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# Foreword

Do you ever feel down, stressed, or anxious? Millions of Americans struggle with stress, anxiety, or mood problems. They can wear and tear on your body leaving you feeling tired, drained, and empty inside.

Over time, stress and anxiety can build causing you to be less productive, anxious, tense, and even unhappy. A poor mood can make you irritable, impatient, and hurt your relationships. You may find it tough to focus, stay motivated, or accomplish tasks.

Your mood and mental well-being affects every part of your life for better or worse. While poor feelings can negatively impact your activities, relationships, and work. A happy balanced mood gives you the tools you need to be successful and enjoy life.

Gaining and maintaining a positive mood can be tough. Until recently, there have been few options for those looking to boost their mood. Some people suggest exercise, breathing routines, or careful diets.

## ***Stress Survival Super Strategies***

### ***Reduce Mental Trauma By Focusing Your Alignment On Positive Thoughts***

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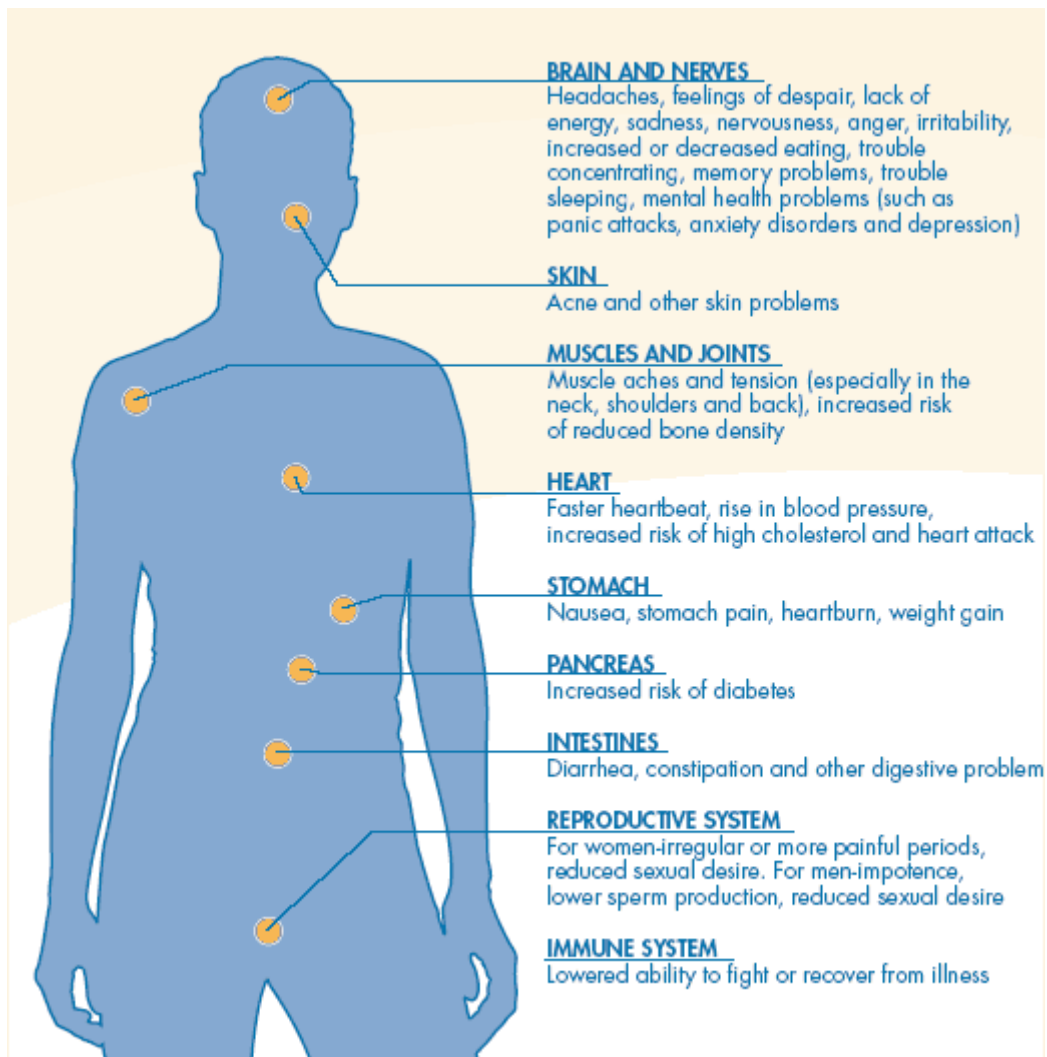
# **Chapter 1:**

