

Got Stress?

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Got Stress?

By Heather Moreno, PeopleFit USA

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I know it's a silly question. We all have stress. Its source can be positive or negative and it helps us to meet the challenges we face in life. If you balance stress with relaxation you can avoid a myriad of health problems from tension headaches and skin irritations to heart disease and stomach problems. This balance can also help to lessen any health conditions you already have.

Throughout time many methods of relaxation have been practiced: acupuncture, prayer, hypnosis, massage (my personal favorite!) and meditation to name a few. Exercise is undeniably a very effective method of relaxation.

"What? I wouldn't call that Stairmaster workout relaxing!" I can hear you saying. But think back and you likely remember feeling refreshed after your workout and yes, even relaxed. It makes sense. Most relaxation techniques focus on breathing. Exercise produces a rhythm of breathing which can divert attention from the stress that disrupted your breathing pattern. Voila - relaxation!

Find an activity that you enjoy. Your colleague may insist yoga is best for relaxation but if you find it more stressful than relaxing to hold those poses, forget it. Think of the concept of play or what best suits your personality. For me rollerblading on the beach is the most fun activity I can think of - I finish relaxed and with a big smile on my face. If you find running a 10K relaxing or T'ai Chi is your thing, great. The more enjoyable the exercise, the more effective. But

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whatever you do, just do it!

Heather Moreno is a CPA escapee who followed her passion for fitness. She is certified by the American College of Sports Medicine and the American Council on Exercise. Heather is president of PeopleFit USA... getting you fit in 20 minutes a week over the phone. If working out isn't working out for you or you've tried your last diet, visit www.peoplefitusa.com. Is your group or company looking for a fitness motivational speaker or corporate fitness program? Ask Heather!

Your Work and Your Stress

By Catherine Pulsifer

We all want less stress in our lives. Do you think today's workplace is too stressful?

I know at times it may be difficult to accept, but, you and only you can control your stress.

Stress is not only created by how we see a situation, but also how we react to it. We do, in fact, control our own stress. So, if you are feeling "stressed out", you are responsible for creating that feeling.

I am not saying there are no situations which are stressful. What I am saying, however, is that how you choose to react to those situations will determine your own stress levels. These reactions will affect how you behave, how you communicate with those around you, and how you respond to your customers and clients.

When I start to feel stress, I ask myself a question: "how much will this matter in five years?" In the majority of cases, it doesn't matter. It is amazing, how this one, simple question can change your thought processes, and lower your stress levels resulting in less stress.

Another technique I use when my job seems overwhelming is to keep it all in perspective by saying to myself: "My job is important but it only forms part of my life – it is not my entire life." So, by thinking this way, I am altering my thoughts from one where my job controls and rules my entire life to one where I realize my job forms only a part of my life's equation.

So the next time you feel your job is causing you stress, ask yourself how am I reacting? You may find that it is not your job creating the stress but you are creating the stress.

We all need some stress in our lives, but less stress is better than more stress!

Catherine Pulsifer is one of the authors of *Stress Less Country* – a lifestyle change! A journey to a simplified lifestyle – visit the site for a collection of articles, thoughts, quotes, and stories on: simplicity, stress, gardening, recycle & reuse, country crafts, saving money tips, and Atlantic Canada.

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Control Stress or It Will Control Your Business

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Five Steps For Stress Relief
Career Enhancement Tools For Stress Management
Managing Stress Could Be Blessing In Disguise!

Stress The Silent Killer
Time Stretching Tips
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The Truth About Diabetes
Baby's First Year –What Parent Needs To Know



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