from your beautifully finished wood floor and the neutral, soft green walls. You are now ready to choose your furniture and fabrics. This is the fun part!

### ***Bring in the Warmth of Summer with Wicker***

White wicker furniture will nicely compliment your relaxation room. Nothing says calm and serenity like warm white.

Most people appreciate the charm of white wicker furniture. Pre-summer is the best time to buy wicker. Gardening shops anticipate the summer run on buying outdoor furniture and have a good supply.

An alternative to buying wicker furniture is to consider buying bamboo, rattan and sea grass furniture. All of these are very popular for bringing the outdoors in. Costs are quite reasonable.

For fabrics, think floral. These are your best bet when creating a garden inspired room. These work very well with any of the furniture styles that we've mentioned. The important note here is to be consistent.

### **Some great ideas to consider are the following:**

Traditional "cabbage chintz" patterns

Caribbean patterns

Indonesian patterns

Hawaiian-style tropical prints

## **Say Good-Bye To Stress – Forever!**

Softer, more subtle Laura Ashley style patterns

You will need a good sense of coordination to pull off layering of florals, patterns and stripes, so ask for help.

You can ask fabric companies to show you selected combinations of floral designs and complementary stripes, plaids and solid colors as whole groupings. This will simplify your task. Find these presentations in home decorating sections of large hardware stores or in fabric stores that specialize in home decor.

Select simple, understated window treatments to frame your view to the outdoor garden and to help bring the outdoors in. Choose from neutral hues, muted and not bold.

To help define the seating area in your room look for area rugs of sisal, coir, jute or synthetic materials that replicate natural fibers. Ask the carpet stores to make you rugs that have borders to complement the colors you'll use in your upholstery and drapes.

Finally, no relaxation room will be complete without a generous display of live plants and flowers. They're the final touch that brings the realistic impression of having your outdoors flowing to the inside.

Fill your relaxation room with everything that you love and enjoy best. Stock up on good books, board games, a great music system – anything that will promote rest and calm. Make this your special room and you will have a lovely retreat to go to whenever you need to most.

### **CREATE A PERSONAL HOME SPA EXPERIENCE AND DE-STRESS IN PURE COMFORT**

Here are some really simple and creative personal home spa tips that will have you feeling like a million bucks in no time at all!

When you find the time to pamper yourself, even just a little bit at a time, stress will just melt from your body.

Turn even the most stress-filled days into true warmth with the luxury of a home spa and you will feel the difference, instantly!

**Let's Prepare:**

No need to leave your home.

- Go for your robe and slippers
- Find a soothing CD that you love
- Find a scented candle
- Find a washcloth, loofah sponge, bath brush or any skin exfoliation tool
- Find a fluffy cotton towel
- Find bath salts and/or essential aromatic oils
- Find skin cleansers, toners and moisturizers
- Find coarse sea salt
- From the kitchen, go for chilled spring water (with a splash of lime or lemon) in the fanciest glass you can find
- Fix a cup of green tea

**Next:**

**-Release everything about your busy day...any obligations...all responsibilities...let go of the stress... and strain.**

-Quiet your mind!

**-Relax.**

-Welcome Yourself to Your At Home Spa Vacation!

**-Slow down all thoughts. Slow down breath and all movements. Relax.**

-Put on your favorite mood music.

**-Begin your bath now, slipping in your favorite salt or oil.**

-Light your candles. Watch as they begin to burn....slowly....purposefully.

**-Smell the beauty of the scent. Breathe in deeply.**

-Run your hands through your bath. Feel the oils, the salts.

**-Enter into your bath and feel the luxury of it as the water envelopes your entire body!**

-Wet your washcloth and then cover both your face and neck and then stop to compress for five minutes. Repeat this three more times.

**-Gently, slowly towel dry and finish your face with an anti-oxidant, anti-inflammatory facial splash.**

## **Say Good-Bye To Stress – Forever!**

-It is time now to rejuvenate the skin, eliminate waste, alleviate stress, enhance your mood, restore vitality and facilitate the regeneration of new, healthy cells.

**-Now, as your face is just tingling and refreshed, it is time for a basic body scrub and cleansing.**

-Try the freshness of lavender

**-Scrub your entire body free of all stress and concerns**

-Scrub using gentle circular movements

-Eliminates all toxins in the skin

**-Refresh your circulation**

-Next, mix an ounce of ground sea salt with 10 drops of your favorite essential oil.

**-Add the water to make a paste that spreads easily.**

-Apply it to your entire body and slowly slough off the dead skin with big circular strokes. This will greatly cleanse the pores and help your body get rid of any toxins.

### ***A Delicious Home Spa Bath***

-Place 5 to 10 drops of an essential oil into your favorite bath salts and add to bath water.

-Get yourself an extra pillow.

-Place a kitchen trash bag over it to keep it dry.

-Place another pillow case over that.

-Now, enjoy some extra time luxuriating in your spa bathtub!

-Why not spend some time reading a good book?

-Follow with a reviving shower and warm, fluffy bath towel!

### **Spa Treatment for your Fabulous Hair!**

Your hair needs to be nourished just as the rest of your body.

#### ***Try this luxurious natural shampoo:***

\*Add ¼ ounce of lavender to sixteen ounces of shampoo.

For oily hair, add ¼ ounce of lemongrass or rosemary to 16 ounces of shampoo.

\*Use Rosemary essential oils and massage your scalp vigorously



## **Say Good-Bye To Stress – Forever!**

\*Don't rush – just close your eyes, lay your head back and drift for a moment.

\*Add lost moisture to your skin and hair by taking two tablespoons of organic flaxseed oil twice a day. You'll say good-bye to the itches and combat wrinkles and sagging skin.

\*You will experience pure joy and relaxation in your own home day spa. Take the moments you can steal away from each day and make your spa moments a part of your daily routine. Your body, mind and spirit will love you for it!

## **MORE GOOD RELAXATION TIPS YOU CAN PRACTICE**

Our lives are busy and it can be hard to be forever concentrating on finding our “center of peace.”

By following just a few pointed tips each day, you can move towards a more balanced lifestyle. This can only mean more inner strength and relaxation -- and who doesn't want that?

### **Set a time aside each day to relax!**

- give yourself permission
- don't waste your time being exhausted.

### **Carry a notebook everywhere you go!**

- Jot down everything you need to do
- cross off as you do it
- You'll feel more in control.

### **Get the amount of sleep you need each night!**

- do something you love just before bed
- dab an essential oil on your pillowcase and temples
- use an eye pillow to help you drift off
- keep your heat turned low

### **As soon as you arrive home from work take a break just for you!**

- retreat; let someone else manage the dinner, the kids, etc.
- do something relaxing, purposeful, like yoga

### **Do an open-eyed meditation exercise!**

- gaze softly at a candle flame
- darken your room
- calm your mind
- Always bring your mind back to the candle
- You will feel warm and relaxed.

**Create a home spa!**

- give yourself permission for soothing pleasure
- No interruptions for one full hour
- put on some music
- Light lots of candles
- put bubbles in your bath
- Just soak and let your mind drift

Now that you are wonderfully relaxed, do all you can to maintain that! When you step out from the bath don't immediately start to yell or argue.