***Is It Possible To Live Without Stress***

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# Synopsis

***Is it possible to exist without stress? No! Thinking about stress in terms of "defeating" it is beating the beast with the wrong stick. Stress is frequently handled as an unwelcome guest. Let us set the record straight. Stress is an inseparable part of life.***



## **The Basics**

Is it possible to exist without stress? No! Thinking about stress in terms of "defeating" it is beating the beast with the wrong stick. Stress is frequently handled as an unwelcome guest. Let us set the record straight. Stress is an inseparable part of life. Stress is what drives you. Stress gives you that push and motivation when, say, you're gearing up for an important exam, or working on a vital project, or going to give a significant presentation, or preparing to appear in a job interview.

Stress, by and of itself, isn't bad. It turns good or bad depending on how you perceive it and how adequate you think you are to cope with it. Confronting stress is a skill and an art. If you prefer to live a happy and productive life, you have to learn how to cope with it.

### **Stress Facts**

Stress is energy: if you do not process it the correct way, it will devour you. Coping with stress is a science. Anybody who prefers to live a happy and rich life needs to learn it. It's worth committing some time and effort to controlling something that has so many extensive consequences for the tone of our lives.

Accompany me on this energizing journey, which can bring a modification in your life, and determine how you too can make your life stress free or with significantly less stress.

Let's get started!

How come stress happens?

Tension is an inevitable part of life. Your stress can develop out of any of the following three emotions-

1. Frustration - it's a state of dissatisfaction arising out of unrealized needs or unsolved troubles. It's characterized by feelings of tension or anxiety. For instance, you may be frustrated due to the very much deserved promotion that you didn't get, a disagreement with your boss, mounting up debt, or something as simple as arriving tardy to the office. Aside from outside circumstances, frustrations may be due to a few personality traits, like unrealistic expectations, unwillingness to change, maybe it's or lack of accomplishments.

2. Conflicts - This is a circumstance when you're caught between suitable but incompatible desires. For instance, you want advancement in the work place, but are not willing to relocate to a fresh and new city; you desire a penthouse but must get rid of other luxuries that you're capable of savoring right now.

3. Pressure- This is the requirement that the business of living gets to you and it is definitely inevitable. Job requires more time, kids need some more money, and your wife needs more attention. Sound familiar doesn't it?

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## **Chapter 2:**

### ***Three Primary Reasons***

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# Synopsis

***The three primary reasons of stress and depression in our societies are the following – Money, stress at work, and relationship stress.***



## **Three Reasons and the Symptoms Accompanying Them**

The three primary reasons of stress and depression in our societies are the following:

1. Money troubles - Without any doubt; this is the top issue that consumes just about all of us at one stage or another in our lives. Your wants are stroked by alluring ads, easy accessibility and an unabashed display by other people. Where are the means to snatch up all that the heart desires! The consequence: rising debt, overdrawn charge cards, lawsuits and heartaches.

2. Stress at the your place of business - Your unhappy with your workplace conditions, and they're far from ideal.

The competition is extremely tough, and expectations are high. Along with all of that, the price of living is rising day by day. Your workplace stress and anxiety are substantial grounds to be concerned.

3. Relationship stress - This is the type of tension that follows humans all over and it's always present within our life in one form or another. Nowadays a fast life and faster changing values and morals make it even harder to cope with day to day stress.

### **Signs and Symptoms of Stress: Consequences on Your Health**

1. Physical symptoms - Headache, back ache, dizziness, hypertension, frequent colds, rashes, itches, shaking, heartburn, etc.

2. Psychological symptoms - tension, anxiety, insomnia, difficulty in decision making, insecurities, lack of concentration, or a feeling that you're worthless.

3. Behavioral symptoms - socially withdrawing, unreasonable use of alcohol, taking drugs, gambling, lack of social interaction, ignoring appearance or ignoring whether or not you are prompt.

While a few individuals can simply manage the demands directed at them, other people are more likely to break down under the pressure.

