

The Art Of Relaxation



THE ART OF RELAXATION
Your Definitive Guide To Beating Stress!



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Chapter 1 : Identifying Your Sources For Stress

How to combat stress

Stress has been blamed for various emotional and psychological problems such as:

- **Heart palpitations**
- **Irritation**
- **Depression**
- **Lack of sleep**
- **Poor work or school performance**

These are indeed common signs that a person is stressed. Being aware that you are in a stressful state is good thing. Why? Because you can look for possible solutions to avoid stress in the future and even lessen the ill effects of stress in your life.

A person who is already feeling stressed should first ask why he is experiencing this in the first place. This can lead one to discovering the different kinds of stress and which kind of stress is affecting him.

There are different kinds of stress. Let's take a look at them here:

Acute stress - this is the most common type of stress. It can propel a person to achieving more however, too much of this kind of stress can already be taxing to a person and can lead to depression, headaches, and worse scenarios. This type of stress normally occurs in daily life and is easily cured.

- **Episodic acute stress** - this type of stress is much like an unwelcome guest that has extended his stay for too long. A person who experiences this kind of stress is always on the go and always worried and in a rush. A person who accepts too many responsibilities and who may already be spreading himself too thin is under this kind of stress.

A person who is under this kind of stress is always irritable even when faced with a seemingly small problem. They can be characterized as tense people who will easily jump when startled. Worrywarts who are always pessimistic belong to this classification and are candidates for heart ailments. A person who suffers from this kind of stress should see a doctor and get long-term treatment.

- **Chronic stress** - this is the type of stress that makes people very unhappy about their lives. People who are trapped in unhappy marriage, extreme poverty or unfulfilling work often suffer from chronic stress. A person who is faced with this type of stress may feel that life is hopeless and there is no chance he is ever going to get out of his messy situation.

Chronic stress can affect a person so much that he thinks of it as part of his daily life. This is the type of stress that kills people either due to heart attack, suicide or even violence. A person suffering from chronic stress should seek professional help.

A person can be so caught up with work or with his priorities in life that he fails to detect he is already experiencing stress. A person who is already stressed out can feel restless, as if someone is going to attack him anytime. His heart beats faster and he may sweat excessively. The symptoms of stress can sometimes be likened to excitement but do not mistake one for the other.

While everyday stress can be helpful in challenging a person to do more and to perform better, frequent stress can lead to psychological and physical breakdown. It can affect both the mental and physical capacity of a person to the point that he becomes debilitated.

A person who works hard may start feeling constant headaches and back pains. Later on, he may already have trouble sleeping and feels his heart beating at a faster rate than normal. When this happens, it is important that the person concerned seek professional help immediately to minimize or even avoid stress and the negative effects.

Stress will always be present but the secret in surviving stress is how a person manages it. Some people allow stress to rule their lives. To avoid this, find out early on the factors that are causing stress and then find ways to reduce them.

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If one cannot avoid stress attacks then maybe he can look for ways to manage and reduce stress by knowing its causes. A person who knows his enemy will have more strength and endurance to fight his battle.

Chapter 2: How Stress Affects Disease

How Stress Affects Disease

People are living a very fast-paced life and they no longer have the time to “smell the roses.” This may be a cliché but it is a sad fact that the busy lives people lead has taken a toll not only on relationships but also on physical and mental well-being.

Research shows that seven to nine out of ten people have been subjected to work stress. And while companies can be held financially liable for work-related stress, no person would want to be incapacitated forever or even dead because of stress.

The number of people dying due to diseases and suicides because of stress has been on the rise. This can be blamed for the different challenges man is facing in order to survive modern life.

Stress has been blamed for a lot of things including the rise of heart attack, depression; sleep deprivation and a lot of serious illnesses. Take for example the case of call center workers who are subjected to a lot of work-related stress and who succumbed to heart ailments and high blood pressure.

Some people say that no matter how they want to get rid of stressful situations they just could not seem to avoid them because they have to work to feed their families. Some stressful situations that may not be work related are still difficult to avoid because they are caused by circumstances beyond your control.

Stress is blamed for feeding many diseases and the top of the list is heart attack. The fact that a stressed person can experience palpitations and restlessness is a portent of a serious heart problem.

Aside from palpitations among the symptoms of stress are excessive sweating, headaches, sleeplessness, irritability, stomach upsets, lack of appetite and even skin breakouts. The

negative effect of stress usually begins by affecting the psychological make up of a person. This ultimately translates into some form of a physical illness, some of which are untreatable by known medications.

These are some of the diseases that are greatly affected or even caused by stress:

- **Depression**
- **Ulcers**
- **Asthma**
- **Headache**
- **Hypertension**
- **Bowel problems**
- **Insomnia**
- **Ischemic Heart Disease**
- **Sexual Dysfunction**
- **Skin Diseases**
- **Increase Breathing**
- **Excessive Sweating**

Some people experience skin breakouts that they attribute to other causes aside from stress. Little do they know that most allergies are caused by changes in hormonal activities due to stress. Some people who experience chronic stress and severe depression even develop low immunity that leads to cancer or even Acquired Immuno-Deficiency Syndrome.

Never underestimate the power of stress to affect the brain and even the metabolism of a person. Stress can affect the skin, the digestive system and important organs of the body.

Researchers who were exposed to the negative effects of stress on the psychological and physical condition of a person were quick to conclude that stress is the number one silent killer today.

Take the case of a person who is constantly exposed to stress. This person can look for ways to de-stress through drinking alcoholic beverages or smoking both of which can cause even

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greater damage to his body. The more he is stressed out, the more reason he has to smoke and to drink and the more his body deteriorates.

A little stress can be exciting for some people encouraging them to work harder. But when this becomes too much and is experienced regularly then the blood pressure shoots up, the heart palpitates and other symptoms appear that can affect the workings of the heart.

A person who is under a lot of stress most of the time should list the causes of stress for him and then avoid them. If these causes are unavoidable, then he has to find ways to manage his stress.

Stress is a normal part of life and anyone who leads a normal life can be subjected to emotional problems that can lead to stress. However a person has to find ways to control and manage stress. It may be difficult but is possible and better than the alternative.

Chapter 3: Keep A Record Of Your Stress Factors

Why Keep a Record of Your Stress Factors?

People who live busy lives especially those living in urban communities eat stress for breakfast, lunch and dinner. Life is so fast paced for them that they even do not notice that they are already stressed out.

Taking the time out to review your personal life and relationships and how one is doing in those aspects is a good way to determine if one is too stressed out to live a normal life. A person should review how his relationships have changed over the past months and compare it to a month or a year ago. If he has neglected to meet with his family or close friends because of work then there may be a good chance that he is devoting too much time at work and may already be experiencing stress.

Remember those abnormal heart palpitations, the sweaty palms or the feeling of restlessness? Or how about those unexplainable stomach cramps or those sleepless nights? These are among the symptoms of stress and a person who feels some or even all of them should observe when and why they occur.

The daily stress that everyone needs to get him charged up and working is normal but when this stress gets into the life of a person then something must be done to lessen its impact.

One basic advice given by experts is to get to know the stress factors of a person. These factors can be people, events or places that make a person experience the stress symptoms. Getting to know these symptoms will help him understand how to avoid and manage stress.

Once a person has become aware of his stress factors he should take note of these and keep a record of their occurrences. Taking note means writing down the symptoms, what prompted them and how long the episode lasts. This will help you to understand what triggers your stress.

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It is good to note down what happens every day in the office and how meeting some people or encountering situations have given rise to certain stress symptoms like panic attacks, headaches or even irritation. The reaction to these factors should also be discussed or written so that a person knows what to do when faced with the same thing.

By keeping a record of his stress factors a person will learn how to understand what factors pave the way for certain reactions. He may want to control his emotions next time by preparing himself and psyching himself up for that certain moment. Keeping a record of these situations will also lighten up his load can even serve as a detoxifying exercise.

Every person needs some level of stress in his life to make him accomplish something or become excited about a certain task. Knowing which factors trigger a certain level of stress will help a person prefer certain stressors and avoid others that make him feel bad.

A record of the stress factors will also be a great help when a person decides to see a professional about his stress factors. Knowing the factors that can encourage extreme heart palpitations, headaches and other illnesses can help a person survive these illnesses.

No one can avoid stress but a person can choose what types of stress to deal with. He also has a choice to be beaten by the ill effects of stress or to manage his stress factors. Being exposed to extremely stressful situations can lead to emotional problems and breakdown.

A person who can no longer control the effects of stress in his life can experience severe depression. As we discussed in the previous chapter, some people who are that stressed out end up feeling psychologically or physically sick. People have had heart attacks, mental breakdowns or even destructive behavior as a result of stress.

We've already mentioned that life without a little stress can be boring and unchallenging. However too much stress can also lead to serious illness that can be life threatening.

