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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!

Living With Old Age And Stress...

By Ashish Jain

There are two kinds of old ages. Old age of the physical body and old age of the mental body.

Nobody can stop the aging process of the physical body. But it is possible for you to keep the mind agile and active to a great extent.

Any individual who can meet the challenges of old age, is the real hero in life. If you are seventy years of age, don't think that you are seventy. Think that you are twenty. For, they say, fifty is the youth of old age.

The real problem of old age comes, if you are isolated. If you are part of the family and if your spouse is supportive, children helpful, have grandchildren to play with, where could stress find place in your life?

Such grandfathers/grandmothers are capable of cracking jokes against others/amongst others/ and against their own selves!

And those who can crack jokes against their own personality, are the strongest individuals and stress won't bother them at all! For laughter is contagious. If you laugh, you make others too laugh!

Your retirement date is just a few months away. You are under great stress. How would be the life like? You feel that it is full of uncertainties. But I have met many people, who are leading a very happy post-retirement life. "It is the beginning of a new life. The real life has begun after the retirement, they say. And if you have carefully planned your retirement life, with proper financial planning, your family members will be more considerate to you, as they know that you have a sound bank balance!

Old age is not an accident of life. It is an unavoidable incident of life. You know that it is coming. It has to come! So, why worry over the inevitable? But, if you don't make proper plans for your retirement, you are to blame yourself for that.

Even after retirement, you need to have a proper time-management budget. No doubt, you don't have office schedule or the bothersome business schedule. You have lots of time to waste!

Yet you must formulate the art of remaining busy in style, without the stress on your body and mind. You have the experience of the whole life behind you and therefore it is possible for you to confidently chalk out a plan for meeting the possible stress. You have the capability and experience, to treat stress as a joke!

Yes, life is a comedy for those who have the capacity to enjoy!

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

& Stress Management provides detailed

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

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.

<http://www.stresslesscountry.com>

stresslesscountry@hotmail.com

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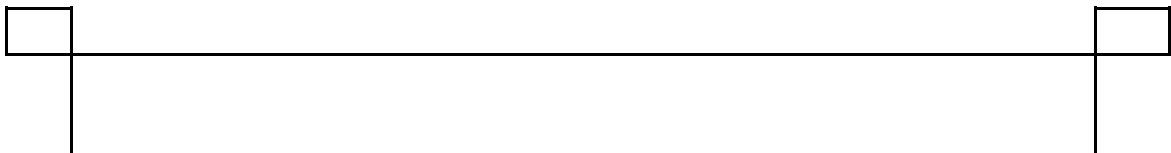
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