

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!

Simple Fabulous Tips To A Stress-free Life

By Riana Lance

Life is an on going process that you can't stop even for one single second. You'll face new things everyday, even new problems, new challenges.

They rush into your mind, your heart, your soul. They punch you on the head, on the face, on the chest, on the stomach, on the arms. You're paralyzed.

Do you know why many people join martial art clubs? They want to protect themselves.

Now, why don't you protect yourselves as well? Prevent those rush-ins, those punches. Protect your mind, your heart, your soul from stress. Or if you're in the middle of it, reduce it.

Here are some tips you can use to be a stress-free person:

- Before trying to make the attempt to get rid of your stress, you should make sure that it's a healthful decision.

Some are reducing stress by smoking. That's totally unhealthy!

You'd better try some deep breathing exercises, light physical exercise, reading, getting out into nature, etc. Or consult a professional or a doctor.

The problem about stress relief is to not do anything at all. Some people are not aware they are at risk for problems such as heart attack and stroke.

- There are many different types of therapy that can be used to help with stress relief. Music therapy is a relaxing and soothing one that can help with stress.

Therapy clients participate through playing instruments, improvising and making up new songs, singing, or even just listening

Simple Fabulous Tips To A Stress-free Life

- Having a healthy body can also help in relieving stress. The right balance of foods in a day can really be a key factor in reducing your stress levels.

Food is the key. And, it should be taken in its natural form. When I say natural forms I mean for example, when you eat vegetable and fruit it helps to eat them in the form that they naturally come in.

If you eat fruit from a can, it is contained in syrup and sugars that will not be good for you so eating them raw is the best choice.

- Do some exercises, they can actually reduce stress. How? The reason for it is because when we exercise we actually drain stress right out of our body.

Think about it, if you go jogging and began in a stressed out mood or high strung, chances are that at the end of your jog, you are suddenly relaxed and you feel better.

- Don't let stress affect your mental health! Mental health disorders are equal opportunity problems. Anyone who has stress might end up having mental health problem.

The only way to avoid it is by doing necessary treatments to your stress. Start finding out the problem and get rid of it, now!

Riana Lance has a deep concern on health. Get her inspirational e-mail guides on How to Relieve Your Stress at

<http://www.healthifica.com/reports/stress-relief.php>

Also, grasp her other motivational health

tips at

<http://www.healthifica.com>

, a worth-to-visit daily updated blog.

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.

Simple Fabulous Tips To A Stress-free Life

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

Your Work and Your Stress

3 Ways To Life Happy And Healthy With Irritable Bowel Syndrome

Five Steps For Stress Relief

How To Defeat Stress

Three Golden Ways & Steps To Mar Stress...

Stress The Silent Killer

Time Stretching Tips

Baby's First Year –What Parent Needs To Know

Control your Headache!

Disaster Preparedness and Crime Protection Manual



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!