Chapter 4: Improve Stress By Breathing Properly

How to Improve Stress and Induce Relaxation by Breathing Properly

Breathing is something that comes naturally to every person from the moment he is born. No one lives and goes through life without learning the art of breathing. It is an essential aspect of living.

However, did you know that breathing can be used to achieve certain goals? Proper breathing can make a person healthier emotionally and physically. But first, you must learn the proper way to breath.

Learning how to breathe properly can relieve stress and tension. Stress is a common occurrence nowadays because of the hectic lives we lead.

Office workers are exposed to a stressful environment and they have to learn how to breathe properly to release the tension and stress they feel every day. Proper breathing is the best stress reducing technique that everyone can learn and use for free.

Knowing how to beat and manage stress can make the difference between living a happier life and a gloomy and depressive one. A person who feels stressed out should learn proper breathing techniques to relieve him or her of stress now, before it gets too late and stress is translated to life-threatening illnesses like depression and heart problems.

Reasons why a person should learn to relieve tension and get rid of stress:

- **Stress leads to heart palpitations**
- **Stress makes a person unhappy**
- **Stress can make a person live a lonely life**
- **Stress can make one suicidal**
- **Stress can lessen productivity**
- **Stress can result to poor relationships**

While every person was born with the inherent knowledge of breathing, not everyone knows how to breathe properly. Breathing can be good or bad. Deep breathing is generally good for everyone because a person who breathes deeply tends to suck in more air and release more negative elements.

A person who gets regular exercise will have the tendency to breathe better and this is healthier for him physically and mentally. Remember the cliché that you think better with some fresh air? Yes, indeed because a person who tries to walk and breathe in fresh air will exhale more stress. Thereby, making him feel better.

Children are less stressed out because they are free to breathe properly. Children can express their emotions properly and this allows them to release tension regularly. Unlike adults who are shown the proper way to laugh, smile and even cry.

Adults repress themselves and build up stress when they hold back what they feel because of social niceties. An adult who is mad at another person will most likely smile at him and keep his anger deep inside. This builds up stress and unless such a person can vent his anger elsewhere then he will become stressed out until he can no longer hold on to the pressure.

A person who is restricted by society and is shown the incorrect way of breathing and controlling his emotions will tend to breathe short and shallow, not as deep as what he is used to. He gets accustomed to this type of breathing that he becomes more stressed everyday.

Types of exercises to improve breathing:

- **Diaphragm breathing-deep breathing using air from the abdomen**
- **Conscious breathing-deep breathing in a more relaxed manner**
- **Yoga breathing-more structured and requires practice.**
- **Mudra breathing-breathing techniques for meditation**

The proper way to breathe is to inhale deeply, hold the breath and then tightening the diaphragm. It is best to concentrate and meditate while doing this and imagine positive things so that all negative elements in the body are thrown out during exhalation.

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Proper breathing can release the tension that a person feels. It can make him more relaxed and ready for another day of work and challenges. It can also make him a lot healthier emotionally and physically.

A person who discovers the proper way to breathe should learn how to relax his body more. Stiff and tense muscles can add up to stress and a person who has tensed muscles can feel a lot of body aches.

One way to relieve stress is through progressive relaxation. Relieving tension from the feet up does this. A person should tighten his leg muscles, feel the tension and then slowly release the tension until his leg muscles have relaxed. The whole process can be repeated in the different parts of the body from the upper legs to the hips, arms and up to the head.

Chapter 5: Self-hypnosis and visualization

Using self-hypnosis and visualization to beat stress and relax

Every person who has to earn his keep and look after himself and his family will be exposed to stress at some point in his life. Stress does not always have to be bad because there is a certain level of stress that keeps a person going despite the odds.

However, when the stress level has become so high that a person can no longer live his life normally, it may be time to look for ways to say goodbye to stress.

We've previously discussed how no one can avoid stress entirely because it happens normally and it is, in fact, a part of daily life. However, stress and a stressful environment can be controlled and managed.

One way to overpower stress is to accept the reality that one is stressed out and then acknowledge what produces stress. When a person knows what makes him stressed then he would be able to do something to prevent such factors or minimize its effects.

Using the record of your stress history that we discussed previously will help you determine what triggers stress for you. Then you can move on to changing behavior. Self-hypnosis is one method.

It is really all about the power of the mind, so they say. Thus, self-hypnosis and visualization can help a lot in empowering the mind to control the environment, people and other factors that produce stress.

Hypnosis has been elevated to a science and contrary to witchcraft and other negative ideas and black magic being attached to hypnosis it is already an accepted practice even in the scientific world. In simple terms it is much like training one's self to believe or do something.

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Self-hypnosis makes use of visualization techniques to produce the required outcome. A person who is already too stressed out at the office can practice self-hypnotism by visualizing relaxing scenery. He can visualize himself swimming or just lying on the beach for example.

The beach is a relaxing place and visualizing yourself there can release pent up emotions and work pressure. With this a person can make an otherwise stressful factor into a relaxing one. Every person has a gift of self-hypnosis through visualization and anyone who has day dreamed at any point in his life can attest to this.

The technique is to recognize what makes one stressed out and then to visualize a relaxing event or place whenever he is faced with that stress factor. The goal is to get the pressure off and calm the nerves through visualization.

There are different relaxing sceneries or moments for every situation, and a person who wants to feel calm and less stressed out can create moments and sceneries in his mind. It can take some time for a person to find out which visualization technique will work for him, but he will get there in due time.

What is good about self-hypnosis is that a person can do it for free anytime and anywhere. A person can be right at his desk in the middle of paperwork, but when he starts to feel the stress triggers, he can then opt to close his eyes for a minute and visualize himself in the middle of the desert, on top of the mountain or anywhere he wants to be.

Experts attest to the effectiveness of self-hypnosis in healing people who have the slightest malady to the more serious ones. It has been used to heal people who are in pain, people who want to stop smoking, and even for women who are about to give birth.

Self-hypnosis is not really a technical thing because every person who knows how to follow instructions can do it. One needs a place where he can relax and where he can sit or lie down, depending on the position that he feels himself more relaxed.

Some people make use of relaxation music to heighten their visualization sessions. Self-hypnosis works differently for different people, but a person who decides to free himself from the crutches of stress through visualization technique is already on the way to achieving it.

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It may be difficult at first, especially when a person finds it hard to concentrate and relax. However, one needs only time, proper motivation and determination to achieve a less stressful life. Stress is a part of life but being happy and relaxed is a choice.

Chapter 6: Controlling Worry

Control Your Worries

Have you noticed that when you worry too much, you do not accomplish anything? Excessive worry only delays more of your tasks. Too much worrying can also induce anxiety, stress and other disorders.

People who worry too much fear a future that has negative events. They find these distressing and quite difficult to control. If you are one of these people, snap out of it. Try your best not to worry about thoughts that are far from happening.

What causes excessive worry?

People often worry too much when they are uncomfortable about new situations. They also worry when they find themselves in situations they can hardly control. They doubt their abilities to cope in stressful situations – especially when the need to do so arises.

Chronic worries develop a restriction on tackling these situations; therefore their lifestyle is basically affected by their worrying. This can also affect their relationships, work and leisure activities. All in all, individuals who worry too much suffer from low self-esteem.

Common anxiety symptoms attributed to worrywarts:

- Restlessness
- Fatigue
- Difficulty in concentrating
- Easy to be irritated
- Muscles are tense
- Problem in sleeping

Worrywarts often worry about:

- Finances
- Work
- Study
- Their health
- Health of loved ones
- Relationships
- Family
- Concerns on their safety
- World and community events

These are the basic thoughts going through a worrywart's head:

- "Something bad might happen."
- "I have to control what I can."
- "I wouldn't be able to handle it if something bad were to happen."
- "I must always be in control."
- "I want to be certain of what can happen in the future."
- "I can't stand my intense feelings."
- "I worry too much and that is a sign something is wrong with me."
- "I cannot control my constant worrying."

How to remedy excessive worrying

You must be able to control your worries. Do not let it get to a point where your worries control you.

1. If you feel that you are worried about something, do not handle it by yourself.

You can talk about your concern with a person you trust. Human contact is a remedy to worrying. It also makes the body stronger.

