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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!

How to Cope When Someone You Love is Deployed

By Susan Dunn

How to Cope When Someone You Love is Deployed by Susan Dunn, The EQ Coach

When we must part with a loved one, we have physical and emotional reactions beyond our control. Our emotional intelligence skills can help us manage them. Having someone you love deployed is extremely stressful.

PROTEST-DESPAIR

Newborns separated from their mothers show us the extremes of "protest-despair behavior." When the infant is separated, the body reacts, pumping out stress hormones that affect the nervous system and muscle groups. Cortisol, the 'stress' hormone, can increase 10x, and gastrointestinal functions are upset. Then there's withdrawal, heart rate slows, body temperature lowers (presumably attempts to "survive"), and the immune system gets out of kilter.

Any separation from a loved one during our lifetime will mimic this reaction because we're humans, because we love, because we bond. The price we pay is that separation is painful.

At the same time, if the person being deployed is your lover, you'll be deprived of the oxytocin, that delicious love-hormone that makes us feel good even thinking about our loved one.

WHAT TO EXPECT

Expect things to make you angry. You want to hear it's all a joke, it isn't happening, and anything short of that won't work.

That having been said, it's normal to:

- Feel like you're going nuts
- Cry a lot

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- Have trouble making decisions
- Have no appetite
- Sleep too much or not at all
- Feel angry

WHAT CAN HELP?

* Don't isolate yourself. "Share your thoughts, vent your anger, or ask for help," says the Submarine Wives Club.

Check out their website (<http://www.submarinewives.org>) for support groups, and useful information.

* Hire a coach. <http://www.coachfederation.org>

* Develop your emotional intelligence; build resilience.

* Focus on yourself and keep the momentum going. Learn something new, develop a new skill.

* Practice xtreme self-care – exercise, get massages, and eat right.

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Lifetime Email Addresses part 2

By **stephen Cope**

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As discussed in a previous article the best way of having a lifetime email address is to register your own domain name. Here we are going to look in more detail at domain names and how to choose one.

Domain Names

A domain name is in effect an address. It can be the address of a web site and can also be the address of a mailbox. The email address has the general form `mailbox@domain2.domain1`

mailbox= name of mailbox e.g billg, billc

domain2= 2nd level domain IBM, Microsoft, Dell

domain1= tld e.g com, mil, gov

When it comes to choosing a domain name then you are limited in the choice for the Top level domain (domain1) as they are pre-assigned by the Internet authorities. However you have complete choice over the second level (domain2) or third level domains; the only restriction is that no one else has already chosen it.

Choosing a Domain Name

Choosing a TLD

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The first step is choosing a tld (top level domain). A complete list of available Tlds is given at <http://www.techdictionary.com/domainlist.html>, but the most common ones are .com,. org, .net, .info and .country (i.e. uk, de etc) The Internet authorities have already pre-assigned a domain name for use by individuals -- .name. Here we are going to concentrate on using the .name tld. However, just because the .name tld is specially meant for individuals it doesn't mean that an individual cannot use any of the other Tlds.

Choosing a second level domain name

Ok. Top level tld chosen = .name. The next step is to choose the second level. The .name tld was previously (pre January 2004) only available as a third level domain. That is, you couldn't register cope.name but had to register steve.cope.name. Since January 2004 you can register either. You may find that some registrars still only allow third level registrations.

Choose second or third level domain name

Always when possible go for a second level domain name as it makes your address shorter and easier to use. Therefore, I would prefer to register cope.name rather than steve.cope.name. In the example given cope.name is actually already registered and so I can't use it, but currently steve.cope.name is available. What do I do? Well lets look at what my email addresses would look like in each case.

Email addresses

If I could register the second level name of cope.name then I could assign my own email addresses to

my family members as follows:

mom@cope.name

dad@cope.name

firstchild@cope.name

If I registered the third level name of steve.cope.name then I could assign my own email addresses to my family members as follows:

mom@steve.cope.name

dad@steve.cope.name

firstchild@steve.cope.name

I think the above example makes it easy to see why cope.name is the best choice.

Which one?

In my case I don't like to use the third level of steve.cope.name and so I would look for an alternate second level variation of cope that was available like Scope,cope-uk, Tipton-Cope, Cope-kavas or Cope-family etc.

Part 3 will look at how to find a registrar and registering a domain name.

Part 3 of

Part 1 of

Stephen Cope is a freelance trainer and the Webmaster at –

and

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