What are the kinetics involved which grant one group to rally through emotional angst, while the other group sinks when stress enters their life? In seeking how stress and tension affects one's welfare, we'll explore numerous avenues and techniques on how to relieve stress and tension. Furthermore, we'll talk about how to break away from the cycle of stress-induced conduct; and to establish that stress, while constantly present, can be contained and tackled.

**Stress & Resiliency:**

Individuals who come across stressful situations handle them in different ways. While some individuals can dismiss it and progress in life, untouched, other individuals become totally consumed by their symptoms. Resilience is the technique of adjustment in the presence of threats, and even the good news is that it can be learnt. Majority of the people show resilience in the face of stressors.

Being resilient does not mean that you don't feel the stress. Pain, anxiety and emotional distress are the imperishable facts of life: It can't be avoided. The trick is to defeat it and find pleasure and happiness in life. You are able to learn Resilience: anybody can. There are a few crucial elements that go into building one a resilient individual.

Following are some of those factors:

**Supportive relationships:** It seems to be the most crucial factor: Having loving and supportive relationships assists you in building resilience in the face of hardships. Relationships that offer love, trust and encouragement boost your resilience.

**Taking critical action:** It helps a good deal, if you set goals for yourself and take steps based around to a realistic plan. If you're used to just responding to the situations and are unable to look beyond the stressful position you face, it's definitely going to add stressors in your life.

**Thinking positively:** A resilient individual searches for opportunities in difficulties. Anticipate a favorable result and take concrete steps to reach the sought after outcome. If you can't do anything, hope and pray for the positive result. Worrying and fussing wears, you out and reduces your fighting capability, besides making you boring, indecisive and unappealing.

**Effective communication:** Being capable to communicate clearly, without concern and inhibition, being capable to voice your opinions appropriately, letting other people recognize your expectations- this is terribly crucial in being capable of surviving difficult situations.

**Containing and handling emotions:** Being capable to know all your emotions, acknowledging when to tolerate stress and when to hold back. In essence, knowing yourself better is a requirement of being a resilient individual.

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# **Chapter 3:**

*Know Hows to Cope With Stress*

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# Synopsis

***I'm going to identify some of the major methods that will assist you in building resilience and coping with stress.***

***There are methods that someone can apply to bypass the mental and physical reaction to stress. There are also tools that people can apply to distress and heighten their overall wellbeing.***



## **Important Points**

I'm going to identify some of the major methods that will assist you in building resilience and coping with stress. There are methods that someone can apply to bypass the mental and physical reaction to stress. There are also tools that people can apply to distress and heighten their overall wellbeing.

The methods named here can be divided up into two categories, as follows:

1. Relaxation methods and Self-hypnosis.
2. Coping with Stress
  - Exercise
  - Music
  - Meditation
  - Massage

Self Esteem is a crucial factor in conquering stress. Determining that you are capable of meeting and conquering life's stressors is a good start in building self-esteem. Also, a crucial part of self-esteem is believing your worthy of love and happiness.

Signs of Low Self Esteem:

Go through the following list and consider how many of these reflect your own thoughts.

- I do not like myself.
- I do not deserve love.
- There's something wrong with me.
- I'm not worthy of respect from other people.
- It's tough for me to make eye contact with other people.

- I'm profoundly distressed when other people criticize me.

Did one of these sound like you? Did more than one sound like your personality? If yes, then you have to take a few concrete steps to better your self-esteem.

#### Why Low Self Esteem Increases Stress Levels In Your Life:

Low self-esteem steps up stress levels in your life due to two reasons-

1. You're constantly gauging yourself negatively. You do not permit yourself to open up to felicity due to an ongoing damaging internal dialogue.
2. You're constantly concerned about what others think of you and go to unreasonable lengths to attain their acceptance and approval.

#### Confidence Vs. Self-Esteem: They Are Different!

Self-esteem is different from self-confidence in numerous ways. You may be extremely successful in your chosen career and yet you still find yourself feeling terrible. You need to be capable of loving yourself to experience happiness. Several successful individuals are miserable at heart and have terrible self-esteem. Low self-esteem makes it easier for other people to manipulate you, and it also makes you terribly unsure of your own feelings and opinions.