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2. If you're worried about something, get the facts straight. Sometimes misinformation or lack of information results to worry. You have to check whether there is a reason why you do
3. Have a plan. Afterwards, take action. You must attack whatever you are worried about, not the other way around – which is your worry attacking you. This action alone helps you be in control. It also lets you control whatever it is that you are worried about.
4. Get enough sleep in order for you to practice brain maintenance. Worriers don't get enough sleep so this triggers anxiety. You should also have a proper and well balanced diet. However, you must not let food treat you and your worries. Do not skip breakfast. By increasing protein in the morning, the mid-morning stress is slumped. You can also exercise regularly to create a positive feeling and for your mind to release negative thoughts.
5. Don't be too hard on yourself. No one is perfect. When you make a mistake, reflect on it but also let it pass. The only person who has ill feelings about you is you. If you feel that you are not loved, think again. Surely, there is a person who is thinking about you.
6. Let go. When you feel that you have done what you can, let it go and leave it to chance. You shouldn't worry too much, especially if you feel you have already exerted the effort that is needed from you.
7. Always look at the bright side. Instead of looking at the negative, look at the positive even though it can appear so insignificant. The more you focus your attention on the bright side, the more you feel about the results, even though it's not as good as you want it to be.
8. Have a strong support system and maintain it. Usually, depressed people are those who are burnt out from the stress they experienced in life. This turned to the worse because they didn't have friends they could talk to.
9. Listen to relaxing music to calm your nerves. Take the time to meditate in order to rejuvenate your energy.
10. If you feel that you cannot handle it on your own, get professional help. This is not a sign of weakness. It's just a sign of you wanting to get better.

Chapter 7: How to Cope With Anxiety

Coping with Anxiety

There are various kinds of anxiety that plague modern day living. There's consumer anxiety, society anxiety and self-esteem anxiety.

Notice that anxious people buy more lavish things. They also eat and drink more. They purchase luxury items frequently because they feel that there is a void they have to fill.

The explanation to their actions is that they are merely frightened. They are so anxious and they think that by resorting to material things, their worries will subside.

The difference between anxiety and fear

Most people believe that these are the same when in fact there is a difference. For one, fear is focused. For example, if you walk down an alleyway and there is someone behind you, you are fearful. You don't know whether they will attack you or not. It's either you turn back or you get attacked.

On the other hand, anxiety is diffused. There are times wherein we are not sure what exactly why we are anxious. Instead of the common solution that is retreat, the approach on anxiety is avoidance. Take for example, we are anxious whether our boss would fire us or not. A part of us wants to develop a closer relationship with the boss whereas the other half wants to stay away.

Anxiety is a feeling of foreboding and restlessness. You feel that you are vulnerable and oftentimes threatened. To give a clearer example, the character in Edgar Allan Poe's "Telltale Heart" best shows what it's like to be anxious.

To those who can't remember the short story, "Telltale Heart" is about a man who killed his master because he was annoyed of the latter's glass eye. In the narration alone, the reader

basically hints that the storyteller (the murderer) is already crazy. The story progresses with the policemen checking out his residence because his neighbors have already reported of the master's disappearance. At first the murderer was relaxed and suave but inside his head, he was hearing a beating sound. It was his anxiety or his psychotic panic. The story ended with him confessing to the crime.

Scientific explanation behind anxiety attacks

According to most doctors, there is a connection between the peripheral vision and anxiety. The sensory-visual connection, or what is referred to as the amygdala, is the first to respond to fear, therefore making the individual's body jump back in order for him to be safe.

Stopping for a minute and thinking why you responded entails the frontal lobe to do the action. This part explains why you acted the way you did.

Also in anxiety, there have been various experiments conducted where people see fear pass by so fast that they do not see them on a conscious level. However, they still become anxious nonetheless. The explanation to these incidences is that it never passed the frontal lobe, only through the amygdala.

Right now, the culture we live in relies on frontal lobes to executively function over the primitive, automatic and autonomic responses. Thing is, this takes time. It is also a challenge to look at anxiety on a different level as fear.

Anxiety Then and Now

In the 40s, there was World War II.

Then there was the Vietnam War in the 90s.

People read about it and hear it on the radio. Then there are the visual images on CNN. This results in anxiety for most people. Not to mention the 9-11 incident.

This is the very explanation as to why people get more and more anxious compared to generations before us. This also explains why more children are on medication now. We find ourselves in an anxious time.

Government's Response to American's anxiety

There is the potential to remedy the anxiety of each individual American but that is up to the person himself. This is an intriguing and thought-provoking situation but if you think about it as a whole, the only person who can save an anxious person is the anxious person himself.

This is where controlling anxiety comes in. The only thing the government can do to American citizens is assuring them their safety. As for the citizens per se, it is their responsibility to maintain composure whenever they find themselves in anxious situations.

Chapter 8: Anger Management

Manage Your Anger

There's this 2003 movie with Jack Nicholson and Adam Sandler titled "Anger Management." Obviously, it doesn't take a genius to figure out what this movie is all about.

Life does not flow smoothly – not as much as we hope. There are situations that challenge us – and we face these every day. Sometimes, these challenge us. Often times, we are stressed. These bouts of frustrations and stress often result to anger therefore affecting everything else going on in your life.

If you wish you had more control over your emotions especially during stressful and frustrating situations, then you should consider Anger Management. Not the movie – but the actual thing. If you feel that you have done things in the past during loose bouts of temper, then you can handle the case differently if ever you find yourself in the similar situation again.

Control your anger or liberate yourself from it?

If you are the type who believes in the benefits of science, then check out the scientifically proven Sedona Method. It is an easy-to-learn and do-it-yourself method that lets you release negative feelings or thoughts through relaxation. The good thing about this is that it does not only manage your anger, it also releases it.

Most people resort to the techniques of Sedona Method in order for them to receive immediate relief from the side effects caused by anger and hate. Whenever they feel that they are not able to control their anger, Sedona Method relaxes them and easily breaks the pattern of behavior and thought that ultimately leads to the self-sabotage.

Here's a tip. The very minute you feel that you are about to lose control, remember the basic steps of Sedona Method. A sign that you are doing it right is when you feel a certain kind of

lightness leaving the chest, shoulders and stomach. Instead, you feel at ease, relaxed and confident.

If you do this frequently, you will find yourself no longer angry or incapable of control. You are also not frustrated or stressed. By being more relaxed, you can handle whatever situation life throws at you in an easier manner. Remember the noises in your head? These pesky buzzes will subside. Your mind will be cleansed of inappropriate concerns. The only things you will focus your attention on are those worth doing.

Alternatives to Anger Management

If you feel queasy joining a circle of angry people or you think that the Sedona Method is not right for you, then you can try the following:

1. Employ other mental techniques that will help you see the situations differently.

Studies show that people who are often angry are those who see the negative side of things. By seeing the bright side, they have a more optimistic perception on the situation. This is quite helpful in masking the true cause of the person's inability in controlling his anger.

2. Seek a counselor. This clearly has its benefits. A counselor helps his patients see the situations in a whole new light. This lets them control their anger and their thinking processes. In due time, the patients will then be independent from the words of their counselor because they would eventually have eliminated the inner cause.

3. Therapy. After Sedona Method, therapy is the most likely to produce a change in a patient's relationship with his anger.

Don't Struggle with Anger

Imagine your life free of anger. Take a moment and think of that right now. Imagine the light and relaxed state you will always be in. All you will experience is calm and joy at any given situation. This is possible for at least 90% of your life.

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If you feel that you deserve to be happy and have fun out of any situation, then you can do so by lessening or better yet, eradicating anger from your life.

Bottom line is you deserve to be happy. Just ask yourself: would you want to be angry or would you want to be happy? Do you want to be seen by people frowning or smiling?

By attending anger management classes, relaxing, Sedora Method and the other ways mentioned here in this book, you are on the first step to having a brighter outlook on life.

Chapter 9: Time Management

Manage Your Time Wisely and See Stress Disappear

Time management can contribute to the levels of stress we experience day to day. When your schedule is out of control it contributes to stress and, obviously, can banish relaxation to nothing more than wishful thinking.

In order for a person to succeed, he must be able to manage time in a wise manner. This results to more money rolling in. Time and money go hand-in-hand and is especially important during these stressful times we live in.

Time management has techniques and tools specially made for scheduling time and planning daily activities. Its main goal is to increase the efficiency and effectiveness of corporate time that also affects each person.

There are various books, seminars and courses that specialize in informing employees and employers about this. The common denominator of all these strategies is that there must be a to-do list, priorities and a goal to attain. Some of the most popular examples of time managing strategies are those that have specific lines of the time managing products.

Criticisms of Time Management

Personal use of time management is a kind of self-management. When set in a corporate backdrop, time management satisfies the need of the employees by making it easier for them to combine work and accountability.

The major criticism on time management is that the act alone of planning and coming up with to-do lists already entails so much time and effort.

But in the long run, a concrete plan and schedule when it comes to time management, sets the recommendation to attaining the corporate goal. Once these goals have been written down and grouped into projects, action plans or to-do lists, then deadlines are also set and the priorities have been assigned to each individual employee.

Importance of a Task List

A task list is the rundown of tasks that must be completed. These are steps or chores that attribute to the completion of a project. It is also an inventory tool serving as an alternative to merely remembering what must be done or 'mental notes.' Task lists are often used in business management, software development, project management and self-management.

