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**7 Successful Stress Management Techniques**

**By Lyndsay Swinton**

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Everyone needs successful stress management techniques. Easy to learn and easy to implement, you can use them for your own stress management or teach them to help others manage theirs.

Manage your stress and be a healthier, happier and more pleasant person to be around. Let's cut to the chase...

**1. Make stress your friend**

Acknowledge that stress is good and make stress your friend! Based on the body's natural "fight or flight" response, that burst of energy will enhance your performance at the right moment. I've yet to see a top sportsman totally relaxed before a big competition. Use stress wisely to push yourself that little bit harder when it counts most.

**2. Stress is contagious**

Stressed people sneeze stress germs indiscriminately and before you know it, you are infected with stress germs too!

Protect yourself from stress germs by recognising stress in others and limiting your contact with them. Or if you've got the inclination, play stress doctor and teach them how to better manage their stress.

**3. Copy good stress managers**

When people around are losing their head, which keeps calm? What are they doing differently? What is their attitude? What language do they use? Are they trained and experienced?

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Figure it out from afar or sit them down for a chat. Learn from the best stress managers and copy what they do.

### 4. Use heavy breathing.

You can trick your body into relaxing by using heavy breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11. Repeat the 7–11 breathing until your heart rate slows down, your sweaty palms dry off and things start to feel more normal.

### 5. Stop stress thought trains

It is possible to tangle yourself up in a stress knot all by yourself. "If this happens, then that might happen and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly?

Give stress thought–trains the red light and stop them in their tracks. Okay so it might go wrong - how likely is that, and what can you do to prevent it?

### 6. Know your stress hot spots and trigger points

Presentations, interviews, meetings, giving difficult feedback, tight deadlines..... My heart rate is cranking up just writing these down!

Make your own list of stress trigger points or hot spots. Be specific. Is it only presentations to a certain audience that get you worked up? Does one project cause more stress than another? Did you drink too much coffee?

Knowing what causes you stress is powerful information, as you can take action to make it less stressful. Do you need to learn some new skills? Do you need extra resources? Do you need to switch to de–caffeinated coffee?

### 7. Eat, drink, sleep and be merry!

Lack of sleep, poor diet and no exercise wreaks havoc on our body and mind. Kind of obvious, but worth mentioning as it's often ignored as a stress management technique. Listen to your mother and don't burn the candle at both ends!

And those are the 7 successful stress management techniques! Take time to learn them, use them and teach them, and be a great stress manager.

Lyndsay Swinton is an experienced team leader, people manager and business coach. Her website is

– 'Management for the rest of us'. Subscribe to her free no–nonsense Management

Tips newsletter at

today.

### **Stress Management Videos**

**By John Furnem**

In today's world stress is an omnipresent factor. It pervades almost every aspect of modern life. Stress-related diseases represent an ever-increasing share of health care expenditures. Over the years, the experts have devised several techniques to combat stress. Some of them include:

·Yoga ·Deep breathing techniques ·Taking breaks and finding effective support systems. ·Other methods of healing like Reiki, Pranic healing etc,

However these things are easier said than done. Often a stressed out person fails to find a remedy to his stress problems and consequently becomes even more stressed. It is here that these videos have an important role to play. Not only do they teach people how to manage stress but also, at times, make them aware of symptoms of stress and what stress is.

Who should buy stress management videos:

·Any individual who is feeling stressed ·Any individual undergoing treatment for stress/depression  
·Corporations for training their employees to cope with stress.

Advantages of stress management videos:

·You can see them at your convenience in your own home. ·They are a step-by step guide to relaxation ·The stress management videos teach you to identify symptoms of stress.

Content/Program of stress management videos:

A stress management video usually presents strategies and techniques that can help prevent stress from accumulating to potentially harmful levels. The video also discusses how to manage any stress you have by changing attitudes in order to prevent greater levels of stress. The program includes:

·How a stressor becomes a symptom, ·The signs and symptoms of stress, ·The sources of stress:  
How to identify them ·Common coping strategies that can help you prevent stress ·Intense coping strategies for managing stress.

Characteristic features of the video:

1.Soothing music: This feature of the stress management video will help you to relax while you do your exercises. It has been proven that music can do wonders in combating stress. The stress management videos use this feature to its best advantage.

2.Beautiful pictures: Landscapes and other beautifully soothing pictures in the stress management

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video help one to do the visualization exercises that can enable one to relieve stress.

3. Time management techniques: In most cases, stress occurs due to ineffective time management. These stress management videos teach you to manage time effectively, balance life and therefore reduce stress.

Where can you shop for them?

The best place to shop for them is online. There are numerous websites that offer stress management videos and you can just shop online. Leading book and music shops will also have stress management videos. The prices vary according to the length and content of the program. Usually they are in the range \$10 to \$ 500. You can look for them in video parlors as well. You can buy a membership and select any video of your choice. After seeing it, they can be returned. Your friends can provide you with great tips on stress videos. You may take their suggestions and get the video from any online store or parlor.

John Furnem is a dot com veteran, specializing in human resources and work psychology he has written articles and held workshops/seminars for stress relief and stress management. John currently writes articles for

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