#### What You Can Do To Improve Your Self Esteem?

Now, it must be obvious to you why it's important to work on your self-esteem. Without high self-esteem, you'll be an unhappy individual even if you've been able to achieve material success. Low self-esteem makes it extremely tough for you to succeed in any

endeavor: being your own worst enemy, you'll be perpetually placing obstacles in your own path.

Following are some of the things you should do to improve your self-esteem:

1. Stop criticizing yourself. Learn not to condemn yourself for the small slip-ups that we all are prone to make in our lives. You have to accept mistakes as a necessary part of life.
2. Praise yourself when you do something great. Be overgenerous in your praise, but it's crucial to be honest.
3. Whenever you undertake some activity, visualize yourself as being successful in it.

### Relaxation Methods: Physical & Mental

It's normal to experience stress occasionally. The reality is life is full of stress. As a matter of fact, some stress is healthy: we all need a bit of stress in our lives, it spices up the life. It motivates to accomplish the most daunting tasks. Can stress be a positive tool? The answer is a definitive yes. Imagine you have a deadline to meet; while your tension levels become elevated, you find the strength inside you to complete the assignment on time.

Stress helps you to become more centered, and in some cases increases your strength when you're in a pressured position. Maybe you have discovered you are able to think more clearly when trying to meet that deadline. Yes, stress can stimulate the brain and sharpen one's performance. It's obvious that stress is a necessary component used to occasionally clear the clutter from your mind. When approached positively, stress can help you evolve by letting go of uninvited thinking.

## It Helps To Keep Stress Levels Down

While it's inevitable that you'll experience stress in all walks of life, it's significant to learn stress management and relaxation methods to control stress and channelize it to your own advantage, instead of getting bogged down by it. We will discuss stress management methods in the next section.

Here we'll identify what progressive muscle relaxation is. Progressive Muscle Relaxation is an easy physical activity that will assist you in keeping calm at all times.

### Advantages of Relaxation

- Additional energy.
- Clear mind.
- Improved decision making.
- Mental clarity.
- Better control of your life.

### Four Steps to Progressive Muscle Relaxation

Find a calm and quiet place where you will not be interrupted for the next five to ten minutes. Wear comfy clothes. You are able to rehearse this exercise while sitting on a chair. You are able to rehearse it lying down, but there are chances that you'll fall asleep.

You loosen up your body by relaxing different muscles of the body. The muscles are first tensed, kept in that position, and then relaxed.

This method is practiced as follows:

1. You begin at your feet and bit by bit advance towards your head, tensing and relaxing all the muscles on your way up.

2. While breathing in, tense the group of muscles you're working on. Hold the tension for eight seconds. Feel this tension. After eight seconds, breathe out and relax that muscle group. Feel a calming sensation enveloping those muscles.

3. Start with the right foot. Then relax the right leg. Now, move on to the left foot, left leg, right hand, right forearm, left hand and left forearm, tensing and relaxing the muscle groups. Now repeat the tense and relax method with abdomen, chest, then neck and shoulders. Now, relax your facial muscles; and in the end your head.

4. Take a couple of deep breaths. Feel the relaxation that's crossed your whole body. Count up to 5. Slowly stand up.

With some practice, the PMR will give you a rich sensation of relaxation. Then you can practice it any time you experience stress overwhelming you, and get quick relaxation.

### Self Hypnosis: The Road to Stress Mastery:

#### What is Self Hypnosis?

Self-hypnosis is a method through which you're able to communicate with your subconscious. Acquiring the help of your subconscious minimizes the chance of self-sabotaging conduct and ideas. You're able to bring about the desired changes in your thinking with self-hypnosis. This method is extremely efficient in reducing tension levels and bringing on relaxation.

Self-hypnosis is a three-step process:

1. You bring yourself to a calm frame of mind.

2. You set aside your critical and judgmental mind for the time being. In that state, your conscious mind is able to communicate with the subconscious mind.

3. You give yourself suggestions to bring about favorable changes. Since critical judgment is set aside for the time being, this method is extremely powerful in bringing on favorable changes in self.

When you know that what you're suggesting is beneficial for your well-being, the same is accepted by the mind without reservations.

### Benefits of Self Hypnosis

- Self-hypnosis is extremely efficient in the following areas.
- Depression and anxiety.
- Dependencies and unwanted habits.
- Interrupted sleep.
- Low self-esteem.