There is good reason to believe that time management techniques can help in your private life. Controlling time will reduce stress by helping you determine what you do and when you do it thereby reducing the stress associated with managing activities.

Good time management techniques can also help you schedule time for relaxation!

In order for you to not be confused, check the item on the list the very minute it has been completed.

Organize your task-list

The hard thing about task lists is that they are often tiered. The simplest systems have a general to-do-list and these record tasks the employee must accomplish. Then there is the one which has a daily-to-do list which shows what must be done on a daily basis.

To make it easier to comprehend, there are systems that allow the user to make a priority list. It sets the most important task at the beginning of the list. By opting for the ABC method, the approach helps the user in dividing all the tasks into sections. Some of them even have the option of specifying which task must be done within the day, the week, and the month.

Software Applications

The good thing about software applications that can be downloaded is that they already have the built-in task hierarchy needed in prioritizing task lists. They also support the multiple methods when it comes to filtering and ordering the steps that must be done.

Journey to Developing Time Management

It all begins with the drive. Once you have the drive, then everything follows through. The practice of time management becomes a habit and later on integral to your way of living.

Start it off by having a goal and sticking to that goal. You should also believe that you can do it and you are willing to do whatever is needed of you to attain it. These include organizing and prioritizing.

Time Management Strategies

Try the following:

1. Develop blocks of time.

Look at the clock and tell yourself that you will do this for this number of minutes and only this. You have to fight whatever distraction in front of you in order for you to achieve this.

2. Have a schedule

Be it daily or weekly, you must visualize yourself doing this at this time and on this day and stick to it.

3. Prioritize

Do what must be done first. Be it studying, work or household chores, you must have a time for everything. When you're doing it, you have to be focused on doing it so it's not half-baked.

4. Have 'dead time'

You should also relax when needed so that you will feel re-energized and rejuvenated when you have to do the tasks.

Chapter 10: Stress and Nutrition

Managing Stress with the Right Nutrition

Men and women alike work their way through life every day. They pursue their own dreams and careers to establish a niche in this world. However, this endeavor is not a stress-free one. Some people even go through the difficulty of facing work that they do not like. This can be more stressful.

We previously determined that there is no way to escape stress. It is a phenomenon that the human body has been designed to adapt to. However, facing too much stress is not something you must take as a constant reality. One has to deal with stress in order to overcome it. If you constantly allow stress to burden you, then it may eventually take a toll on your health, mind and body. Thus, it is very important to address the problem.

What Is Stress?

As we discussed earlier, stress is a condition that everyone is familiar with. It can bring many definitions, sometimes, depending on the experience of stress by the individual. Let's delve a bit deeper into the subject of stress and especially how it can be controlled through nutrition.

Stress is the way of the body to cope with the different factors in the environment. There are stressors in the environment that can stimulate reaction from the person. The mind and body are conditioned to respond. The reaction of the body to the external stimulants is known as the stress. That is why, ordinarily speaking, stress is a normal occurrence. However, there are instances when exposure to undesirable stress can be harmful.

What Causes Stress?

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The first step to overcome the problem with stress is to get to know it. Knowing the roots and causes of the problem will definitely help. As earlier mentioned, stress is brought about by the different factors in the environment. Thus, if stress gets too much in the way, then looking at the elements that stimulate the problem will help you overcome it.

Things that physically affect your disposition are stressors. These can build up the strains in your body. In the long run, this can be very harmful and destructive. It can affect your health and immune system.

Dealing with the Problem of Stress

It is very imperative for you to deal with stress. Since there is no way we can escape the stressors in the environment, then the key to maintain a good disposition is to handle stress properly. You must find ways so that you maintain a relaxed and lively disposition. You must focus on things that give you energy. You must also venture on things that will give you more life.

There are many things that you can do. You can do a hobby, enjoy a pastime, engage in sports or attend a therapy or relaxing session. One big factor that you should also focus on is to bank on a good nutrition.

Using Nutrition as a Defense against Stress

Focusing on your nutritional intake can reduce stress. Undeniably, the right nutrition can go hand in hand with the aim to fight the adverse effects of stress. Thus, addressing the nutrition aspect of your lifestyle can lighten the burden brought by stress.

Taking in vitamins and minerals regularly will definitely reduce your stress levels. **To ensure that you maintain a good balance of the nutritional levels needed by the body, then take note of these tips:**

1. Subscribe to a Balanced Diet

Having a balanced diet will definitely maintain a good level of nutritional elements in your body. It will give you the energy you need everyday.

2. Eat Foods High in Vitamin B

Foods like whole grains are perfect to combat stress. These foods are high in vitamin B. this means that they can slow down the effect of the sugar in your system that can slow you down.

3. Focus on Protein Intake

A high-protein diet is another way to achieve fight the adverse effect of stress. You can easily get this nutrient from fish, meat and yogurt.

4. Exercise Daily

It is best to couple your aim to achieve good nutrition with daily exercises. This will leave you feeling better and stronger.

5. Healthy Snack

You can also give yourself a dose of health snacks in the middle of the day. This can help you deal with your everyday stress. A delicious and healthy snack can alleviate your worries for some time as you take your break at work or at school.

Fighting the adverse effects of stress will help not only your health. You will also be at the most productive you can be if you are healthy and feeling good.

Chapter 11: Exercise and Stress

Exercise and Stress Relief

There are many things that keep every person busy. Career, family affairs and responsibilities are some of the aspects in life that require time and effort. Most people, however, will find attending to so many things as very stressful. Undeniably, there are many tasks that can be strenuous in the long run. In the end, the body succumbs and gives up to the physical limits of the body.

Stress and the Body

Different people will experience stress in different ways. It depends on the individual on what he or she may find stressful or normal. However, the effects of stress would be the same. It will strain the body, mind and health. It can even affect your overall disposition and performance.

As such, it is very important to deal with stress as much as you can. This is to avoid the adverse affects of stress. At the same time, you can be the productive person that you want to be.

Dealing with Stress

There are many ways to deal with stress. Different people may seek different means so that they can relieve the stress they feel. The important thing is for you to know the options available to you. It pays to be aware of the things that you can do. At the same time, you must make sure that you pick the one that will work best for you.

Some people deal with stress by having a hobby where they can take out all their frustrations. They can play a sport during their free time. They can also do painting or other creative endeavors.

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There are people who find good food as a way to relieve their stress. However, it is very important to carefully choose your comfort foods so you can ensure the healthy disposition you want to achieve. To best ensure a stress-relief that improves your well-being, and then doing daily exercises is the way to do.

Stress and Exercise

Dealing and managing stress will require active participation on your part. Thus, the best thing to do is to include even a little amount of exercise in your every day schedule. Each exercise or physical activity that you engage in is valuable in your health and fitness efforts. This will be your first step to achieve good health.

Here are some things that you can keep in mind to reap the fruits of your efforts to exercise.

1. Do Aerobic Exercises

Aerobic exercises will be helpful in encouraging your body to release more endorphins. The endorphins are known to be good allies to fight stress. This is perfect for people who spend the whole day sitting in front of their workload.

You can do this by walking everyday. Take the time out to do some walking in your desired time for the day. Do this for fifteen minutes at least. Then as days pass by, you can also increase your speed or cover a longer distance. If you plan to explore other types of aerobic exercises, be sure to consult a physician first. Know if your body will be able to sustain the more active lifestyle.

2. Find a Good Sport

Another good idea is to have a nice sport that you can enjoy with your friends. This will give you a good break in your busy schedule. You get to interact with your friends as you stretch your limbs and improve your body condition.

3. Explore the Natural Setting

When you do your daily exercises, you can opt to go to the gym. However, if your vicinity will allow it, choose to explore the nature trails or the nice environment in the parks. Exploring these spots as you exercise will give your mind the relaxation it needs. This can even improve your mood for the whole day!

4. Other Types of Exercises

Aside from the typical exercises enumerated above, you can also explore other forms like yoga. This kind of physical activity focuses specifically on your mind, body and spirit. This will teach you techniques to achieve relaxation.

Yoga can even help you learn how to relieve the stress in your body by doing simple breathing exercises. This way, you can easily achieve your optimum level wherever you are, even without having to run around.

Your health and well-being have to be your priorities. No matter what you want to do, you will be helpless if you let your health deteriorate. As such, learn the stress management tips provided above so you will always be at your best condition.

Chapter 12: Your Body and Stress

What Happens to a Stressed Body?

We've discussed quite a bit about how stress can affect your health and well-being. But let's take a look at some specifics.

Individuals everywhere go through different ordeals, challenges and affairs. These are overcome as one proceeds in his or her everyday life. As such, people have taken these facts of life as a given to survive in this world.