If you have to, go to a place where you can just "be" for a while! Once you feel well energized and totally relaxed, dig in and begin your productive evening. Be on your toes and guard from becoming engaged in any activity that will cause you stress.

~~~~~

***Have you ever wondered how your next-door neighbor was taking care of his stress, or perhaps you have wondered about how your child's third grade teacher was taking care of her stress?***

***Here are Three Random Examples of How Everyday People Deal with Stress:***

1. Stand ready to reassess a misunderstanding with a colleague.
2. Don't let the behavior of unreasonable people get to me.
3. Take at least one good holiday a year.
4. Always keep an external focus by thinking about how my work can best help the greater population.
5. Always thinking ahead to plan for inevitable upsets as well as prepare for those high pressure events.
6. Try to see the funny side of life, at all times. (Even those awful times.)

## Say Good-Bye To Stress – Forever!

7. I never drink, eat or shop to relieve stress.
8. I always cultivate a cohesive team at work. This means a successful team that takes pride in the results it achieves, has a high morale, and with less stressed individuals.
9. I always listen to a tape or mini-disc of favorite tracks and listen to it at times of high pressure.
10. I will close my eyes and replay my memory of a particular event that was most meaningful to me. I will replay this same event over and over.

---

### ***Random Response #2***

1. I always get up very early in the morning to have a relaxed start to the day. I soak in bubble bath and gather my thoughts and plan for the coming day.
2. I build good relationships with my staff. We share problems.
3. Talk with my colleagues on a regular basis. I am a good listener.
4. Delegate responsibilities with consideration.
5. I laugh, laugh, and laugh, **with everybody**.
6. I wine and dine with my friends on a regular basis.
7. I have somebody come over to clean my entire house and do my ironing.
8. I indulge in water color painting and listen to Rachmaninov concerts played at full volume.
9. I garden – which I love.
10. I ride and mess about with my horses, daily.

***Random Response #3***

- ☐ I am in love!
- ☐ I expose myself to my favorite form of comedy and I have a good belly laugh for as long as possible.
- ☐ I do a physical workout that makes me sweat hard for at least an hour, preferably two. The ensuing endorphin release makes me feel much less stressed.
- ☐ I don't eat or drink to relieve stress, but a little herbal assistance is relaxing ... try some herbal essences in the bath.
- ☐ I listen to music that makes me wonder at the beauty of it; the Ramones or Motorhead do it for me every time.
- ☐ I go for some close contact stress relief ... I use some essential oils.
- ☐ I strive to help someone who is having a hard time with something. Cliché as it is, doing good stuff for other people relieves stress.
- ☐ I mentally relive my happiest time, indulging in the actual feeling of the happiness experienced, not the reality of it being gone.
- ☐ I go for a full body massage: darkness, mood sounds, aromatherapy etc, with joint clicking (Thai massage is good) lasting at least a full hour.
- ☐ I indulge in the unconditional love of an animal companion.

~~~~~

**BE AWARE OF EACH AND EVERY BREATH THAT YOU TAKE**

## **Say Good-Bye To Stress – Forever!**

To be best aware of maintaining your state of calm, pay special attention to your breathing.

Being aware of your breath will improve your physical and emotional health in very dramatic ways.

Every member of the family can be taught to breathe slowly and consciously with breath awareness. The health benefits for the body and emotions will increase over the years as you patiently practice.

### ***Breath Awareness Tips***

- Gently inhale and exhale through the nose.
- Breathe smoothly, slowly, quietly & continuously.
- Keep your head neck and trunk completely straight.
- Make note of the sensation of coolness as you inhale at the tip of the nose and the sensation of warmth as you exhale.
- Practice slow purposeful breathing with a goal of inhaling for 8 seconds and exhaling for 8 seconds.
- Stay within your comfort zone. Do not strain.
- Practice breath awareness for 12 minutes/twice a day or longer. Your nervous system will gain great benefits from this practice.

## **TARGETED RELAXATION TECHNIQUES**

Try these relaxation techniques that target specific parts of the body:

### ***The Five Finger Exercise***

-In a relaxing chair, sit back and take a few deep breaths.

-Next, establish an easy, regular breathing pattern.

-Take in a deep breath and as you exhale, touch your index finger to your thumb. Imagine a time when your body felt a healthy tired, like how you felt after a good tennis match, or just stepping out of a hot tub or sauna....

-Now, take another good deep breath, and as you exhale, touch middle finger to your thumb. Imagine a time when you had an especially loving experience, when you felt warm and safe. Take a moment to really feel that same feeling as vividly as you had experienced it....

-Next, take another deep breath, and as you exhale, touch your ring finger to your thumb and imagine a time when you performed especially well, when you aced something that was important to you. Take that feeling of accomplishment in now and feel it as fully now as you did then...

-Lastly, take one more very deep breath in and as you exhale, touch your little finger to your thumb and as you do, imagine seeing the most beautiful place you have ever experienced...or imagine how you would feel being there now...Take a moment to fully absorb the fullness of what you feel being there.... and when you're entirely ready, and bringing with you all of these same feelings for the rest of your day, come back...

## **Practice Progressive Relaxation**

In the early 1920's, Edmund Jacobson developed Progressive Relaxation. Jacobson was one of the first to measure the electrical activity of the muscles. He believed that anxiety showed itself through tension in the muscles, and he believed that if we could reduce the muscular response, then we would also reduce the amount of stress in our bodies, as well.

This is a relatively straightforward relaxation technique and is widely used today. It requires very little imagination or even willpower. Practicing this technique will quiet a racing mind or heart and will help you to focus better and concentrate better.

This technique teaches the difference between tension and relaxation as many have come to associate the tension of every day life to be entirely normal. Many have forgotten what it is to truly relax.

This relaxation approach involves tightening and then relaxing various muscle groups throughout the body, a little bit at a time. One group of muscles is worked on and then, slowly, the next.

It does work best when you can coordinate inhalation of breath with the tightening of the muscle phase and then controlled exhalation with the relaxation phase.

### **For example:**

- Tighten your left fist, slowly, inhaling as you do.
- Hold the tension now, about 5 seconds, continuing to inhale and focus on the feelings of tension.
- Really focus on what the tension feels like.
- Feel the burn, the lightness, the tightness and the restriction.
- Label how the tension feels in your mind.
- Now just let go, slowly, and relax, exhaling all of the stale tension and air.
- Notice any of the relaxation sensations, label those.
- Slowly exhale as you name those sensations of relaxation, utter relaxation.



## **Say Good-Bye To Stress – Forever!**

Whatever terms you can think of to label the feeling, and then relax, slowly, exhaling as you do.

Repeat the same technique for the right fist.

As you feel the change and are totally relaxed, move on to the next muscle group.

Go with about 15- 30 seconds per contraction/relaxation cycle.

If relaxation imagery appeals to you during this technique, go ahead and imagine what you can to the feelings of both tension and to extreme relaxation.

It is important to compare and contrast the differences you feel from tension to relaxation.

Try doing one entire side of your body and then the other.

### **Calming the Racing Mind**

Some people feel that they can relax their muscles very well, but that their minds continue to just race on.

#### ***Here are some good techniques to use if your mind races:***

Relax your body completely.

Take in 4 deep breaths, repeating “4” to yourself as you exhale.

Then take 3 deep breaths, repeating “3” when you exhale.

Now take 2 deep breaths, repeating “2” when you exhale.

Finally, take 1 deep breath, repeating “1” as you exhale.

At the same time, focus your mind on a pleasant image. Imagine that you are a passive observer of something very relaxing where there is repetitive motion.

Example: relaxing on the beach, watching the waves go back and forth or just lying in the grass and watching as the clouds move by overhead.

Finally, now you want to cause your mind to go completely blank. As you are focusing on this repetitive movement, begin to envision a blank form. Just like you are standing on the edge of an abyss where there is no form and all is void.

## **Say Good-Bye To Stress – Forever!**

Focus on the void and remain there as you continue to relax deeper and deeper. Hold this as long as you can.

### **Instant De-Stressing Skill**

When you practice repeat relaxation skills over time, you develop a very practical skill for both mind and body for de-stressing yourself on command.

Practice this quick relaxation procedure whenever you feel yourself becoming tense.

This procedure involves taking 5 long and slow breaths as you notice the tension and relax your body.

To begin, stretch out your arms and legs, fingers and toes, very slowly.

Take a slow and deliberate yawn.

First Breath. Take in a long and slow breath and count to six. Breathe deeply into your stomach, while holding your breath for a few seconds. Now let the air flow out slowly and as you do, relax.

Second Breath. As you inhale another long, slow breath, concentrate on the muscles in your scalp, forehead, eyes, mouth and face. Notice the tension being held there...now relax these areas as you exhale slowly, giving in to quite and relaxation.

Third Breath. Now take in a long, slow breath and concentrate on the muscles in your neck and shoulders. Release this tension in your muscles as you exhale slowly. Experience deep relaxation.

Fourth Breath. Take in a long, slow breath and concentrate on the tension in the muscles of your chest and abdomen. Relax these muscles as you exhale and experience the relaxation.

Fifth Breath. Take in your final long, slow breath and pay attention to the muscular tension left anywhere in your body. Hold that breath for a few seconds, and then as you exhale slowly feel that deep sense of total relaxation.

