

This Free E-Book is brought to you by Natural-Aging.com.

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

How to Stay Balanced During Stressful Situations

By Debra Cohen

How to Stay Balanced During Stressful Situations by Debra Cohen

Often we start to notice ourselves falling into anger, depression, self-pity or other responses to a work or home situation. Here are a few ideas to implement when in a situation where a knee-jerk reaction starts to arise.

Remember it is much easier to nip something in the bud than to deal with stress after it flowers into physical symptoms or a bad mood. If you get into a funk sometimes it can last for days and it's often hard to break free of it. When you can "catch" the negative moment beginning you have a great shot at stopping it from taking you down. I've found these helpful for myself as well as my clients:

Breaking out of moods:

1) If you feel a certain "mood" beginning (i.e. depression, anger, discouragement) try to do something physical such as go running, swim, or even clean. It's good to do something that will tune up your nervous and glandular system. We need to break the incarnations that set into our bodies. It is similar to stopping smoking after one cigarette rather than 20 years of smoking. Sometimes if you have a shoe and it is worn out on one side you'll see that if you put your foot in it, it leans in that direction. The mind follows the grooves it previously was tracing out. We have the power to "change the channel" and watch a different movie.

How to Stay Balanced During Stressful Situations

2) There are two breathing exercises from yoga that are very helpful to cultivate a neutral mind. One is called "Alternate nostril breathing" and the other is called "Breath of Fire". These are explained in detail in the booklet I wrote. You can also learn these from a yoga class or video or write: <mailto:yogabreathing@sendfree.com>

3) Identify and write down the mental tape loops that you finding yourself repeating. By knowing what these are you can watch it instead of take it as your own identity. The more you "see" the dramas the less you react from within them. We all fall into our own melodramas and soap operas and taking a bird's eye view can give us another perspective.

It helps us to not "buy into" our own story. Our inner story is something we repeat to ourselves and others and gives us our identity. It's good to step back and see which parts of it are beneficial and which are messages from the past, other people or our old identities. Just as a computer needs to have files deleted in order to operate more efficiently, so our minds need to have the extra "files" emptied out so we have room for new stories, dreams and aspirations.

4) Keep a notebook of inspiring anecdotes, quotes and tips. This helps to boost one's spirit and also to feel connected with others that have dealt with similar feelings. Put some reminders on your refrigerator, desk at work, car dash board and other places so you can catch you mind and re-direct it in a positive direction.

Inspirational Samples

If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.

~ Marcus Aurelius ~

A hero is no braver than an ordinary man, but he is braver five minutes longer.

~ Ralph Waldo Emerson ~

Debra Cohen, LCSW is a Licensed Social Worker in Florida. These tips are taken from her booklet

How to Stay Balanced During Stressful Situations

"How to Stay Balanced During Stressful Situations" which sells for \$4.95. Please send an e-mail for purchasing information to: <mailto:quietmind2000@yahoo.com>

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.

Your Work and Your Stress

Reduce Stress And Reduce Your Fibromyalgia Symptoms

Ways To Deal With Social Anxiety

The Balance of Balance

Top Ten Habits That Help You Manage Your Stress

101 tips to stay fit and live longer.

How to Use Your Mind for Study
Control your Headache!
Time Management Secrets
Membership Millionaire



This Free E-Book has been brought to you by Natural-Aging.com.

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