Stress is one such given in this life. There are many factors in the environment that pose stress to the mind and body. Experts even attested that the body has been built to adapt to such instances. However, even if the body can cope to such events, too much stress will definitely pose a bigger problem. Thus, people must learn this as early as possible to be able to manage properly the event of stress.

It is very crucial for people to learn what happens to the body of a person who goes through so much stress.

What Really Happens to Your Body When Stressed?

Stress is the natural reaction of the body to the different factors in the environment. This is one coping mechanism that is built in the system of every human being. However, when the physical or emotional stress becomes prolonged, the effects become adverse. The body becomes distressed.

The body normally fights this stress. This can manifest in the contractions of the muscles or the sudden adrenaline rush. Most of the time, the blood pressure will definitely increase. You will also feel your body sweating. These are instances when the body reacts to the stress.

Of course, this can still further vary depending on the person who goes through the stressful event. This becomes complicated when the body fails to react properly. The effect is also bad if the body goes through a difficult time of adjusting back to its normal state. **The adverse effects of stress in the body will have different manifestations such as:**

1. Draining the Person

Generally, the situation can cause extreme mental, physical and emotional stress to the person. If this continues, the energy in the body can be drained. Thus, it can leave you feeling tired or hopeless. This may seem as a normal event. However, being constantly drained of energy will deprive the person of the opportunity to enjoy his or her life. Furthermore, this can be very devastating to the productivity of the individual.

2. Weak Immune System

Having consistent high stress levels can also affect the immune system. With the body constantly subjected to different reactions, it will eventually give up in fighting. When the immune system weakens, you can easily become sick. You will become more exposed to illnesses that can further affect your body and health. This will limit your capabilities even more.

3. Negative Outlook

A person who is constantly stressed can also develop a negative outlook on life. Being constantly drained and depressed can affect how you view your life.

One can feel distaste in any activity. Any task will seem uneventful that nothing is as interesting anymore. The person can also feel despair that there will be lack of zest in the other aspects of his or her life. Depression can also set in.

As such, the stress will affect more than your individual disposition. This can also be crucial in the way you get along with other people. You can become more grumpy and irritated. You can lose some friends who will choose to stay away from you because of the change in attitude. It will also be difficult to make up for the other opportunities that you could have given up.

4. Higher Risk to Diseases

Another adverse effect of stress to the body is the way that it exposes the body to other high-risk diseases. There are experts who claim that stress is one common factor that initiates diseases. Heart disease and cancer pose threat to the life of a person. Some studies show that stress contributes to an increase in developing these.

There are many adverse effects that can happen when your body is constantly stressed. These are events that take place because your body has taken on its toll. Thus, it is very important that you keep this in mind. Be constantly aware of your health and well-being. Pursue a better disposition and prioritize the things that will improve your body. This way, you can be your better self in every day.

Stress Can Kill

Stress Can Kill

No kidding. Stress can kill.

Stress may be a normal reaction that takes place in the body. However, if this gets prolonged and is not addressed, it can be very detrimental to your health. Even worse, stress can even kill you if you let it take its toll.

Chapter 13: Stress and Its Adverse Effects

Stressful times and situations can normally take place. These are things that are really inevitable, considering the fast lifestyle this modern world demands.

However, did you know that stress affects the different mechanisms in the body? It damages some systems. It can even weaken your body to the point of making the immune system give up.

Rather than simply take in these facts as a given it is very crucial that you take a stand. Resolve to yourself that you will do everything within your means to reduce the adverse effects of stress. Stress **can** kill, but do not **let** it kill you.

Stressed people are constantly drained of the energy they need to go on in their everyday lives. If this happens, they can develop a negative outlook in life. Depression can set in and trigger other negative effects to the personal life of the individual.

Serious health consequences can also accompany the failure to overcome stress. Normally, the immune system can defend the body from illnesses. However, stress can weaken this immune system. If this happens, you and your body will become more susceptible to fatal diseases like cancer and heart problems. At the same time, if you have a medical condition at present, this can be further aggravated.

Heart disease is known to be a primary killer in the world population. Some of the symptoms of heart diseases are stress-related. This can manifest in the sudden increase in the blood pressure and constant heart palpitations. Given these facts here, it is imperative for you to address the situation if you find yourself incapable of handling stress. You must overcome this problem as early as possible to avoid being the victim of the stress that kills.

Simple Ways to Avoid Getting Killed by Stress

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There are certain steps that you can take so that you avoid the harmful effects of stress. Following these ways will definitely keep you from being killed by stress.

1. Proper Nutrition

Eating the right foods will help you deal with the challenges of everyday life. Make sure that you do not miss any meals so that you are properly energized as you do your tasks. At the same time, having a balanced diet will ensure your body the nutrients it needs. Thus, make sure that you take in the foods that will contribute to your well-being. Take in proteins, vitamin B and minerals.

2. Do Not Overload

Sometimes, people get too ambitious that they forget the limits of their capacities. Thus, it is imperative that you avoid taking tasks that are too much for you to handle. Just take things one at a time. Let them fall into place first before getting a new responsibility. Doing so will keep you from overworking your body and mind.

3. Take a Break

If you are constantly on the go and you barely sleep, then you must rethink. The body needs to unwind after sometime of work. Thus, do not let one week pass by without getting a decent sleep. Try taking a break after a series of harrowing tasks. Listening to some good classical music or simply taking some time to be alone and relaxing your mind can help you in the long run.

4. Interact with Family and Friends

It is a good thing to be a hardworking person. However, do not forget that as a human being, you need the support of the people around you. Make sure that you take some time to spend a leisurely activity with your friends and family. This will alleviate any worries you have in mind. At the same time, this will help you develop a more positive outlook as you go back to your tasks.

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Stress can eventually kill but it doesn't have to. It is important that you take things into your own hands. Protect your body and health by doing the steps that will help you to manage stress properly.

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!

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Pick the Right Massage Therapy Tables

This article tells readers about how to choose the most appropriate massage therapy tables for their business, as there are many factors that have to be taken into account.

Besides professional skills in massaging, a massage therapy table is also required for massaging business. There are many factors that will determine which massage therapy tables are suitable for the massaging business and, therefore, massage therapists have to be careful in selecting the right equipment for their business.

The first factor that massage therapists have to take into account is whether they need a movable or a stationary massage therapy table. This depends on their type of business and the space that they have. For example, if you want to give massaging service not only in your office, but to your clients' homes, a portable table is a must for you. A portable massage therapy table also has a number of benefits compared to a stationary one. Some of them are :

- They are cheaper in terms of cost
- You can bring the table easily to your clients' places to satisfy them
- When you want to re-arrange your things, it will be easier to move the table
- You can use it for dual-practice (both in-office and mobile services)

On the other side of the coin, a stationary table is also a good choice for those who want to specialize in in-office service only. It also provides more stability and is stronger than the portable one. Generally, stationary massage therapy tables are more expensive than portable ones.

Guidelines in Buying Massage Therapy Tables

Apart from the movable or non-movable type, there are other factors which you have to pay close attention to before purchasing massage therapy tables. The factors are:

- Weight and stability
- Durability
- Density or firmness of coverings
- Surface durability
- Vulnerability to chemical mixture such as lotions or oils
- Availability of extra add-ons
- Ease to be cleaned

Besides that, there are also individual factors such as the affordability and the type of business that you will run. You can also purchase a simple one and then, in the future, you can further embellish it with new add-ons or upgrade the table. The objective of this is to boost the comfort and also give the clients a whole new experience while they are massaged.

There are also various accessories that you can buy to equip your massaging tables.

- Adjustable rests for head, feet and arms
- Bolsters
- Face holes
- Cushions
- Headsets
- Pregnancy accommodations
- Carrying case
- Warmers

Warranties are also an important factor to consider. You would not want to spend a lot of money on a table and then you had to spend another large sum of money because it is broken, right?

It is imperative to consider these accessories and different types of massage therapy table before purchasing one. It ensures that you have made the right choice by choosing the right table so that you will not regret buying it in the future. With the right massage therapy table, your business will keep improving and the clients will all be satisfied.

Breast Massage – Benefits Of Loving Your Body!

Summary: Many women feel that they need to be dressed to kill in order to look good, but this is what many fancy garments may just as well be – for market research reveals that tight, constricting clothing and ill-chosen undergarments can be a primary cause for promoting breast cancer. We recommend breast massage for staying on top of things!

The reason why the current fascination for breast massage has gained so much attention is due to the fact that experts believe that wearing restrictive clothing that decompresses or enhances body parts such as whale-bone bras and corsets besides tummy-trimmer panties is because the emphasis on over-shapeliness causes toxins in the body to accumulate, whereas they need to be released from the tissues. When these are not flushed out properly and regularly, it can lead to unhealthy levels of toxicity in the breast tissues and eventually to breast cancer.