## **Fight off Tension with Deep Relaxation**

The next time you want to turn on the TV to relax, try some Deep Relaxation!

By now you realize that relaxation is far more than just going on vacation or watching a good TV flick. While these activities can bring relaxation, true relaxation is much more: it slows down both the body and the mind.

Think of true relaxation as a type of "Condensed Rest."

True relaxation has been proven to promote natural healing and it increases the rate of recuperations. Research also points to deep relaxation as a help with memory and learning.

Any time of the day or night, you can take "5" and try this simple "Mini-Relaxation Technique." You will minimize the amount of pressure or stress during any given day.

Take in three deep breaths.

With each deep breath, imagine that you are inhaling feelings of calm and peace.

With each exhale, breathe out feelings of pressure and stress.

Take time during your day to stop and focus on a pleasant thought or image (like a baby playing in the sand.) Do this many times a day.

Allow your shoulders and jaw to completely relax.

Do not focus on any stress.

Close your eyes and feel any tension throughout your body.

Picture this tension as water being held in a pitcher.

Feel as the water begins to flow from the pitcher.

You will begin to feel light and weightless.

Stay in this for as long as you can.

Deep relaxation is the ability to instantly de-stress and to stay focused on the calm and serenity. This is a skill that can be developed and strengthened. It works best when practiced for about 20 minutes each day, although even a few minutes each day can help.

**A Quieting Exercise for Mind and Body**

Once you have learned to hold your relaxed state for a full fifteen to twenty minutes, you are ready to progress to an even higher level of relaxation.

***Look for the following physiological/psychological signs of relaxation to know you are ready to reach a higher level:***

A feeling of heaviness in the muscles/you are unable to move.

A sensation of warmth coming from your hands or feet flowing towards the central core of your body.

A tingling vibration throughout your extremities.

A sense of detachment or void in thoughts as they flow through your stream of consciousness.

**Higher Level of Relaxation Exercise**

Take two, four-count, easy breaths, slowly.

As you inhale your first breath say to yourself, "Leave my body out of this!"

As you exhale your first breath, smile inwardly to yourself.

As you inhale your second breath choose two muscles groups (jaw and shoulders) and relax them as you exhale your second breath.

Repeat this as much as twenty to thirty times daily, each time you even begin to feel the least stress.

## **TAKE THE STRESS SELF-ASSESSMENT**

Created by two American psychologists, take a look at this scale of 43 life events and you will learn how much obvious stress you have in your life.

Each event has a corresponding score associated with it, according to the degree of stress that comes as the result of that activity.

**Below are the top 10 most stressful life events according to the scale:**

1. death of a partner
2. divorce
3. separation from partner
4. imprisonment
5. death of a close family member
6. personal illness or injury
7. marriage
8. dismissal from work
9. change of job
10. retirement

(Holmes and Rahe (1967) 'The social readjustment rating scale' *Psychosomatic Medicine*, 11: 213-18.)

### **WHAT IS YOUR LEVEL OF STRESS?**

***When you suffer from stress, you experience a variety of symptoms. These symptoms each fall into four categories:***

- behavioral (the things you do)
- physical (your body's response)
- emotional (what you feel)
- psychological (your personal way of thinking.)

**Take a look below at the various lists of stresses and symptoms and then compare those with how you are feeling at this moment. Next, look for your score at the end of this self-test and you will discover your personal stress rating.**

**Physical symptoms**

- tightness in chest
- chest pain and/or palpitations
- indigestion
- breathlessness
- nausea
- muscle twitches
- aches and pains
- headaches
- skin conditions
- recurrence of previous illnesses/allergies
- constipation/diarrhea
- weight loss or weight gain
- change in menstrual cycle for women
- sleep problems/tiredness

**Emotional symptoms**

- mood swings
- feeling anxious
- feeling tense
- feelings of anger
- feeling guilty
- feelings of shame
- having no enthusiasm
- becoming more cynical
- feeling out of control
- feeling helpless
- decrease in confidence/self-esteem
- poor concentration

**Behavioral symptoms**

- drop in work performance
- more inclined to become accident-prone
- drinking and smoking more
- overeating/loss of appetite
- change in sleeping patterns
- poor time management
- too busy to relax
- withdrawing from family and friends
- loss of interest in sex
- poor judgment

**Psychological symptoms and negative thoughts**

- 'I am a failure'
- 'I should be able to cope'
- 'why is everyone getting at me?'
- 'no one understands'
- 'I don't know what to do'
- 'I can't cope'
- 'what's the point?'
- 'I don't seem to be able to get on top of things'
- 'I keep forgetting where I put things'

## Say Good-Bye To Stress – Forever!

- inability to express feelings
- over-reacting
- loss of judgment

### Stress Self Test

***Add up your score to check how stressed you are.***

**0 – 4 symptoms:** You are unlikely to be stressed.

**5 – 8 symptoms:** You are experiencing a mild form of stress and are not coping as well as you can. You need to make some changes.

**9 – 12 symptoms:** You are experiencing a moderate degree of stress. You need to make major changes to your life.

**13 or more symptoms:** You need to take urgent action to reduce your stress levels. The higher your score the more urgent is the need for action.

Stress is impossible to eliminate totally from life. However, if we recognize what stresses us, together with how our symptoms show themselves, we can take action to minimize or reduce any negative effects.

-----

## **Conclusion**

Relaxation is every bit as much of an attitude as it is anything else. When you know you are in control of your mind and body, you just instinctively know what to do about stress.

Taking the time to be mindful and cultivating a loving, gentle, stress free spirit means taking the time to relax. Relaxation exercises can become a part of our daily routine just as sitting down to a good dinner is. Your body and mind will love you for it!



# **\*\* Bonus Articles \*\***

We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!

All these articles are © Wings Of Success.  
Using them without our prior written consent is strictly prohibited.

### **A little help with your stress**

There are many different ways to solve a problem, and that goes for stress management as well. Different people handle stress differently and rightly so – all of us are made unique. Now, some people think that stress is what you feel after hard physical work, and that is untrue. You could get stressed just by sitting on a chair all day! In fact psychologists tell us that those workers who perform jobs of similar nature day in and day out are more vulnerable to stress than those who perform different kinds of jobs when ever they walk in to the office. This is obviously due to the boring routine the former group faces. Yes, boredom can and does cause stress! So what do you do about all this stress? Well, you could try meditation. People believe that closing your eyes for about five minutes, and totally clearing all thoughts from your mind can help reduce stress. Others believe that taking a walk in a quiet place reduces their stress, and yet others may resort to their own favorite stress reduction methods. All methods have one thing in common – the fact that you need to detach your self from the work that is causing the stress in the first place.

- A. Take a break from work when it is allowed, and spend this time alone. Very often we spend our free time discussing work issues with our colleagues and this doesn't help your stress levels one bit. Instead, spend your free time focusing your thoughts on positive ideas, maybe on what you are going to do after you reach home?
- B. If being alone in the work breaks sounds like a disappointing idea, then go ahead and chat up some of your friends. But try and steer the conversation away from work, especially if work is the stress causing factor. And it usually is isn't it?
- C. Get organized. A clean work bench with minimum clutter can make a wonderful change from wires all over the place!
- D. Imagination can work wonders with stress. If your work is stressing you out a lot, try and close your eyes and get positive thoughts running through your mind. Imagine the holiday you are planning, or that place you love o visit.

Whatever the motivation factor is that helps you reduce stress go for it, unless it is something that could cause even more stress to work or home. Remember to think positively. A negative stress breaker can only cause negative effects, so try and refrain from alcohol as a stress relief measure. Positive thoughts can not only reduce stress, they also make a more efficient and productive worker out of you.

**Get yourself Stress management coaching in Austin Texas**

There is not one of us who has not faced stress in their life. Stress does not strike you on the basis of your class or color or race, but according to the issues that you face in your live. Stress management is therefore necessary to help you balance the negative effects that stress can have on your day to day life. Due to the growing need that people have to get help with managing their stress issues, stress management has now become a profitable career option. You can find a few stress managers at least in every state of the United States of America, and Texas is no exception.

