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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Essentials For Stress Management Centers**

**By Ashish Jain**

Even if it is the best orchestra of the town, if your heart is muffled drum, you can't enjoy the music.

Unless your internal mechanism is evenly balanced, external happenings will not influence you in the manner in which they should influence you.

Something is wrong somewhere and some sort of stress is bothering you. Some stress or the other, continuously confronts one and all. You need to evolve some sort of strategy to lead a stress-free life. If your stress is a small level stress, you can manage it by yourself. If it is beyond your tolerable limits, you need to take the help at the stress management counseling center.

Stress management counseling centers have come to stay. As things stand today, and as per present indications and trends, stress continues to envelop all the segments of the society and hence the need of a permanent mechanism to deal with and tackle stress!

When you think of any career or business, the basic criterion is, the said career or business need to serve two purposes. Firstly, the career must give you mental satisfaction or peace of mind. Secondly, the monetary gains need to be adequate. Unless both these conditions are fulfilled, you will not stick on to it, on a long terms basis.

Public relations, deal with people, solve their problems, and in the process earn handsome amount. Is it not a good career option? This indeed is a good business with long-term prospectus. As per the present indications, the level of stress is going to increase and soon it may assume epidemic proportions.

This is the type of career which you will enjoy immensely, if you have the aptitude. When you get good response for your counseling styles and when you see people return from your clinic happy and satisfied, that is the best type of service that you can tender to the society.

Initially it could be a one man show. Let me assume that, in theory, you are well equipped to handle the people, but it is a learning process for you as well. You train them and in the process get yourself trained. No two individuals are equal and their problems are also different. The level of stress and the

type of stress varies from profession to profession. The stress of a Chartered Accountant professional is different from that of a medical practitioner. The banker's stress is entirely different from that of an executive engineer handling a construction project. The politician has a different type of stress.

And as you gradually expand, you need to associate yourself or employ part–time/full time consultants. Your well treated clients are your best advertisement. Nobody likes to own mental tension. And when you are really able to solve the stress problem, you find your customers gradually increasing. You will be invited to top organizations to deliver lectures on management of stress.

Your payments are bound to be rewarding. Your business will be flourishing.

<http://www.aboutstressmanagement.com/stressrelief/>

& Stress Management provides detailed

information on stress management, ways to manage stress, stress management tips and more.

### **Stress Management Is A Learned Technique!**

**By Ashish Jain**

Here I will begin with something that happened many many years ago. It was when I attended my college in 1994 in Princeton.

When I saw him for the first time in the Class Room, I was a bit surprised. How could this sort of a human being who is typical of his Eastern reigns, be our "Stress Management" Professor? His stiff face seemed incapable of generating any smile! Lines appeared on his forehead, even before he was making efforts to start his career in our College with his first lecture on "Stress Management." I was a bit anxious and eager to enjoy his maiden performance!

I thought he would start with a big platitude on the subject of stress and how to manage it and all that! By quoting definitions and mentioning the names of famous psychologists.

He didn't do that.

It was very interesting how he propagated the subject of stress management for 21 century youth. I am reproducing his one–shot lecture on stress management. It helped me and it might help you as well.

"First off, I will give you example of my grandma– how she manages the stress! Curry for the night is her worry for the morning...and look, how nicely she carries the burden of stress and its management. She manages stress in her typical style, every day! You go by her words, think that she is stressed! But how crafty she is, in the domestic front!"

Stress management is a technique. It is winning over any tough situation, with the charm of your personality and deft handling of the situation. It is about meeting the challenges. Convert defeat into a

victory!

Causes of stress may be many; for its management, no hard and fast rules can be prescribed. You have to deal with the stress, as per the demands of time and situation.

The reasons for stress may be:

1. Danger 2. Threat 3. Good or bad news 4. Illness 5. Perceptible changes in one's identification with the self 6. Any other strong external or internal stimuli

How to manage the stress? Before you think about managing the stress, you need to understand the bottom line of your stress. Its root cause! Its real cause! Only then you can think about the management of stress. For public consumption, you can project any cause, but you know what is really wrong with you. There are several ancillary tools to assist you in stress management.

These hints can help you in stress management:

1. Organize yourself in a methodical manner. 2. Develop a confidence, that you possess grit for conflict resolution. 3. Let your approach be positive. 4. Auto-suggestion- Talk to yourself. 5. Do pranayama (breathing exercises) and meditation. 6. Do light exercises regularly. 7. Do not over-exert.

8. Keep a diet control. What you eat and how you eat is important!

In the end, what matters in stress management, is your strong will power. Have a will to outgrow the stress, and grow your will!

Ashish Jain writes about a number of different topics. For more information on stress management visit

<http://www.aboutstressmanagement.com>

and also visit the articles page:

<http://www.www.aboutstressmanagement.com/index.html>

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