However, experts also recommend that since this is one of the reasons for promoting breast cancer, it is better to focus on the preventive nature of the same and raise awareness about ways to educate women we love about avoiding the condition altogether – and so we have medical experts advocating regular breast massages as a preventive step for breast cancer.

The argument stems from the belief that the increased blood circulation caused by breast massage builds up to a warmth suffusing the breast area that works to flush-out toxin from this delicate zone besides encouraging the lymph fluids to flow easily so they help in draining out remaining chemicals that may be harmful. (The lymph fluids are the watery liquid surrounding the cells; they contain disease-fighting components and thus are important to pay attention to in cases of a family history of breast cancer or for those at risk for it).

A breast massage is very beneficial for women and it can be practiced on self or by someone else. It requires a gentle kneading movement combined with rubbing or squeezing techniques to induce improved blood and lymph flow; it is best done by gently stroking in a circular direction from the nipple out to the breast outline. Repeat the step a few times like you would if you ran your fingers along wheel-spokes – but avoid any aggressive stroking as this can be harmful.

You may use scented lotions or warm massage oils to build up the pleasure of the breast massage and to prevent any hand-rubbing friction caused in the lack of these 'helpers.'

Ideally, breast massages should be performed at the end of a working day when shedding clothes and it is also recommend that women do not wear their bra and sleep (no more than 12hrs).

Other times a breast massage helps are when during a premenstrual cycle when some women suffer tenderness in their breasts; during nursing after surgery to reduce scar tissue marks and simply as an activity that keeps them a-breast with their bodily changes (such as a lump in the breast), which is easy to notice for those that regularly breast massage.

Massage Therapy – Best Remedy For Stress

Summary: There may be many remedies for relieving stress and tension, which are hard to avoid in the complexities of modern life for any age-group, but among the most enjoyable and peaceable ones is opting for massage therapy.

Medical research has pointed out that most of today's health problems are due to stress, which can be caused also from improper diets, following an unhealthy life style, working overtime or in a disorganized way etc. The common factor among all these possible causes for stress is that no matter what the source of the stress, it has a damaging effect on the bodily systems, which are needed to be maintained properly for sustained, healthy output.

This is why it is important to banish stress and the eliminate the factors that lead to it; if this is not possible immediately and needs to be worked slowly at, the best way out is to take up a proven stress-relieving treatments, such as massage therapy affords in order to combat various health issues that can crop up due to uncontrolled stress. These include gastrointestinal disorders, cardiac disease, and loss of memory besides decreased immune function.

Of course, there is always medication for relieving stress and while pill-popping is popular and even advertised highly on the TV, it is not recommended as either a long-term or even a safe option. This is why massage therapy has gained so much importance in recent times with people having experienced first-hand the benefits and the joys of a good, therapeutic massage and with so many forms of massage abounding, not to mention massage parlors and literature promoting the practice, is it a surprise that it is such a favorite topic?

Not really would be the right answer – for there are so many people in the world who have benefited from a good, timely and warm massage therapy and the thoughtful manipulation of body tissues that relax mind, body, muscle, sinew, nerves and much more – releasing not only muscular tension and metabolic waste, but also promoting nutrient delivery for hastening tissue-healing tissue.

Thus, the current belief that massages therapy is a boon is not far-off because its blessings are a-plenty for those that have tried it and come out significantly more at peace, in better health – both physically and mentally and better equipped also to face the demands of a changing world.

From the realm of alternate medicine and healthcare systems that were centuries old, such as those practiced in India, Japan, Sweden and China come the best forms of massage therapy that are aimed at preventing, controlling and even curing chronic ailments so the individual can enjoy an enhanced sense of holistic healing.

What makes massage therapy such a blessing for modern, stress-filled lives and people is the fact that it works on varied principles that boost our body's immune system, helps release harmful chemicals from the body and has a joyful effect of peace, contentment and relaxation due to a trained therapist's hands working to improve health by acting directly on the muscular, nervous, circulatory and immune systems at one time.

Massage therapy basically releases endocrine (the happy hormones) and combines comprehensive knowledge of human anatomy, specific body part healing techniques, pathology and human psychology so is only beneficial when performed by a trained therapist who has received proper education in all these aspects – learn about the credentials to become one, or even to pick one!

Austin School of Massage Therapy - One Of The Reputable Institution

Summary: Studying to have a good living is the best way to make something out your life. One of the more popular studies nowadays is therapeutic massaging. This article talks about a certain school that can offer this.

Therapeutic Massages in the U.S. are in demand. Plenty of students want to study there. But the most popular of them all is the Austin School of Massage Therapy located in Texas.

What's in this Institute of Massage Therapy?

ASM produces a good quality graduates in therapy for 25 years. Recognition was given to them as the most productive school for therapy. The school has 8000 graduates and become popular and in demand profession in U.S.

It is being recognize internationally and increase its production and name as the biggest massage therapy in that country. Modern program for students are being introduced to insure that they choose the right profession. They have tested and successfully achieved the credit of a good standard. ASMT offers the following program for students.

- * Class Venue
- * Offer specialization Program (to give reasonable salary as incentives as high as \$75.00 an hour) including maternity care, child birth, baby massage, body and foot spa massage and even in medical and palliative care management program. Certificate of Attendance are given to anybody including private practitioner as long as they participate on this program.
- * Offer comprehensive program for 500 hours non stop.
- * Free tuition to those who are qualified to be a scholar.
- * The Massage therapy store that carries supplies is open for 24 hours.

The ASMT continue to support their program. They provide a good assistance and better job opportunities to their graduates. The school maintains high standard of education to help graduates pass the licensure examination and help graduates to improved their knowledge about modern technology.

A.S.M.T.-Expansion program.

Austin has able to expand the outreach program throughout the U.S. There are 12 branches that almost open and operates within Texas alone. Most students select to which key metropolis in the Lone Star state they can enroll themselves for they have the same goal, to provide productive graduates.

In addition to this, students and some residents can avail and can schedule a massage session. Advertisements and some form of information are being disseminated to the public in order to inform them about their purpose. This will help them in honing their skills further.

As being known to be the most popular school for massage therapy they have expanded in the whole of the U.S. Plaque of Appreciation and Recognition are being awarded to them for a job well done, and as best school in Texas. Happy to say the help find job for their graduates and provide good education to those who are interested.

Foot Massage - 6 Excellent Ways To Pamper Your Feet

Summary: This article will help you through instructions on how to get a quick and easy foot massage. It aims to help you achieve a happy feet.

There are a lot of different massages that target different parts of the body. The most satisfying of them is a foot massage. Reason behind it is that the feet are the most worked of our external body organ. They carry around body weight whether standing or on the move. Thus, pampering it will give unspeakable pleasure as stress is being rid from it. Blood circulation will be improved as muscles relax during massage.

Relaxing the feet with massages is also believed to be beneficial to the whole body. By using different degrees of pressure at specific areas on it yield endorphins. These chemicals are natural pain killers that help the body from tensing up. Just the right pressure on the feet intervenes with diseases from progressing.

Getting started on your feet is easy enough. It can be done with the use of oil essentials, foot lotions or any other form of lubricant. Doing it with someone else can bring sheer delight, although you can also manage on your own. Best be sitting on the most relaxing chair to insure your back is properly supported if you are lacking helping hands to massage for you. A chair that has an arm rest cushion and footrest will do the trick. Now you can start the massage by placing on your lap on foot then do these simple steps. Soon enough you'll find yourself smiling and your feet happy at last.

1. Top to bottom rub

Generating heat is the first agenda to relax and fill-up the feet. Begin working from the top rubbing your way down use your thumb. Go up and down with one constant stroke from toes to your ankles. Do it over and over again for a few minutes.

2. Ankle twirling stokes

Relaxing your toes as you give it a careful spin! This simple calisthenics does magic to those cramps on your joints. Continue by clamping on the foot as you gently turn it clockwise and counter clockwise for at least 4-5 times respectively. Remember that any sudden rotation of the ankles can cause unsolicited injuries. The idea is to relieve stress from your feet, not the other way around.

3. Pin it down with pressure

Now that the foot is prep for the main massage, hold it closely with the other hand and use the other to place pressure to it. Then pin down the thumb gently starting with the biggest toes on the soles in 2-4 counts. Then release the pressure soothingly working your way through the next toe. When pinning down, reel the thumb in and out. Then complete this step by varying the degrees of pressure applied on the foot's surface.

4. Press at leisurely pace

From smaller areas that are pinned down, go wider by the use of knuckles. This time bigger spaces are reached all at once, giving a different sensation of relaxation, not only for the foot but for the whole body as well.

5. Slither fingers amid the toes

In a rhythmic motion reach in between the toes using the fingers to exercise and relax the tense muscles of the toes. Do a back and forth fluid motion to pamper those over worked toes.