If you are looking for help with stress management in Austin Texas, all you need to do is to take one quick look on a search engine like Yahoo or Google. You will quickly see hundreds of options to choose from. So, if you are looking for a personal stress manager for your life or a person who can guide a group of people as well, it should be easy to locate in any state of the US. The most popular stress management counselors on Austin belong to university oriented organizations such as the University of Texas at Austin. Not only do such organizations hire only qualified people, they could also charge you a moderate fee.

As stated earlier, which ever corner of the world you may be in, it cannot be too hard for you to get hold of a stress management counselor. Such is the popularity of the profession in today's world. However, be aware the as in every popular profession, there are some scammers out there whose only intention is to get some money out of you. Of course every body will charge you a fee, but make sure you hire some body you feel has good listening skills. If possible, try and do a background verification of who you wish to shortlist. Any genuine person will gladly give you a list of people who can vouch for them, and this is the norm in the USA. In fact every professional in the US maintains a list of clients that can vouch for them. To get a more objective feedback, you may even ask around with friends or family that has hired a stress manager in the past, that's the best feedback you can get.

You could also ask the potential counselor if you could see apart of their video or hear a part of their audio recording. Of course no one will want to part with an entire recorded session as such material is a product which could be sold on its own. However, the genuine person will not hesitate to give you at least a part of such recording as a sample.

### **What is Critical Incident Stress Management Training?**

What can be done for critical incident stress management? What is required of those who need critical incident stress management?

Who needs critical incident stress management training? Any professional that comes into contact with critical events or incidences. Some of these professions include, but are not limited to, emergency room hospital staff, law enforcement personnel, emergency medical service professionals, fire personnel, psychologists and military professionals. The events these professionals have to handle in their lives could ruin their ability to handle any given situations by developing extreme behavioral, or emotional reactions. Critical incident stress management training helps to alleviate the strain and stress experienced by these professionals.

Professionals are provided with many methods to use for critical incident stress management. These methods form two categories; supportive and intervention. Each training session includes support and guidance, directed from well-trained and qualified mental health professionals. Providing consultations guide peer training, as well as lead group and individual crisis interventions. There are times, along with stress management training; there is traumatic reaction assessments also needed for evaluations of these professionals. Because of their familiarity with emergency work environments and dynamics; these mental health professionals are essentially best qualified for educating the workers of professionals associated with critical incidents or events.

The primary focus of critical incident stress management training is for preventing or minimizing problems, such as post traumatic stress disorder. These training programs are designed to be flexible, as to meet the needs of peer leaders and professionals alike. These include nursing staff, emergency room staff, firefighters and police officers; as well as mental health professionals including but not limited to psychiatrists, psychologists and social workers.

Some of the techniques used, involve one-on-one support, education, family support, debriefings and peer support. Other techniques used for critical incident stress management may provide formal education workshops on traumatic stress or group therapy.

## **Say Good-Bye To Stress – Forever!**

Symptoms most often seen in professionals and people experiencing posttraumatic stress or critical incident stress include reoccurring anxiety, nightmares and flashbacks, intense fear and difficulty moving forward with their lives. Others might experience mental health problems, personality disorders; while, yet others may turn to alcohol, drugs and even food for comfort. Hoping these alternatives will relieve their stress, when in fact it only worsens, allowing critical incident stress to consume their lives. Educated professionals stand ready to aid in the support, help and guidance that is so important in the critical incident stress management training.

### **Yoga- a Stress Buster for all ages**

**Summary:** Yoga is the best form of organized physical activity that can be done to reduce and effectively control the stress faced by humans in day to day lives. This is a one stop shop for the stressed out individuals of today.

A successful and ambition filled life can be very demanding on an individual bringing with it untoward stress. This kind of a lifestyle makes it difficult for on self to actually enjoy life in any way as stress consumes one and all and keeps a person from doing anything that he might enjoy. Stress will make a person completely pre-occupied and prevent him from being productive in any way. This is where 'Yoga' comes in to the picture. Yoga can make a person feel relaxed and thus make him a more productive, stress free person in day to day life. Yoga is the single most effective way to combat stress in today fast paced modern world.

The yoga zone evening stress relief program is the ideal way to deal with stress. It is an intensive and effective way to get rid of stress after a hectic day at work. This is the best way to maintain a healthy lifestyle. Yoga zone evening stress relief will be able to inculcate a healthy way of living by teaching participants to effectively breathe in and out while doing yoga. The initial session concentrates on teaching stretch exercises which lead to better flexibility.

The second session of yoga zone evening stress relief program concentrates on alignment of body parts and the concept of active limbs. This results in superior harmony amongst all the body parts leading to a more fitter and dynamic person. Breathing as a way to eliminate tension is something that yoga zone evening stress relief will teach you to do effectively.

The yoga zone evening stress relief teaches you to combine effective breathing with the stretch exercises that will make your body stronger and capable of handling the jolts faced in everyday life. Yoga zone evening stress relief makes it easier for a person to be more in harmony with oneself and with others around him making him a better person to work and live with.

Yoga zone evening stress relief is the most effective and the quickest way of moving towards a healthy and younger lifestyle. Yoga zone evening stress relief is the best approach or to be clear the most holistic way of beating stress and killing the pressures of life. Thus if this fitness regime is followed by everyone who is stressed out at work or life in general then they can come out of the problems faced and lead a better and more productive life

## **Stress and its types**

**Summary:** Do you know what stress is? Stress is a physical and an emotional strain that a person experiences due the pressure from outside world.

Stress is something that every human being undergoes in their day to day lives. There are different types of stress that are faced by every human being and they are performance stress, stress about thinking etc.

The main type of stress that you can think about is the stress faced by people at work, everyone faces some kind of stress. The only thing that differs from person to person is the amount of stress that is faced. This could be because of the difference in the type of work being done or it could be because of the type of person they are, stress is a part and parcel of everyday life.

The types of stress that you face can be due to the pressure of performance, a desire to do well, stress due to deadline. Stress could also be bought on by the deadlines at work or an attempt to please your superiors. Many people who handle stress do it well because they do not carry the work home with them. This results in not too much pressure on you and reduces the total stress faced by a person. Stress is something that is very dangerous and can create trouble for a person affecting him mentally and physically as well.

There are other kinds of stress as well which can be equally debilitating to a person. Stress in a relationship is something that can be faced by a large majority of people and is usually caused by being in the wrong kind of relationship. There are even things happening in the world though not even directly related, can cause stress in a person. World politics which normally would not affect a person directly can create a lot of stress in a person.

The worst kind of stress a person can face is at home, stress at home can be caused due to pressure of paying monthly bills, stress caused by other family members bringing in stress home. A bad relationship, some financial issues can also cause a lot of stress. All though these are the things that can cause stress all really depends on the kind of person you are, some people manage to take all this in their stride and have no trouble in dealing with stress, some people take this seriously and think all this their responsibility and can take undue stress on their head.

## **Say Good-Bye To Stress – Forever!**

So to sum it all up, stress can occur in different forms. It is really upon you on how to handle it and deal with it. If handled properly, stress can become something that you can deal with and not create any kind of issues.



## Stress and Dreams

**Summary:** Do you see dreams? Do you see beautiful dreams or nightmares? Do you know stressed people often see nightmares than beautiful dreams? Let us know more about stress and dreams.

Nightmares are often seen by people under a lot of stress. Although it is not very clear whether stress is the reason for people to see nightmares or nightmares are one of the reasons for people to feel stress, but it is very clear that stress and dreams are interrelated.

Dreams are basically a part of the human subconscious, so there is enough possibility that these dreams act as the subconscious part of a person which helps him understand what is happening in him. Many people do not accept the fact that they are affected by stress disorders but in turn their mind denies this fact by making them dream about the same thoughts that bothers them.

There are many findings which show that stress causes nightmares. But this completely depends upon a person's mind fluctuations. People who are prone to stress disorder may often try to find out the source of their stress in their dreams, but some see dreams that helps them to get along with this disorder without any further complications. But apart from all this, there are other people who dream about stress which end up in horrifying nightmares. That is why people think that stress and dreams are connected.

