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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!**

**Set Yourself Stress-Free**

**By Joy Fisher-Sykes**

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Stress in our personal and professional lives is ever changing and constantly on the rise. Everyday we're expected to do more and more with less and less – less resources, less energy and less time. In order to master the ability to manage stress, it's important to first remove one of the biggest obstacles that stands between chaos and calm – SELF. Often we are one of the biggest contributors to the calamity and chaos we experience in our lives. Stress management is the recognition that life is all about the choices we make. Starting today, choose to take control and follow these simple tips to help you lead a stress-less lifestyle.

\* Choose To Be Short on Complaints, Long on Praise

Far too often, we are quick as a whip to complain when we feel we have been wronged, yet we are not as quick to lavish praise. Complaining about every little thing is very stressful and draining. Instead of complaining, why not contribute. Starting today, make a point to praise those who have had a positive impact on your life - from the cashier who didn't pack your bread on the bottom of the bag, to the mechanic who didn't scare you into an unnecessary repair, to the neighbor who is willing to baby sit on ten minutes notice. Doing so will not only make you feel good, but will make a difference in a positive way and make someone else feel great.

\* Choose To Love The Skin You're In

Actress Jamie Lee Curtis, known for her acting talents and physical beauty, recently took a bold step many of us would shutter at the thought of - she posed for a magazine minus make-up in a crop top and shorts. She posed for all the world to see the "real" beauty she is - a confident women who doesn't definite herself by other people's standards.

Chasing after beauty defined by others (media, family, friends, spouse, co-workers and others) is detrimental to your peace of mind. Be bold and love the skin you're in right now - crooked nose, warts, corns, receding hairline, wrinkles, sags, bulges and all. Appreciate your natural beauty and love yourself just the way you are.

## Set Yourself Stress-Free

### \* Choose To Pass On Perfection

Think of how many things don't get done because someone is waiting for the perfect time, place and circumstance. Working with perfection as your standard is both a mental and physical drain. Lose the need to get everything done "perfect." Know that it's far better to accomplish a task at 85% perfection than to procrastinate and wait for 100% perfection.

Remember that a stress-less life is all about choice - what are you going to choose today?

Joy Fisher-Sykes is a professional speaker, author, and success coach in the areas of leadership, motivation, stress management, customer service, and team building. You can e-mail her at <mailto:jfsykes@thesykesgrp.com>, or call her at (757) 427-7032. Go to her web site, <http://www.thesykesgrp.com>, and signup for the newsletter, OnPoint, and receive the free ebook,

"Empowerment and Stress Secrets for the Busy Professional."

## **Control Stress or It Will Control Your Business**

### **By Dale Collie**

When we think about stress in the workplace, we usually refer to ulcers or heart conditions, but stress has a much broader impact. It is known that stress is linked to cancer, lung ailments, cirrhosis of the liver, immunity to common illnesses, back problems, and many other medical problems.

It is estimated that stress is the underlying factor in 75 – 90% of all physician visits.

We see the effects of stress in workplace absenteeism, accidents, health care costs, workers comp, quality problems, productivity, litigation, grievances, violence, customer service complaints, resistance to change, personnel turnover, and profits.

Workplace stress is costing your business thousands of dollars per year. Is stress a line item on your budget? Knowing how much you are spending on stress is a good place to start, but you must take responsibility for stress control and its impact on the bottom line.

To receive a free article about the signs and symptoms of workplace stress, send a blank email to

. It's automatic.

If stress is such a problem, you might be asking questions such as:

++How much is stress costing our company each year?

++How can we find out the costs?

++How can we control stress to put this money back on the bottom line?

## Set Yourself Stress-Free

Controlling stress is beneficial on the bottom line and for employees who work hard to make the company successful.

Dale Collie speaker, author, coach, and former US Army Ranger, corporate president, and teacher at West Point. Selected by "Fast Company" as one of America's Fast 50 innovative leaders. Author of "Frontline Leadership: From War Room to Boardroom," and "Winning Under Fire: Turn Stress into Success the US Army Way," (McGraw Hill).

Free newsletter

Control Stress or It Will Control Your Business

Your Work and Your Stress

Three Golden Ways & Steps To Mar Stress...

Five Steps For Stress Relief

A Basic Outline To Cope With Stress!

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



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