6. Press the sole's depression

Push the depression of the foot very hard using the knuckles or heels of the hand. Relief will come as soon as the inner and outer curve of the foot's sole releases the pressure. Squeeze the entire foot hard enough to create a soothing finish to this relaxing massage. Before wrapping-up to a close, make sure not to leave out anything unmassaged like the sides, top, bottom and everything in between it.

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If you're being assisted by someone else on this relaxing rubdown, make sure to tell them how much pressure you can tolerate. Anything that causes unbearable pain in a massage must alarm you to stop and have it taken a look by a doctor.

The feet work hard. It deserves to at least have a happy hour after working. Therefore, good relaxing massages makes for happy feet.

Massages - Fantastic Way To Relax

Summary: There are many ways to enjoy life's little pleasures; one of them is having a massage. This is an article about the appreciation of having a good rubdown.

Due to hectic schedules and busy lifestyle people tend to feel devastated and tired physically, mentally and emotionally. Stress sometimes leads to a weak heart, and uncontrolled sugar that makes you a diabetic person and a stroke victim.

Soft human touch can remove stress in our lives. With this underlying fact, people get interested and plan to venture in spa business discovering the miracle result of body and foot massage. Total relaxation improves one's health and social lifestyle. Foreign visitors usually enjoy a body, facial or foot massage offered in hotels and tourist spots for their reasonable prices.

Spending extra money cannot do any harm in your budget. It is very useful and anybody is entitled to pamper oneself and enjoy a good day off by having a massage at any spa parlor.

Going in a spa center once or twice a week will not destroy your schedule. It would even make you feel relaxed and let you enjoy every minute of the massage session.

Body Rub 101

Secure the place you want to be. It should be warm and comfortable to both of you and your companion. Avoid contact with the outside world in order to give enough time to observe the condition and location. It should be warm and welcoming. Drapes will be suitable and air conditioned room will give you a much better feeling. It is advised to take a hot shower before starting the pleasure of body massage. It should start at the head to feel relaxed. Chinese scented candles or any flavored scent will help a lot by stimulating the olfactory nerves. It is advisable to let your partner choose whether to use oil, lotion or a mixture of both in order to create a smooth sensation on your body.

Resorts are the best places to find time to relax. A simple drape of white satin and clean sheets will add to the subtle feeling of inner peace. You may try lying flat on the bed, smelling the sea breeze, and feeling the touch of your partner. This can release all the muscle pain and stress. Ballad and love songs can create a feeling of happiness and fulfillment while enjoying your partners hand touching your whole body. It is also recommended that sometimes it is adventurous to take a vacation at resorts and so the session while smelling the fresh air and lying flat on the sand.

Be clean physically. Sanitation is very important by checking all the facilities and your partner as well. It is necessary to examine the hands for long finger nails that would be a cause of scratching your skin. The sheets should be clean and should smell good. A hard surface is advisable for you to lie down. Nerve endings should be touched as well to give pleasure and contentment during massage session. Good touch of hands will create a good experience and an unforgettable memory.

Give total consideration for the whole time while having a massage. It helps stimulate blood and regulate air pressure to your body. Tell your companion about how to enjoy the session. Appreciate anything your partner is doing to build a good relationship. Try to relax yourself although some people have the potential of taming your emotions. Feel each touch.

Experience the good effect of massage for yourself and you will notice that you will plan to have another session next time around. Your mind and body has an instinctive reaction to every sensitive matter since it creates a good result and activates all your senses. That's the way you do it. Body massage is a great experience and very memorable. It will enhance you to have a different lifestyle. Start early and be proud of yourself.

Intimacy is often lost in the world of handy phones and internets. That is why the need to be close to a partner is very important. This will help the wellness of the whole being of intact. Allow the experience to take over and you will soon know how it feels to be pampered again. Massage

Chair – A Blissful Experience To Relax

Summary: Getting a Massage will surely keep you away from visiting the doctor but going to the spa can make a hole on your budget. Find out more about massage chair and how they can be a good thing.

Having an excellent health is top priority. This can be hard to achieve especially with daily work stress and time constrains. Not to mention going to have a relaxing day at the spa can be torture to your budget.

Among the relaxing benefits of having a good massage is loosening up of tight tissues in the body that will improve the flow of blood in the system. When blood flows smoothly it helps the regeneration of new skin cells and flashes out toxins in the body more efficiently. Exercise can be another way to do this, but it can prove to be taxing to do. This is way more and more people tend to have relaxing massages instead.

Because busy schedules we tend to postpone going to the massage spas to have our body taken care of. That's why a large number of massagers are now available in the market today. They vary in functionality and look. But one of the most sought after is the chair massager.

The next impediment of having these relaxation machinery is that they are expensive to have. Yet, come to think about it you will only have to buy it once. Then soon after that, it will be with you for a lifetime. A good investment for your well deserved tired body.

If there is a brewing wish to buy one, know a couple or so specifics about it first.

• Functionality

Before buying anything, first be as critical as you can be. This will make your choice easier to come by. Know the count of kneading mechanism on the chair. Then, ask about how they function on the body.

• Comfort

Try out the chair! Be receptive on the comfort ability of the massage chair. Ask for padding and other footrest adjustability.

• Operation

Take the machine on a test ride on your body. This will ensure the way the machine will knead, tap and roll on muscles areas giving you more or less what to expect. Ask the operating attendant about how those manipulation rollers are built. If they are individually installed with separate motors, they will surely last longer. This massager may cost a little more than the single motor. Don't get too excited with massage chairs that offer lots of rollers, this will not immediately follow that they perform better. The important thing to keep in mind is to get one that has separate motors running them.

• Controls

Never forget to get in-depth information on all the aspects of the massage chair. One of the most essential queries is pressure adjustments. The control of the rollers needs to have the capacity to go fast, put more pressure or reduce pressure for a softer massage experience. Never forget to take into account the flexibility of the chair as it adjusts to different body types.

• Price

This is the question that begs to get the right answer, how much? Depending on the performance and the holistic feature of the massage chair, the price will definitely vary. They range from eight hundred USD to four thousand USD. Reputation of the store from which you're going to buy your massager from is a good start when hunting. Online shopping is also an alternative way to get a hold of good products.

Be reminded of a return policy that comes with the merchandise, particularly when buying online. This will make sure that if you are not satisfied with it you will be able to send it back to the manufacturer or store you bought it from. Also is good when it is broken or has malfunctioned, being protected by a return policy will keep your purchase secure. Warranties are another important consideration. If they have a lifetime warranty, even if it is more expensive you will be shielded for years to come each time the massager breaks down.

Massage Licensure - The Ultimate Purpose Being Certified

To be a good physical Therapist one should undergo training after graduation and should pass the licensure examination. Not only in Columbia but also in the U.S. on their 37 states practices the same law. To practice your profession as a therapist, it is a requirement that you should be license to let people know that you are qualified to that position. In addition to this, most states required applicants for the job as medical or physical therapist a long training program in order conduct business with their patients or customers.

Massage therapy is sometimes called oral replacement of medication. It is one way of healing and getting rid of stress, mentally and physically. Nowadays, people are well informed about the good effects of massaging the body to obtain good health. It is also a physiological treatment to replace any form of medication to those who are ill and weak. They should be a license therapist to assure the public that they are capable of handling them physically and the exact reflexivity of the body. This will make them credible to practice with legal back-up.

Requirements to be a Massage Therapist:

The U.S. government requires all therapists to take the licensure examination. Some places do not require, and they practice it in a small town, city, or country. Local governments have their own requirements that have the same connection with other countries. Students should not allow themselves to practice their profession as a massage therapist without license in order to work legally and regularly in other countries. This is to protect themselves that their patients for any future dispute. A good license can make a practitioner the best bet to as safe massage therapy.

State Requirements for Students:

- * He or she should complete the required number of formal classes in massage therapy program.
- * You should pass all national and state board examination.
- * Students should continue further studies in order to have license.

Aspects of Good quality Massage Therapy Program

Students should consider a certain aspects and should know how massage therapy licensure program is being chosen.

The first thing to know is what kind of licensure program thus your state has. Around 1300 programs, about 300 are only accepted by a state board officials or the Department of Education.

State or Professional certification Board for licensure doesn't accept more than two-third of the program due to some reasons. Choose a program with proper accreditations. That way you are sure to get a genuine license. There are fake schools that offer students tuitions for less amount of money. But, they are bogus and should not be taken seriously. Make sure to research on the kind of reputation those schools have. This can make you realize that it is worth paying the right amount of money to ensure an authentic license.

Licensing programs are different in every school. They can be a bit confusing. To make certain what choice of curriculum to take, know your interests. Then in know will come a very well planed out decision. Stringing a balance between your interests and what is needed as requirements by the NCBTMB. This department is responsible for giving licenses to students who meet the necessary requirements.