In order to find out whether stress and dreams are inter connected a group of students conducted a test about a subject for which they were going to have an exam in a few days. For this, the students were divided into two groups. Information was passed on to the first group that they will have a difficult exam. But for the second group no information was given. The result of this test was, the first group to whom the information about the difficult exam was passed had undergone stress by thinking about the difficulty they have to face all through the exam thereby making them dream about their failure in the exam which in turn gave them a few restless nights. Whereas the second group to whom no information was given, did not show any symptoms of stress. The end result of this test was that the stress symptoms stopped the students from seeing positive dreams of exam and made them see the worry some exam which they have to face.

## **Say Good-Bye To Stress – Forever!**

The test which was done for stress and dreams connection can also be a little inconclusive. The stress what the students faced may be due to some other case which was accompanied by the problematic situation. But in both ways it ends up in same conclusion that stress and dreams are interconnected as the stress factor stops a person from seeing positive dreams.

The Inter relation of stress and dreams was always a fascinating topic for all researchers. This is so because all studies and tests they have conducted till now have not shown any solid proof for the fact that stress symptoms make a person see nightmares and stops them from enjoying a beautiful dream.

### **Squeeze Balls- Stress Reliever Toys**

**Summary:** How many of you still like to play with toys? How about getting a ball as a gift from someone? Don't be surprised, we are talking about Stress reliever toys.

Stress is a disorder undergone by each and every person, irrespective of the fact that he is a working professional or a homemaker. This disorder if not found and not cared for, leads to disastrous effects on life. Stress can be relieved through the love and care from your family members and friends or through medication. Apart from this stress can be relieved to a great extent with the help of stress reliever toys.

Stress reliever toys are those toys which can reduce your tensions, anxiety, and stress to a great extent. Stress reliever toys are easily available in markets or even you can buy them online. There are online sites which sell the stress reliever toys at low prices or at great discounts. These stress reliever toys are endless and they can be given as a great gift to those people who suffer from stress, anxiety, illness or any other tensions.

Stress reliever toys mainly consist of different types of balls which are available in different shapes, sizes and variety. Stress reliever toys include the squeeze balls which is just one kind of toy amongst the different kinds of stress reliever toys. These are available in various shapes like a foam, glove, basketball, heart, round shapes etc. These types of stress reliever toys which are very handy can be carried out and stored anywhere we wish.

Squeeze balls can be used as appreciation gifts during conference, garage sales, conventions or even at trade or desktop promotional shows. Anyone, whether it is a working person or a housewife, can use the stress reliever toys to go through their tough days. The squeeze balls are made of foam or gel by which one can easily squeeze and release with your hand thereby creating a soothing effect. This in turn reduces stress by focusing on your energy and reduced blood pressure.

Squeeze balls help in various treatments for the different types of arthritis which are caused by the inflammation of joints due to any pain or swelling. It also acts as a treatment for various types of paralytic conditions like hemi paresis and bells syndrome. Hemi paresis causes

## **Say Good-Bye To Stress – Forever!**

paralysis to one side of your body where as bell's syndrome causes weakness of peripheral nerves. It can also help with various neurological problems.

Stress reliever toys are of many types and are easily available online. Some of the stress reliever toys include imprinted stress ball in which your name can be imprinted. Custom imprinted balls which can have your image or name depending on your choice. Key chain stress balls which are very handy and can be used in car, offices or even when you go for a drive. There are also round stress balls which can be used after a tiring job or exercise and then comes the vibrating stress balls which stimulates your body and thereby relieves your stress in addition to your regular stress balls.

These types of stress reliever toys are very useful as it helps in reducing your blood pressure, illness, tensions and especially reducing stress. These stress reliever toys will be a great solace to sufferers as they are easily available and carried with them everywhere.

## Nervousness and Anxiety

**Summary:** Feeling nervous without any problem. Let us see what is nervousness and how is it connected to anxiety? And what are its symptoms?

Nervousness is a kind of state where a person usually forgets the surroundings and does something without their own knowledge. It is basically a disorder caused in the mind which tends to act in such a way. Nervousness can be normal or serious based on the situation. Nervousness is the situation in which people assume that they are in danger even if there is no problem. Nervousness usually occurs due to stress that carries around in our minds. It's another case when a person feels anxiety, scared or feared even without anything scary happening. So to know more about nervousness and anxiety symptom we will need to deeply explore it.

Getting to know what bothers a person without any cause leads to the conclusion that they are suffering from some kind of anxiety disorder. If not cured in time these disorders can create changes in the way they deal with people apart from that it can create a great damage to a person's life.

A person gets anxiety disorder mainly due to the reasons caused by nervousness. If a person feels nervous even from a very small reason we can assume that these people are prone to nervousness and anxiety from a very long time or they have been going through these disorders from a very small age. These types of people or disorders can be cured only by their own family members or friends by talking to them about the fear or anxiety that is bothering them. When a talk or constant care does not help to reduce the symptoms of nervousness and anxiety you need to consult a good psychologist.

When a person feels nervous it does not mean that there is a threat for his life it can also be due other reasons. There can be other psychological problems that can create nervousness and anxiety, this can be found out and avoided only with the help of certain tests by an expert doctor. This can include thyroid problems, graves disease, and hyperthyroidism or can also occur with the excessive use of drugs like cocaine or other drugs. In such a case the person suffering from this Nervousness and Anxiety disorder must be willing to opt for help from the doctor.

## **Say Good-Bye To Stress – Forever!**

Those people who feel that they are suffering from nervousness and anxiety must consult a specialist and get rid of this disorder as early as possible. As this nervousness and anxiety disorder can create major damage to a person's life because of the panic faced by them.

If you seriously feel that the nervousness and anxiety symptoms that you experience are the things which will go beyond the natural limit, you should consult a doctor right away.

## **High Stress Symptoms- Its Causes, Effects and Remedies**

**Summary:** Stress is one of the main disorders that affect the well being of a person; high stress gradually takes a person to the brink of death. Let us see what the symptoms of high stress are, how is it caused, how it will affect one's life and what are the possible cures for this.

In this modern and busy world stress plays a major role. High stress can create good amount of problems for some people and for some others it can take them to death. In this world there will not be a single person who has not gone through this disorder. High stress sometimes act as a motivator causing a person to go upto the mark of expectation where as for some it takes to the state of failure where he\she will not be able to handle the situation and will end up in causing life threatening diseases and there by taking them to death.

High stress basically depends upon the mind of person and the way they handle any situation. For instance if some one to whom we are emotionally attached is affected by some serious illness or in case of their death, the person who is suffering from this disorder will experience a very bad time. He\ she will not be able to go through this situation which results in high stress symptoms. If such a condition goes unnoticed it will end up in serious health problems. Some other cases where high stress occurs are financial crisis, losing a very good job opportunity, broken relationships or even due to depression. During this period, the effects of high stress symptoms will affect his mind very badly thereby creating mental, physical and emotional changes.

The high stress symptoms if not controlled will lead a person to lead a precarious life. It will cause fatal conditions like heart attacks, increase in blood pressure, stroke, ulcers etc. Apart from these diseases if a person with such a disorder is not taken care properly he\she will reach a stage where they will lose their minds and might end up in deciding too take their own lives.

The main remedial measure or cure that we can give for high stress symptom is care, understanding and love. For that the main thing we have to do is to find out early about this disorder and help them to adjust to any situations that come in the way. For this the support of family, friends or the well wishers of the sufferer is very important. Talking is a good way of reducing high stress symptoms. If the sufferer is given an opportunity to speak up what is in their mind that bothers them it can be a great help to reduce their high stress for sometime. This

## **Say Good-Bye To Stress – Forever!**

will not solve the problem fully but it will reduce the pressure within them. Giving them a way to share their problem or taking some burden from them can help a sufferer in reducing the high stress symptoms. If high stress symptoms are too large then the sufferer should also be given necessary psychological help. These possible cures if provided to those suffering from high stress symptoms will save a life.



## **Stress- Effects and Remedies**

**Summary:** What is Stress? It is an interesting question as it really doesn't have a single eligible answer. The dictionary defines stress as a constraining force or pressure. Now let us see how stress affects our health and what are the easy ways to avoid that.

