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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!**

**Reduce Your Stress**

**By Royane Real**

It's no secret that for many of us life has become more high speed and stressful.

And the stress seems to be increasing.

Life for most of us today is highly pressured. Many of us feel stressed because of too little money, and too many urgent things to do, and not enough time to relax and unwind.

We are often sleeping too little, eating the wrong foods, sometimes drinking too much coffee, smoking too many cigarettes, juggling too many responsibilities, facing impossible deadlines, and exposed to a lot of chemical and noise pollution.

In addition to the pressures of our daily lives, the constant barrage of terrible news coming at us from every corner of the world also adds to our sense of helplessness and anxiety.

As a result of too many assaults on our mind and our body, we are often in a state of feeling acute stress much of the time.

What is stress exactly?

Your body has a wonderful internal program to deal with dangerous events that pose a threat to your survival.

When your brain decides you are facing a threat of some kind, it pours lots of chemicals into your bloodstream to make you feel instantly very alert, and very physically powerful to deal with potential danger, or to enable you to run away quickly.

This body system in response to a threat is meant to help you cope with real danger, such as a physical attack or an accident.

During an acutely dangerous situation you will breathe much more deeply and quickly, taking in far more oxygen than usual. Your heart will be pounding in your chest. Your blood pressure will rise. You

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will have much higher levels of glucose in your blood in order to fuel your muscles.

These changes happen so that in a situation of danger, the muscles in your body have the all the supplies they need to fight, to move heavy objects, or to swiftly run away.

For thousands of years this built-in physical response to danger has helped people overcome dangerous threats like marauding tigers, and raging fires and floods. If your ancestors had to fight off an attacking animal or run from a forest fire, this stress response gave them a chance to survive the emergency.

This powerful bodily reaction to danger is sometimes called the "fight or flight response". The fight or flight response still operates in us today.

The trouble is however, that in modern times, most of the stressors we face are not physical, but are psychological in origin.

Most of the things that cause us to be stressed are not short term dangers, but events that go on and on for months.

A small amount of occasional short-term stress can actually be good for you. You will feel more alert, focused, and energized to take on a challenge.

If the stress seems to go on and on, such as in a war or a bad marriage, or when you face long term financial problems or illness, your brain perceives the threat as never-ending.

Your brain then orders the release of a chemical called cortisol. Cortisol locks in the stress response reaction, and it keeps your body systems in a constant state of high alert.

The problem is that the body was not designed to live in a state of high alert permanently. Sooner or later the body's internal systems will start to break down.

What can we do to reduce the stress we feel?

One thing we can do to reduce our stress is to make sure that when we think about the things that are bothering us, that we are thinking about them in a realistic way.

If we think about every negative event as if it is a huge catastrophe, we will be throwing our body systems into a state of high alert for trivial reasons. So be sure that you are not exaggerating to yourself how terrible an event really is.

Look for resources in your family and your community that you can tap into for strength and guidance.

Refusing to talk about your problems can keep you feeling overwhelmed, and can keep you from seeing solutions.

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When you are faced with a stressful situation, talking about it with a trusted friend or advisor is one of the best ways to start to deal with it.

To further help yourself to cope with your stress, be sure to have a good quality diet with a lot of vegetables and fruits. Avoid exposing yourself to pollution, and to alcohol and cigarettes.

Each day go for a walk of at least half an hour. Learn to meditate and pray.

This article is by Royane Real, author of several self help books, including "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" If you want to boost your brain power, download it today at

<http://www.royanereal.com>

### **Words Without Actions**

**By Catherine Pulsifer**

Not long ago, I was interviewing two people applying for the same position. When the first candidate was asked what her goals were, Becky replied that continuous learning was her goal. When asked what steps she had taken to accomplish her goal, Becky said that she was going to sign up for a course in the fall.

The next candidate had a similar goal, but, in this case, Rebecca had actually taken several courses to help her achieve what she wanted. This action showed not only did Rebecca have a goal, she had been implementing an action plan to achieve her desired results.

"Words without actions are the assassins of idealism."  
Herbert Hoover

In the end Rebecca had created stress for herself in using "words without action". When you find yourself in stressful situations, rather than using words to reduce your stress, take action to create less stress in your life.

A great way to take action is to set goals for your life. Setting goals and taking action can result in less stress in your life. It prepares you for other opportunities. It gives you a focus on the future rather than being stuck where you are.

So often people are stressed but do little to reduce their stress. Setting goals for yourself is the first step in changing your life. But more importantly, taking action towards achieving these goals will actually create less stress in your life as you will see yourself progressing towards "a goal that you want".

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,

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Relieving Stress with Exercise... and Losing Body Fat in the Process!

Reduce Your Stress: Your Children Are Waiting!

Reduce the Volume of Your Ringing in the Ears by Reducing Your Stress

Simple Fabulous Tips To A Stress-free Life

Stress The Silent Killer

Disaster Preparedness and Crime Protection Manual

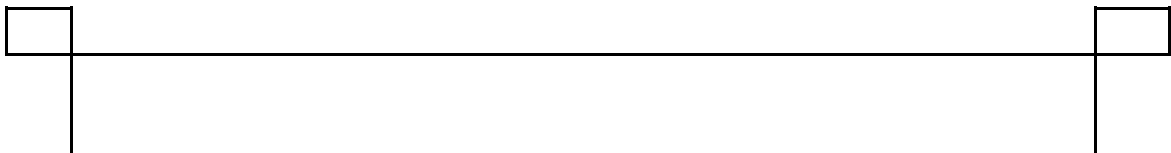
Control your Headache!

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