### Three Steps to Relaxation through Self Hypnosis

1. Find a place where you are able to decompress and are sure of not getting interrupted for the next ten to fifteen minutes.

2. Close your eyes, and relax yourself. This can be done by taking deep breaths. Think that all your stress is flowing out of your body, and you are feeling a lot more at ease. Center on the relaxation that's enveloped all the parts of your body.

3. Now you're in a receptive frame of mind. Start repeating a few positive affirmations, which you should have prepared in advance. Center entirely on your voice and the sense of those statements. These can be as easy as suggesting to your mind that you'll feel profoundly relaxed when you repeat some specific word or sentence.

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## **Chapter 4:**

***Physical Activity Can Reduce Stress***

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# Synopsis

## *Significance of Physical Activity in Handling Stress*

*These days life is busy: with deadlines and meetings and traffic, it is difficult to find time for your own care. You begin ignoring your body, and slowly signs of stress start showing on your body.*



## **Learn This**

### **Significance of Physical Activity in Handling Stress**

These days life is busy: with deadlines and meetings and traffic, it is difficult to find time for your own care. You begin ignoring your body, and slowly signs of stress start showing on your body.

It becomes all-important to undo the harm and be prepared to confront the consequences. Doing physical activity for twenty - thirty minutes a day could undo several of the adverse effects of stress. Each day physical activity not only makes you look and feel good and even loose a few extra pounds. It can also make your life less trying.

Getting physical exercise can decrease anxiety by up to 50%. Suppose half the tension is gone just because you took a morning run. While a workout cannot do away with all the affairs you need deal with, it can assist you in coping with your stress better.

Here are a few of the several reasons physical activity is awesome for decreasing your tension and worries.

1. Physical activity improves your mood: physical exercise brings on chemicals that make you feel happier and ready to confront the day. It also increases blood flow to the brain; promoting this pleased, energetic sensation. The better you feel about life, the less stress will weigh you down.
2. Physical activity brings about additional energy: Stress makes you feel run down and exhausted throughout the day. If you exercise in the morning, you will get an excellent energy boost to keep you going in the late morning and afternoon. You may experience being exhausted throughout the first few weeks of physical activity, but be relentless and the energy will come.

3. Physical activity helps you sleep: there's nothing that decreases stress more than a Great night's sleep. Sleep not only recharges your strained, aching muscles; it also refreshes your mind and helps you to process information from the day. Getting more, higher quality sleep on a regular basis will assist you coping with the challenges of day-to-day life.

4. Physical activity allows time to think: many of the stress we confront is from our own mind. Rather than working and mending problems, we are worrying about them day in and day out. Physical activity gives you time alone to center on your thoughts and clear your head without a bunch of distractions. That way, after your work out, you are able to get to work on mending a problem rather than worrying about it

Finding the right exercises:

If you cannot do an aerobic workout, or just do not think it is enough; try yoga or stretching or jogging. These activities are great for soothing sore, tense muscles, clearing your mind, and relaxing you. Plus, if you have no free time in the morning, these exercises can be done at night without keeping you from your sleep (they will likely even help).

You can use the internet or just find a book or take a class that shows you positions or exercises that are easy for you. You should be able to find poses and movements that are associated specifically to stress reduction and relaxation. So design a plan and begin a regular workout routine. If you adhere to it, you will begin to feel less stressed, less nervous, and more at ease very fast.

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## **Chapter 5:**

*Other Ways to Alleviate Stress*

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# Synopsis

*Meditation, breathing, and music also assists in alleviating stress.*



## **Also Try This**

Meditation gives you balance of the mind

The harmony of mind is interrupted throughout times of stress.

Whether its stress related to your place of business, it is due to money troubles, or it's due to other reasons, you start beginning to become more and more irritable. If stressful times keep going for a long period, you could even slip into clinical depression.

Meditation is the perfect anti-dote to the toxins known as tension and worries. It makes your mind relaxed and gives you emotional and mental clarity. If used for a long period, meditation contributes to better self-awareness. When you find yourself in a nerve-wracking situation or start to feel that slight anxious feeling in the pit of your stomach running through your system, try the following.