**Effects:** Stress is the constraining force or pressure that becomes a constant factor affecting a person's life, mind, body as well as spirit. The effect of stress will be different for different people. Those people who undergo long-term stress will have to face serious health conditions like heart diseases, stroke and even cancer. These effects can be further increased with psychological and behavioral impacts. In these cases, the effect of stress will include anger, change in mood, irritability, loss of sleep and more. These effects of stress further create the possibility of over or under eating.

No matter how much a person tries to break it, the effect of stress is bad. Speaking about the effect of stress there are a lot of options which can be considered in order to reduce this to a great extent, some are very basic but some complex. There are different ways by which the effect of stress can be reduced:

- \* **Physical activity-** Exercises can be done to reduce the effect of stress as they are considered to be all time greats. Doing an exercise will not remove your stress; it instead helps to relieve the tension in our body there by increasing the blood pumping and causing the mind to work more in a focused manner.

- \* **Relaxation-** Meditation, hot bubble baths, deep breathing, visualization exercises all helps the brain to relax. Thinking positively can also create a big impact on the way to reduce the effect of stress.

- \* **Organizing your Life-** Setting your priorities, your goals, getting rid of unwanted things from your mind and by managing the time one can reduce the stress to a certain extent. Focus on what is important to you and try not to get worried about what you cannot control, in such case the effect of stress will not have much hold on us.

## **Say Good-Bye To Stress – Forever!**

\* Fun- Having fun is one of the easiest ways to reduce the effect of stress. It can be going out and having a good time on your own or with your friends or stay at your home by doing something which makes you happy. Some of the incredible stress relievers include Laughing, smiling and simply enjoying oneself.

Even if we follow the above said ways it is not so easy to lessen the effect of stress in our life. When the effect of stress bothers you all you have to do is to create your own small steps of changes which can bring in a very big difference in your life. The physical effect of stress are proof enough to makes us realize the importance of relaxation.

## Chronic Anxiety - Its Symptoms and Remedies

**Summary:** Talking about health anxiety has a great part to play. 'Chronic Anxiety' is a continuous state of worry. How this is caused and what are the remedial measures in order to avoid that.

'Chronic Anxiety' is the state of mind where a person will continuously be in a state of worry. Chronic means constant or habitual. In such a case these people will constantly have the feelings that are undergone by a person who suffers anxiety disorder. Basically the symptoms of chronic anxiety and normal anxiety are similar but in this case these symptoms will continuously be present in the victim and that is how it differs from the people who only face a normal degree of anxiety.

**Symptoms:** The symptoms of chronic anxiety can be easily be diagnosed as it drastically changes many fields of the sufferer's life. As a result of these changes the person may undergo a lot of chronic anxiety symptoms which are known to affect the sufferers. Acknowledging and Knowing about these symptoms can go a long way in being able to help a person get the right kind of treatment before it develops into chronic anxiety.

The development of chronic anxiety may vary from person to person. The reasons for these symptoms in a person may be due to physiological, emotional or mental factors. It is only when we find out what really triggers the sufferer will we find the way to cure this disorder.

If you find yourself living with the feeling of dread or if you find that you have fear even the slightest provocation, you are unknowingly suffering from chronic anxiety. Take an example of a child, in their life fear is a constant thing. Children are usually the victims of this disorder as they are the main victims of physical, verbal and mental abuse. This along with the fear what they already have, they are more prone to develop chronic anxiety as they grow up.

**Remedies:** There are many ways by which a person can reduce this disorder. Some of them are very extreme but to get peace of mind these are usually accepted by the sufferers. One such way is to isolate you from others and even from the world. Thereby they feel that they are safe. Another way is to become defensive on everything they themselves or others do. As a matter of fact they destroy there own normal existence.

## **Say Good-Bye To Stress – Forever!**

Apart from these extreme measures a person can involve themselves in meditation, exercises, consuming nutritional food, as well as prescribed medication. Also a very important thing that these persons can do is to remove the unwanted emotional and disturbing thoughts from the mind.

## ANXIETY - When cures fail

**Summary:** Anxiety is a state of mind that certain people go through. What is Anxiety Symptoms Relief Disorder? How this affects us and how we can get rid of it is what we have mentioned here.

There are many people in this world who are in the clutches of anxiety and they seek help from various sources in order to get away from these even taking extreme measures like ignoring its debilitating effects. There are many people who have reduced the suffering of anxiety through these sources but at the same time there are many people who suffer more from its treatments. This state is called 'Anxiety Symptoms Relief Disorder'.

Actually there is no term called 'Anxiety Symptoms Relief Disorder' it is basically an attempt made in order to cure a person's anxiety but the end result is failure. We cannot say that the cause of this failed attempt is a disorder. It is used basically to describe the state of mind of some people when they are not cured from Anxiety. For instance those people who are forced to face the treatment by family members may believe that there is nobody to help them in that state or when they create a false belief that their disease cannot be cured, such people are basically prone to Anxiety Symptoms Relief Disorder. This is basically a psychological problem where the person who is facing this is taken care of first and then comes the treatment of his/her anxiety along with their other problems.

The term 'Anxiety Symptoms Relief Disorder' does not show up as a recognized medical term in any book so we can say that this term is not exactly a recognized medical phrase. There are many people around us who are undergoing this disorder for many years but when it comes to dealing of anxiety disorders there are many people who ignore the treatments that are available to them. This is a situation where the people suffering from anxiety may not easily accept the required diagnosis and there by the cures that are offered to them. This is a tough situation where anxiety disorder can take a person to a deep state of depression and there by lead them to suicidal thoughts.

The coining of the phrase 'Anxiety Symptoms Relief Disorder' is to make all understand that there are many people who go through this anxiety disorder and thereby creates a feeling within them that basically hinders the curing of anxiety related problems. This is the situation where all

## **Say Good-Bye To Stress – Forever!**

those who suffer from anxiety disorder needs a lot of support from their family and friends. They should be provided with all the care and help from others and there by make them feel that they are not alone and this would help in an enormous way to tackle this and any other problems that may come in the way.

## **The Many Faces of Stress**

It is safe to say that that everyone has endured stress at one point or another, most of it aggravated during your day to day lives. However, as all encompassing a phrase as stress is, it's important to understand that it can also be classified in several, specific types. Interestingly, stress can sometimes be a very good thing, on the other hand, if left untended, can result in potentially long term damage, both physically and psychologically.

According to the American Psychological Association, there are three primary forms that stress can take on. With stress can come health problems that range from heart ailments to depression or even simple fatigue, therefore the ability to identify the symptoms are important.

### **Acute**

Perhaps the most common form of stress, which usually goes as quickly as it comes, and is directly affected by pressures surrounding the malaise. In many ways, acute stress can be helpful, as it gives you that kind of rush of exhilaration you need to push yourself that extra bit you need to overcome some sort of challenge. It's a very temporary kind of tension, and as the conflict resolves itself, it usually goes away hastily.

However, it should be noted that if there is a negative source for this type of stress then there can be physical signs, such as stomach pains or an inability to form an appetite.

Ultimately, acute stress has no real long term effects, and is mostly noted for its immediate feelings of malaise, especially since it only really lasts as long as its cause anyway.

### **Acute Episodic**

A more serious form of stress than simple acute tension, acute episodic stress is most common in people who allow themselves to lead disorganized and cluttered lives. When your life is a jumbled mess of late arrivals and an inability to give yourself any sense of normalcy, you find yourself sinking into this type of potentially harmful stress. When one has what's called a Type A personality, or can be defined as "chronic worriers".

In many ways, this form of stress is like acute tension, however it is more likely to affect you over a long period of time, and has had the unenviable distinction of leading to high blood pressure and heart disease.

### **Chronic**

In general, the majority of people experience this form of stress, especially in their day to day lives. Whether you're suffering typical financial frustrations, or your long term relationship is becoming rocky, or something as simple as a poor work environment, you can find yourself suffering from chronic stress. Although you may find yourself able to overcome the simplest of symptoms at first, it should not be outright ignored, as it is the most associated with cardiac problems such as heart attacks - and is also a leading cause in violent rages and suicides.

Although stress and tension are relatively normal consequences of most situations humans are involved in, some people describe it as a form of killer - and it is therefore highly important to learn how to normalize your life, and keep stress under control. In addition to insuring a higher quality life, it also avoids potentially fatal health problems in the future.



