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How to Rid Yourself of Stress at Work

By Lisa van den Berg

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HOW TO RID YOURSELF OF STRESS AT WORK.

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Have you seen the latest statistics on stress? We are now suffering from more Stress related illnesses than ever before and it is taking a huge toll on the Economy.

A large percentage of the reasons given for non-attendance of work these days are related to Stress induced disorders, ailments or diseases. There is hope for us all, though.

With the host of techniques available for helping to alleviate your stress levels, you can learn to control, and yes...even learn to relish, a certain level of Stress!

These tools can enable you to actually see what triggers your stress, teach you how to stop yourself from reacting and even learn to reverse the effects of the stressors that have been affecting your life, for years.

When the level of stress gets too much, take out your toolbox of strategies for combating stress and see how amazing you feel once you no longer have to be a slave to outside influences.

Some examples include:

LEARN TO START LOVING WHAT YOU DO.

We recently went on holiday and our bus driver was a miserable old soul. He hooted at everyone and got all worked up when someone got angry when he tried to cut in (he's a bus after all!). He drove too fast around the hairpin bends and braked too hard and generally made us glad to be off the bus at the end of the trip.

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The next day we got onto another bus (filled with trepidation, I might add) and were greeted by a huge grin from the bus driver. She seemed to know all the other bus and truck drivers on the island and waved to them all. When she went around a particularly tight bend on the mountain pass, she would hoot ahead to warn other motorists and when we rounded the bend, the other big vehicle drivers would actually have stopped all the traffic to let her through! She'd thank them with a big wave and a grin and they'd grin right back. Needless to say, we had an absolute ball on that trip!

They both had the same job, but definitely not the same attitude to the job.

If you can find absolutely no way to love what you currently do, find what it is that you do love to do and do it!

LEARN TO COMMUNICATE EFFECTIVELY WITH THOSE AROUND YOU.

Start saying 'Thank you' as opposed to gossiping. Learn to see and appreciate the good in those that you spend an average of 8 hours a day with. When you turn your thinking around to having an 'Attitude of Gratitude' instead of one of drudgery and complaint, everything gets better. You will begin to draw people toward you and get help and recognition for all you do from the most unexpected sources.

LEARN TO TAKE RESPONSIBILITY FOR YOUR EXPERIENCE OF LIFE.

Have you ever noticed how one person can say something to you and you immediately fly into a rage? Yet another person can say basically the same thing and you laugh? This shows that we are responsible for the way in which we react to outside circumstances. We choose to react in certain ways, to certain people, events and situations. Isn't that amazing? It means that if we choose not to get upset by what someone else says, we don't have to? Cool!

It also means that we can realize how to talk to others in order to create a win-win situation. If you know saying something a certain way gets a certain reaction out of someone, then you can choose to inflame or soothe, aggravate or stimulate. Wow, what a difference awareness makes.

If you could do with an injection of the Joy of Life, why don't you try these techniques? You'll get confused looks for a while but when people realize that you're actually a lot happier and stress free than you used to be, they'll be clamoring to learn your 'secrets'

Go on, tell them what you've discovered and before you know it, you'll all love working with each other, every day!

Namasté

Lisa van den Berg

Lisa van den Berg is the author of *Alleviate–Stress – How to WIN at the Game of Life!* She also publishes a weekly e–zine 'Empower Your Life!' that's filled with tips and techniques that will help you live the Life you deserve. Subscribe now at <http://www.thealternativerookie.com>
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Stress Relief in Minutes

By Trevor Dumbleton

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For those who are suffering from stress, just about the hardest thing to find is stress relief. Stress can often continue itself on its own energy and, as it mounts up upon itself, it builds itself into an absolute mental frenzy. Unfortunately, this sort of mental frenzy is ultimately counter–productive and leaves the mind so frenzied that it cannot actually take care of whatever is causing the stress. Thus, stress relief is a way to help the mind attend to the necessities of life.

The first thing you need to realize about stress is that you can get rid of it. In fact, you can control your mind and your emotions and you do not need to hang on to stress. If you learn to get rid of stress all on your own, you will be able to get rid of it that much easier the next time. You control your brain a lot more than you know.

With that in mind, the first way to help give yourself stress relief is with your feet. That is, if something is causing you all sorts of stress, you need to simply stand up and walk away from it. This will give your mind the break it needs to calm down and come to grips with the situation. Simply allowing it to stress you out more and more is simply not a productive plan. So get up, walk away, and give yourself a break.

Once you have walked away, there are several things you can do for stress relief. One of the easiest things is simply cleaning the house. That's right, vacuuming, dusting, ironing, scrubbing the floors and cleaning the countertops will actually help you relieve stress. Simply organizing messes and cleaning away dirt will help you immeasurably. This is because you will be taking care of messes, much in the manner you want to clean up the messes in your life. By sweeping away the dust and grime, you will be taking charge of your own home and, in a way, removing the clutter from your life by removing the clutter from your home.

Another method of stress relief is through a hobby. This can be model ship building, stamp collecting, or any number of other means to help you keep your mind off of things. Likewise, woodworking or even fishing can help you get some stress relief and clear away the fog of anxiety that can arise from the stresses of everyday life. By focusing on something other than what is pressing you, you can get rid of those piling stresses that threaten to take you over. Hobbies give your mind something to concentrate on. And by concentrating on something completely meaningless, your mind can finally relax and let go

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of the pressures that build up with every little concern.

For those who like to be a little more active, playing a sport is a great way to relieve stress. Just going outside and shooting some hoops or joining a league can give you stress relief through simple physical exertion. These activities will keep your body active and provide some necessary relaxation to your mind.

You can also get stress relief through writing. By concentrating on what is on your mind and putting it down on paper, it allows the stress to have an outlet. It puts your concerns into words and those words can be either kept or discarded. This is particularly effective for people who don't have anyone to talk

to and need to tell someone about what is going on or even what is going wrong. So keep a diary or a journal and let yourself get rid of your stress by putting ink onto a page.

However, the most important method of stress relief is the method that works for you. Many people like to take a nice hot bath to get rid of stress. Some enjoy playing with a pet. Others find excellent stress relief through meditation. It doesn't matter what you do, just make sure it works and then make sure that you do it.

Stress relief is hard to find, but it is necessary in the hectic lives that we lead. But many other people have managed to rid themselves of their concerns for a little while and get on with their lives. Stress does not need to overcome you and, though it may seem like a monumental task, it can be removed. So find a way to relax and make sure that you do it. Once you learn how to remove your stress, you will find that you are much happier and much more productive and much more able to deal with the issues that can cause stress every single day.

Trevor Dumbleton is the owner of <http://www.LowerYourStress.com/> a categorized resource directory for everything to do with stress.



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