Studying is always a good way to better life. Knowing what to study on to succeed is a start.

Best Massage School - Outstanding Students Entitled To Enroll In Topnotch Schools

Summary: This is to inform aspiring student on the many things the Northwestern school has to offer of future massage therapists. Included are schedules and benefits that can be gained in enrolling into their courses.

Students who have an excellent rating in school seek a place to enroll to have a god perspective in life. They prefer to stay in Northwestern's school of therapeutic massage. It started to accept qualified students. The school provides awareness program to all the students so that people will have an idea of the importance of massage in their health.. Physiologists suggest to their patients on how massage contributes to their lives and recommend a session for early of recoveries to maintain god health and minimize expenditures by asking aid from a therapist.

Northwestern school teaches their students on how to manage pain and how they will going to communicate with their clients. As part of health care they ensure their patients about wellness and health status of everyone. They are being taught on how to contribute and participate in our daily routine. Students undergo orientation about patients pain and to promote close relationship with their clients and to the community itself.

A thirty-six semester credit with sessions of 780 hrs. give students a good learning over major science the school has 340 hours of personal laboratory teaching and share some medical experience inside the learning institute of massage therapy teaching clinic and some surrounding the school accepts and intellectual professors and some social oriented people, plus mostly some of the in demand therapist in Minnesota.

The school building has two 1100 square feet area for laboratory. It is composed of one table for massage for every pair of students, they usually hold their lecture anywhere within the school campus. The location of the school is in Burnsville Natural Care Center. They are open on all Mondays, Wednesdays, Fridays and Saturdays.

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For those who intend to enroll evening classes and weekend studies, they are allowed to attend on Tuesdays, Wednesdays and Thursday nights. If you wish to attend a full-time class once in a while, you can have it on Saturdays. They offer two choices of sessions. You can either take it in the morning or in the afternoon during Mondays, Wednesdays, Fridays and Saturdays. New enrollees are being accepted in the beginning of the year January, mid-year in May and lastly in September. It takes for about 12 months to finish the syllabus of the course. So, depending on which month a student enrolls that's the basis for finishing the course. Those mentioned earlier are enrolment schedules of the day classes.

The students are required to attend 780 hours of classes in order to fully understand the different parts of the human anatomy. 195 hours of Physiology, Anatomy, Pathophysiology, Kinesiology, and Nutrition. Minnesota has the largest capacity of program in massage therapy itself. They limit their students to a small quantity because they want to make sure that they can efficiently teach them well. Their name is known throughout the other states in the massage institutions community. This is on account of their well established instructors who are certified. These professors are eager to help the next line of massage therapists to carry-on the legacy with pride. Their devotion for their work stands out in every way knowing that their students are also willing to take on the challenges that lies ahead.

Wide-ranging studies that are handled by outstanding practitioners are the key to getting the best education in any field of expertise a student has a passion to study in is what this school has to offer. Practicum are essential in preparation for making sure that students are well practices with performing hands-on tasks. The school includes ample amounts of time for them to enhance their skills. As they begin to grow more comfortable with using their knowledge and transforming it into their own, they become better.

Those are the many amenities that this school has to offer. So, if in the future you are contemplating on getting a good degree on therapeutic massage, this school is for you!

Prostate Massage - The Things That Needs To Be Said And Done

Summary: This is all about the facts behind prostate rubdowns. This article will show you facts about on how to gain pleasure and benefits with this massage.

Sex is not a subject for the lighthearted. You need a bit more courage to talk about it openly. You may if not for media and all the freedom of speech in the world people will never get the courage to conquer their inhibitions about the subject. Surprisingly, society has slowly gotten to that point. Women talk about the long-ago taboos amongst themselves, usually they love to discuss the many ways they are not getting pleasure out of having sex and exchange notes on improving their performance in bed. It seems that any dinner get together among close friends in no way ends without touching base on this subject. Probably those years of suppression of the topic catches-up to it now.

Men are the shy ones to speak openly about sex in a more serious tone. They usually use it as anecdotes and sarcastic comments to express their undeclared sentiments on the matter. Believe it or not, pleasuring man doesn't only start and stop when they get off. There are other ways to give them satisfaction.

If you're looking for ways give him an ultimate bedtime loving, here is a new technique for you. The massaging the prostate is the new word that not only pleasures him but also has health benefits.

There are reservations about this massage. One question that begs an answers is how can it bring pleasure? G-spot it the ultimate answer to this. This is a part of the males genitals that has the highest concentration of small nerves. When touched or rubbed they create sensations that bring pleasure. If the massage is done correctly, this will liberate enormous amount of satisfaction and helps relax the body as it surrenders to it completely. As the body relaxes, stress is discharged from it. When this massage when concurrent with stroking the penis gives an explosive pleasure for men.

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Apart from intensifying his ejaculation response sensation, this massage furthermore amplifies anal feeling, resulting to an unforgettable experience. One of the hugely gratifying effects of the prostate rubdown is it facilitates the unseen penis within the body to get satisfaction simultaneously with the prostate. The upshot of this stimulation as a threesome is breathtaking. Nevertheless, more grander in effect by the physical aspect is its impact to the psychological facet of the man's psyche. This can be accounted for due to the act of penetration, which unfamiliar to the man's body.

Apart from enlightening the body to a new experience, massively this massage will create a "cerebral high", it is also used to cater to the health needs of the anal as well. This can be done without the help of a partner. All that needs to be done is to simply place in a finger or two into the anal canal reaching flipside and upwards in the direction of the navel in anticipation of the prostate gland. Still, it will bring more enjoyment if there is a partner to share it with. Climax will come easily with having less hesitation and a lot of confidence in the execution of this erotic act.

Homosexuality is a big misconception on people who are going the prostate therapeutic massage. Because this is a very sensitive area this particular massage are done by couples in the privacy of their bedrooms. Yet, study show that this massage is essential for men to prevent future complications in the prostate areas. Doctors have given this as a prescribed massage for men who have illnesses that affect their prostate. But, unfortunately fear get the better of them, that's why it is quite a taboo for straight men to have one with their partners. The lack of working-out the prostate can head toward dysfunction, malfunction and other prostate diseases.

There is no known study that will prove men turning homosexuals just because they were exercising their prostate gland. But, doctors will tell you your health is in grave danger if you do not do it.

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 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.

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.

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.

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.

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* **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.

Exercise & Stress Relief- A healthy relationship

Summary: Stress the constraining force or pressure when becomes constant will affect a person's life, mind, body as well as spirit. The effects of stress are different for different people. Exercise and stress relief are inter related to a great extent, we can see how they are related.

In today's modern and fast life style a person can easily fall into the deep abyss of stress. There is no time for them to look over their needs after their work and managing their home and family. As time passes by we may never realize we are suffering from stress.

It's true that exercise to a great extent reduces stress. Doing exercise is not always enjoyable, but in this fast pace modern world it is a must in our daily lives. Take the case of cardiovascular exercise which moderates your emotions as they release endorphins during the exercise which acts as a natural pain reliever and boosts your mood. Due to this increase in endorphins, the exercise will reduce the stress from your body. This is why it is said that exercise and stress relief is related. During this process you will sweat it out which makes you feel relaxed, refreshed and get good a nights sleep.

Regular exercise usually keeps the body fit and mind stress free. In this busy world people always complain that they have no time for exercise, it is just a lame excuse they make as they find it's not enjoyable. But when you understand how closely exercise and stress relief is linked, you will automatically find out at least some time to do any some form of exercise.

Exercise need not always be a serious activity which requires you to sweat and pant. If you are a first timer to this, or have not exercised for a long while, you can just start slowly by doing some simple exercises. You can also go for an activity that needs only very little preparation which can include gardening, taking your pet out for walk or cleaning up your house. By doing this you can make the transition easier and enjoyable.

If you are not in a good mood and if you don't feel like doing exercise give yourself a break before you go for a bigger more strenuous exercise. Then you can opt for ordinary activities like

doing laundry, walking around the garden etc. Still if you do not want to do things on your own, you can ask support from your friend to come with you or attend a fitness program.

By doing exercise you will find all your problems seem less heavy. Playing your favorite sports along with your friends and enjoying your life in general, all these will reduce the effect of stress.

Some basic\important ideas on exercise and stress relief:

- * Exercise reduces your built up tensions and emotional tensions.
- * Exercise release endorphins and other hormones giving the feeling of well being within you.
- * Exercise can also be used as a means of social gathering and thereby building up a better social life.

To conclude, exercise calms your stress level and your nerves by making you feel much better about yourself. It provides a great opportunity to meet people and thereby maintaining a healthy relationship.

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 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.

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.

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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.

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.

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Squeeze balls helps 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 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.

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.

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.

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.

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.

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

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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.

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.

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.

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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.

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.

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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.

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

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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.

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