### **Stress Impact True or False Quiz**

It is difficult to find anyone who hasn't been afflicted with stress in one way or another - which is one of the primary reasons that it's such an incredibly talked about issue. However, as with any heavily discussed topic, there are many myths and half-truths abound about stress and tension, and a quick quiz on stress management can be a great way to separate these falsities from fact - and identifying the true causes and relief of stress can be pivotal to your long term health.

- **There are no potentially dangerous, long term physical effects of stress, such as acne, high blood pressure, or cardiac disease.**

The correct answer to this question is false. Emotional afflictions are not the only problem that come with high stress, as it can also result in heart problems, insomnia, hives, headaches, breathing problems, and even diarrhea. Alarmingly, it can also directly affect your immune system - and as the tension becomes more constant, it can contribute to a number of continued heart issues, and has been known to drive people to drugs, food, alcohol, and any of the other typical escapes that people delve into.

- **Stress has positive and negative forms.**

In a surprise turnabout, the answer to this question is also false. In many ways it is like fear, where a healthy dose of it can compel you to excel, while an excess can be potentially dangerous. What is referred to as Eustress can actually give what's considered a healthy or good feeling of fulfillment and will generally follow a promotion or achievement, such as buying a new car, or overcoming some sort of adversity. This usually falls under the category of what is called acute stress, and is a very short term burst. On the inverse, you can find yourself suffering burnout from the affliction of chronic stress, which can have health consequences that last as long as the stress itself.

- **Your hair cannot turn grey from stress.**

This is true. Stress can have a number of affects on your hair, including causing it to literally fall from your head, however it cannot impact its color. Age is the only known cause of greying hair.

- **Because of their lack of financial issue, wealthy, and successful people are usually content and stress free.**

This is also false. Although many argue that with the high amount of money and options, the well off do not suffer the same types of stress everyone else does, the truth is that they also have more responsibilities, and find their money spread over a large breadth of commitments, resulting in things as higher car payments and mortgages, which makes stress cross all social bounds.

### **How to Help a Child Overcome Separation Anxiety**

**Summary:** Children and adolescents are the most susceptible to Separation Anxiety, here are some steps you can take to help them overcome their fears.

Separation Anxiety is a form of high tension or stress that is caused by an imminent event or previous experiences that require the victim to be in a situation where they have to be separated from an object or person that they are particularly attached to. This is most frequently seen in adolescents and children, who bond to toys and family members easier than adults. The comfort of a familiar object or person creates an increased agitation at the notion that they will have to give it up, which can result in the symptoms of the anxiety lasting anywhere up to four weeks. Usually, however, the symptoms tend to pass in only a handful of weeks. It should be noted, however, that there are indeed cases where the symptoms simply remain or may even grow.

The usual symptoms that teens and children will feel are emotions of intense anxiety, an increased difficulty in sleeping, tantrums, nightmares that involved the separated person or object, and a kind of homesickness. Not all symptoms are merely mental, as there can be a variety of psychosomatic reactions that include dizziness, headaches, stomach aches, and vomiting.

It's usually during the disruption of a child's typical routine that the anxiety symptoms set in the most frequently. For example, if a child is starting in a new school, whether for the first time or following a transfer, they can find themselves feeling many of these anxiety symptoms. Naturally, the feelings can also arise if the child is forced into a move to a new home, especially if it's to a new locale like a city or country. severe changes in the child's life style can also antagonize feelings of separation anxiety, such as a divorce as the person yearns for the presence of whichever parent they are not currently living with.

Observation is the first recommended step in treatment. Parents are told to watch and determine how long children need to adjust to the absence of their object and their new surroundings. If there's no indication that the anxiety is going to subside, professional help is highly recommended, especially if the condition appears to worsen.

## **Say Good-Bye To Stress – Forever!**

Usually, a series of tests and questions will be posed to determine if the symptoms warrant medical assistance. Evaluation is often prescribed when a child actively seeks to avoid integrating in social activities with others in his environment regardless of the time spent there. With the aid of the parents and other adults, children can have the affects of the anxiety minimized over time. It is important to understand that among the driving feelings of Separation Anxiety is a fear of being separated from something that the child has intimately bonded with such as family and friends, therefore it is important to help the child overcome these worries and fears.

## Overcoming Post Traumatic Stress In a Child

**Summary:** Soldiers and adults aren't the only ones who can be affected by Post Traumatic Stress. Not only can children be afflicted by the condition, they need particular care and attention showed to combat this terrible syndrome.

When you think of post traumatic stress, the first thing that usually comes to mind are soldiers returning from war, bombarded by shell shock, reliving their memories of a dreadful experience that leaves them with what some call "the stare". But what many people don't realize is that this is only a small portion of those affected by post traumatic stress - in fact, children are often times the hapless victims of the horror of post traumatic stress.

The symptoms and causes are very similar in many aspects to those felt by adults, however the far less world wizened children are often times bombarded far more harshly than their grown counterparts. The trauma is brought on much like the turning on of a simple switch when the condition begins. The results can be violent, and are always nothing short of harrowing - and these psychological traits are usually brought on by a myriad of tragically frequent factors.

The most common events to cause post traumatic stress in children are, likewise, not all that different from adults. Children who suffer sexual abuse can almost immediately contract the condition. In cases of violence, especially involving the death of a loved one, or serious accidents or other natural incidents of trauma, children can have their lives permanently changed. A child who witnesses a fatal vehicular accident can become immediately plagued by post traumatic stress - a factor shared by many young survivors of cataclysmic occurrences of nature such as hurricanes or earthquakes.

Usually, a younger victim of post traumatic stress will endure all the same symptoms as an adult, however they must also endure an extra layer of hardships, usually brought on by their underdeveloped or inexperienced minds trying desperately to cope with the situation they've been put in. Flashbacks are a very common trait of the condition. They will frequently and seemingly inexplicably find themselves vividly reliving the events that led up to the trauma to begin with.

## **Say Good-Bye To Stress – Forever!**

But in addition to the obvious flashbacks, a fear of the catalysts that actually trigger the flashbacks also sets in. Again this is a shared symptom, as much like adults, children will find themselves trying to avoid anything that reminds them too much of the event, such as a television show depicting a car crash that could remind them of the accident that killed a family member.

Unlike adults, who often try to avoid triggering their flashbacks by bottling up or withdrawing entirely, children are eminently more dependant, and will usually cling to their caretaker or loved one. Much like finding a safe haven in their family member or guardian, they feel safer away from the images and emotions that rage in their post traumatic stress environment, finding a kind of solace in their parent or guardian's arms.

If you want to help treat post traumatic stress, it is highly recommended that both adults and children partake in therapy. Armed with a dual treatment of medication and therapy, the Mayo Clinic boasts a remarkable track record of recovery for post traumatic stress patients.

However, the condition is also very serious, and should not be expected to go away on its own. It can have long term, scarring, even potentially dangerous affects on a child or adult, and the victim needs to be able to work out their flashbacks and be able to move on and enjoy their lives. Combating post traumatic stress could be the desperate boost a child needs to get on with their lives, and overcome their grisly past.

### **Effective Online Stress Relief Programs**

With the availability of free information on the internet there is an often overlooked benefit in its ability to act as a great form of stress relief. With a world overflowing with stress, there are precious few people alive who can say that they don't experience it in their daily lives. Fortunately, a variety of websites are available to aid you in relieving your stress.

Websites such as Stress Less offer ideas for relief that are innovative and out of the box. It offers a wide array of recommendations that will help you enjoy living your life, and not simply tolerating it through the malaise of stress.

To enhance their services, most of these websites, such as Stress Less, bolster their ranks with professionals that are available to be contacted. For example, if you are interested in having a one on one dialog with those whose jobs are reducing people's stress, then you have the option of a fully confidential, private meeting at your convenience.

If a form of therapy isn't what you're interested in however, there are also websites that offer a reduction in anxiety through various programs. The programs are stocked with modules that allow you to learn what kind of behavioral techniques can help cut down on, or in some cases even remove stress entirely. It should go without saying that such an affect on your life could have an overall, positive change on your lifestyle in general.