### **An Easy Meditation for Inner Peace: Breath Counting:**

Choose a room which is calm and comfortable. Sit comfortably with your head, neck and back straight. Put aside all damaging ideas and center on the now. Close your eyes. Center on your breathing as the air moves in and out. If you discover thoughts invading your mind, try not to let them distract you from your breathing. Continue to be calm and centered. Now, when you breathe out, start counting from '1'. Then count '2' for the next breath. Count '3' for the third breath, and '4' for the fourth. With the fifth breath, begin again with '1.' Go on until '4'. Then start again from '1.' You don't need to adhere the number four, it can be five or six or even seven. In any case, the number shouldn't go beyond ten. It may cause mental confusion in the beginning, and could be an additional burden on your mind. Four is perfect for starting out.

Throughout this meditation, think of nothing else other than your breath and the counting. You are able to use this exercise to decompress. A lot of times, you'll find yourself in a stressful position at work, annoyed by the antics of a colleague, or feeling Overcome by your life as a whole. You have to discover a ways to relax.

### Start Meditating For Relaxation and Sleep:

If you are able to execute some meditation exercise on a day-to-day basis; either before bedtime or sometime throughout the day (you are able to even use breathing exercises at work), see to it that you do take time out for you to experience the release of stress and welcome an inner calm.

### Use Music to Reduce Stress:

Music is a Healer. Instinctively we turn to music to unwind and to create a favorable surrounding. Delicate and calming music does a good deal for our frazzled nerves. It washes away the weariness of a busy day.

Music therapy as a healing science is advancing in popularity. Consider the following to understand why music is gaining the attention of healers the world over.

1. Music aids you in sleeping better: In a study of elderly individuals with sleep related Troubles, it was reported that listening to Classical and New Age music helped 96% of them to sleep better.

2. Music is helpful in pain management: Japanese researchers found that music aided in reducing pain in a control group, which listened to music throughout pain causing conditions. Music can be effectively used in pain management.

3. Music reduces surgical anxiousness: In a study conducted in a hospital, patients who listened to music of their choice in a surgical holding area had Decreased levels of anxiety prior to, during, and after the surgery. It also helped in keeping their blood pressure lower before surgery.

4. Music helps reduce depression: it's apparent that music is able to improve mood and uplift the spirits. Now, psychologists have found that giving music therapy to patients of clinical depression, along with the standard treatment, helps reduce symptoms of clinical depression faster.

### Music is in Our Blood!

You're acquainted with music for relaxation since your childhood. As a child, your first encounter with music was mother's lullaby. How the mother's lullaby comforts the irritability of a baby and sends her gently to reassuring sleep. Who is not acquainted with the relaxing affect of nature's sounds, be it birds' chirruping, the slow gargling of a stream, or deep murmur of the river.

All these sounds have a relaxing affect on all of us; we can say that music is in our blood: we do not have to learn it to enjoy it! It's the most mystifying non-verbal communication we all understand. Then why not learn to use it?

Music takes your mind away from the immediate troubles: it produces a positive Atmosphere to think creatively, it unwinds you physically in addition to soothing you mentally; it produces a favorable surrounding. Not all music can be a soothing helpful aid in creating a more relaxed atmosphere. The loud and fast music might not be a tension reliever for all the individuals. The music has to be of the right kind and it has to be of your liking. Listen to classical music and new age music; these are known to be relaxing for most of us. Or, you may like to listen to the music, which has been particularly created for relaxation.



## **Wrapping Up**

Learn to Live a Low Stress Life. We all go through stress at one time or another. Taking care of the self is a crucial part of living a low stress life. Eat healthy food, keep away from things that cause tension and anxiety, sleep well, do moderate physical activity, meditate frequently, hash out your troubles with your sympathizers, make a few beneficial friends, laugh frequently, do at least one good deed each day.

Confronting stress can be challenging. Give yourself a break every now and then. Buy a new outfit, go to a movie, or do something you have always desired to do. Indulge in your favorite hobby. If you do not have one, try developing one. Do not fret over little things. If things are not going according to plan, learn to take it in your stride. This is life. Learn the art of accepting the inevitable.

Try to acquire a 'forgive and forget' attitude. Do not keep bitterness in your heart. Forgive those who have hurt you in the past. Make amends. Apologize to those you've hurt. Remember, living a low stress life is an art - it has to be worked on constantly.