

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**MPD Stress Reducers**

**By Burt Cotton**

The marketplace is saturated with helpful tips to avoid stress. The many articles, books and reports available offering us tools to cope with stress and minimize stressors. The problem is the general subjects speak only for the so-called normal society, mentally ill in certain ranges and medically ill. What about the patients diagnosed with MPD-Multiple Personality Disorders? No one has touched this subject to date that I am aware of and since I know the diagnose is factual I am going to write this article specifically for the special people in life with Multiple Personality Disorder.

This disorder requires special techniques since stressors and stress can cause the person to alter. When the person alters, amnesia takes control and another personality takes the spot. As you can see this person will have extreme difficulty, following a specific set of stress management techniques, since amnesia is the main symptom and all the personalities have a different life, including behaviors, thoughts, friends and so forth.

The mind of alters are often brilliant individuals that have been hurt beyond the capacity that one human being could take. These people had to create a tool or mechanism to help them survive. Therefore, we can toss out the breathing techniques, since most of the personalities will consider themselves as extraordinary and beyond human. This means they do not always recognize that they are human beings, since all of these types were dehumanized beyond reality. It is next to impossible to set up a stress management scheme that will work for this diagnose, since we are dealing with more than one person in one body.

The person probably already has a degree of exercise set up in their life, since some of the alters like to dance, while others may lift weights. We need to establish techniques that can keep the individual on a routine diet that provides healthful nutrition. Since diet plays a large role in our medical and mental state, then dieting plans can benefit this person immensely.

This specific diagnose often endures timeframes where anorexia and bulimia take control of the person on the spot. We also need stress management techniques that helps the person avoid triggers that forces amnesia and this causes altering to take place. Multiple Personality Disorder patients often have special gifts including sharing pain, sixth senses, and other abilities beyond normal that creates a

measurable amount of stress.

It is important that people with this diagnose set up a routine sleeping habit, since most are unaware of what they do or say when altering takes place. It is important that each personality hear the stress management techniques to help them find a source of relief. In most instances, if a therapist tells the personality how to do something they generally comply. Integration eventually must take place for this type to enjoying a peaceful life. It is also important to help the patient see that they are now safe and ask them to repeat this daily.

We need a stress management scheme that also helps the patient to construct their memories and this will need careful consideration, since these patients are survivors of prolonged abuse and neglect. As you can see stress, management is blown away when you consider Multiple Personality Disorders. It is often difficult for these types since very little help is available to them. Unfortunately, shallow minded individuals saturate the system and more than not disbelieve this diagnose exists.

However, I am aware of this diagnose and now that these people will reach out quicker than anyone of the so-called normal to find help to relieve their symptoms and stress. Stress and stressors are the leading cause that interrupts these peoples life. Therefore, it is more important that these people are treated by a qualified counselor and avoid medicating these people since it often causes more harm than good. Only an inexperienced therapist will try to induce medications on these people.

Therefore, we see that stress management schemes with medications included does not work here. We also need a stress management scheme that promotes hope, since in most cases hope is non-existing. The only effective solution then is bringing these experts into a state of mind and helps them to understand these types, since they are people too.

Burt Cotton

<http://www.anxiety-stress-help.com>

### **Your Work and Your Stress**

**By Catherine Pulsifer**

We all want less stress in our lives. Do you think today's workplace is to 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](mailto:stresslesscountry@hotmail.com)

Your Work and Your Stress

Control Stress or It Will Control Your Business

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

Disaster Preparedness and Crime Protection Manual

The Truth About Diabetes

Baby's First Year –What Parent Needs To Know



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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