But there are a variety of other techniques that these websites utilize to help you. Relaxation programs are another common theme provided, which teach you how to regulate your breathing, meditate, and even relax your muscles to help cut back on tension. For a small fee you are able to download the instructions for these programs, which are supplemental to a series of quizzes, inspirational emails, and tracking diaries that are on hand to provide you with that much needed encouragement to continue and succeed.

Perhaps the most helpful thing that these websites offer is the encouragement to approach life in such a positive way that dispels the most common cause of stress, which is a simple negative outlook at life. Wrongful thinking can augment and amplify an already stressful environment. To that end, stress relief websites endeavor to arm you with the motivation you need to develop a positive outlook.

## **Say Good-Bye To Stress – Forever!**

This can be supplemented by what is referred to as music therapy, which is a form of online relief that the free form of the internet makes available. Many people like to turn on their favorite tunes, or relaxing themes to help cut back on tension. But it's important to pick a song that you know appeals to you: a fan of Bach or Mozart isn't going to find much comfort in an album by Iron Maiden and vice versa.

Fortunately, you have the option of picking whatever technique or service benefits you the most from a wide range of tools that the internet hosts. Although it may be difficult to know which program is best for you, you have the option of trying as many as you like, and sticking with the one that works.



### Tips on Managing Your Stress and Self-Esteem

**Summary:** Some tips to break your fit of stress that could have long term consequences on your work and even personal life.

Regardless of what some may think, everyone is plagued in some way by stress. Whether it be over arrangements for a major event or simply one's inability to get that crucial check out when it's needed, everyone suffers from stress. The trick, however, is finding and utilizing the stress relief technique that works for you as an individual. Fortunately, with the plethora of relaxation techniques that are guaranteed to relieve that agonizing stress, one is certainly bound to work for your needs.

If you're the kind of person who has a particular fondness towards animals, then one of the easiest ways to break that bubble of anxiety is to simply reap in the benefits of taking on a pet. If you don't have one already, then getting the animal of your choice for a pet is certainly in order. Although any pet comes with a great deal of work and care, these same responsibilities also work in unison to grant the off-setting feelings of companionship that makes a pet one of the greatest ways to relieve stress. Many studies have proven that in addition to elevating your mood, pets help to lower depression, and actually even help with blood pressure. If you have a particularly active animal, it also helps grant a justification to get off the couch and get a little exercise. But ultimately the adoration and companionship that comes with your pet helps ward off many of the prime causes of stress, including a feeling of abandonment, loneliness, and a lack of interaction.

In many cases however, a simple lifestyle change may be all that is necessary to break the bonds of stress. In many cases, some people set standards so high that they border on perfectionism, and when they consistently fall short of their goals they feel this reflects poorly on themselves, rather than realizing that their standards are simply unrealistically high. Therefore this mindset has the dangerous potential of ruining anything you try to set your mind too, as any kind activity you may normally enjoy is hindered by your perfectionist attitude. Therefore it is very important to halt your practice of approaching everything you do overly critically. For example, instead of focusing on the cynical or pessimistic, you could spend your time assessing and appraising your positive points. This has the dual benefit of increasing your self-esteem while lowering your stress.

## **Say Good-Bye To Stress – Forever!**

Finally, you can always just kick back, relax, and just abandon the stressful world of work altogether. Go on a nice, enjoyable vacation, abandoning your cell phone, your laptop, and any other vestiges of your responsibilities. You should use this chance to just unwind, have fun, and get a good measure of where you want to go with your life in a form of reconnection. If you're in a relationship, this special time when you won't be occupied by work gives you a chance to work on rekindling your relationship - which is a major cause of some people's stress. Even if you can't afford a full scale vacation, sometimes a simple day off, turning off all the electronics in the house, sealing off your room, and asking that you be left alone to sleep and relax could be all that's necessary to break your bout of stress.

## Identifying the Symptoms and Curing Your Anxiety Disorder

**Summary:** Some tips to help break your anxiety disorder that can have a profound effect both mentally and physically on your well being.

Anxiety is a very normal reaction, that everyone experiences throughout their lives, brought on by any number of potentially stressful scenarios. Job interviews, medical test results, the long, anxious wait for the grade on your term paper, all of these things bring about a high feeling of stress and anxiety that has the very real possibility of reaching a stage where the entirely normal feeling transforms into a crippling, possibly even debilitating fear. What's worse, no matter what you try or do, this hindrance shows no signs of letting up on its own, and when you just can't get it to go away, you may just find yourself in the midst of an anxiety disorder.

If you want to help yourself or your family escape the throes of these anxiety disorders, the key is to successfully identifying the symptoms, and tackling them one by one. Naturally the first place you're going to want to start is digging into the myriad of books that have been printed on the topic. Professionals the world over have outpoured their knowledge into these books, which you can then utilize in your own way. Armed with the opinion of these professionals, you can then take the next step of approaching licensed psychologists and medical practitioners in the hopes of having them appropriately diagnose your anxiety disorder.

If you think that your anxiety will only effect you mentally however, you should think again. In fact, the two categories of anxiety disorders are actually split between mental and physical, and they can both have serious effects on your life and well being.

For example, your physical symptoms may include an increased heart beat that may resemble a panic attack, an increase in perspiration and sweating, especially in the palms, an onset of fatigue, and the potentially lasting effects on your ability to sleep, which can later affect other parts of your life. The physical manifestations of anxiety are only coupled by the mental symptoms, which are not mutually exclusive, and include persistent feelings of fear, an inability to focus, chronic confusion, and a compelling feeling of avoidance.

It's important to remember, however, that there are other possible causes for these symptoms, and you should not rule them out until you've spoken to a medical professional, qualified to

## **Say Good-Bye To Stress – Forever!**

make those decisions. However, once you've determined that anxiety is the culprit behind your recent malaise, a dual treatment of therapy and medication is among the chief recommendations to help break your disorder. Though these types of things are not for everybody, including those who simply don't enjoy therapy sessions, don't trust medication, or find that they're allergic to the usually prescribed medicines. To that end, there are also cures found through different experts that specialize in a variety of unique efforts that can help each individual differently. The hardest part on the path to curing your anxiety is simply taking the first step - but with a little research and experimentation, you should be well on your way to living stress and anxiety free.

## **Dealing with Stress**

Stress can affect our health in a negative way; if we fail to handle it properly. With high stress jobs and busy lives, we must find the best way of dealing with stress, even at a young age. There are a number of techniques to use; but only a few that may work for you, it is especially important to manage stress in a healthy manner. The best way to discover what method works best to alleviate stress for you is to experiment with the different techniques available and applying these methods to your life permanently. The most important would be in the choices we make and how we react to situations.

Let's get one thing out in the open right now. There is always going to be people who do things or say things that will 'push your buttons'. These people will try to make you angry, just because they can. How you handle each situation is up to you. You have the choice of letting these people undermine you and your decisions or you can ignore their comments and not let them make you angry (I know, easier said than done. But, it can be done). You can choose to let these negative things influence your choices and steer the course of your life or you can choose to take control, be positive and managing stress in your life is a healthy manner.

Don't look back and keep drudging up the past. If there has been bad choices or experiences; admit it, learn 'radical forgiveness' or any other techniques to help you put it in the past to stay and move forward in your life. Being vengeful, hateful or angry does not only increase the stress in your life; this is a core cause to health problems. If you choose this path of negativity, you will be treading on dangerous grounds and ruin your life; by becoming negative and allowing stress the upper hand, your health will slowly deteriorate.

Why worry and stress over something you can't change, and you can't change the past. You can look at the current issues in your life and make positive choices. Take control of the things you can, with the choices available to you. Evaluate your situation, take in all the positive and negative aspects and then, ask how this stress will benefit you? If you can't think of anything positive, to answer that question; let it go! You cannot allow the opinions of others direct your life.

Negative thoughts or bad feelings foster to pain and hurt...Why do you want to hurt yourself that way? Keep asking yourself that question, until positive thoughts and good feelings crowd out

## **Say Good-Bye To Stress – Forever!**

the negative. Always look at the positive outlook of 'the glass is half full'. The only thing you get from being a pessimist and negative person is stress and 'a glass half empty'. When you allow stress and negativity in, the motivation to succeed will fly right out the window.

The big picture and where you want to be needs your attention. Make healthy choices and live a positive, successful life. Be a positive influence in other people's lives and help them get control over stress.

