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**Stress Management: A Self Help Guide**

**By Trevor Dumbleton**

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There have been many words written about stress management, though many people do not realize that it can be managed. In fact, stress is a scary thing but it is also a self-creating thing. The more stress you feel, the less able you are to deal with the things that are stressing you, causing the stress to increase. This is a vicious cycle and the key to stress management is to not get into it in the first place. How do you do that? Well, there are many ways.

One of the most effective methods for managing stress is through meditation. This is a simple method of simply focusing the mind on nothing instead of focusing on everything that is stressing you out. It is not some sort of mystic trance or mysterious method. In fact, it is a simple method to help you strengthen your mind and learn to focus on the task at hand. Though there are many deep levels of meditation, the best place to start is with simply closing your eyes and taking deep breaths while concentrating on your breathing. By paying attention to your breathing and really focusing on it, your mind will clear itself out and permit you to relax easily. This is best done every single day as a preventive measure rather than as a cure for stress. However, it can also be effective when you need to ditch some stress in a jiffy.

As well, stress management is possible through simple chores or hobbies. Either building a model airplane or organizing a coin collection or cleaning the kitchen will help you get your mind on a task rather than on everything that needs doing. The tasks will still be there later, but simply giving your mind something to focus on that is not stressful will help you cope with stress much better. This method of stress management is a sort of distraction for your mind. It moves your mind away from all the things that are cluttering it and organizes something in your life, even if it is just your CD collection. And organizing something is a nice way to get your mind off of everything in your life that is not organized.

Another way to manage stress in your mind is to take care of your body. Playing a sport, lifting weights or running is a good way to clear your mind and get healthy at the same time. Going out to the gym and, for instance, playing racquetball is a good way to get your mind away from things and change your focus for a little while. As well, by taking care of your body you are also cleansing toxins from your

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system, enabling you to clear your system of those pollutants that aren't doing your mind any good. So take care of your brain by taking care of your body and give yourself a nice little mental break.

Stress management is also possible simply by owning a pet. People who have pets such as dogs or cats or even fish can simply watch their pet or even play with their pets, giving them a nice little break from the regular stresses and strains of life. It has been shown that pets are actually better than spouses for relieving stress, as spouses have expectations of you. A pet, however, is going to love you no matter what and that is a nice thing to think about after a hard day of work. And petting a dog or cat has been shown to be very therapeutic. So, if you are stressed out all the time, it may be time to get yourself a pet in order to have a friendly face waiting for you whenever you walk in the door.

The final stress management technique here is probably the most important. That is to get some sleep.

Let's face it, nobody gets enough sleep any more. People are usually getting at least two hours less than they need every night, putting them into serious sleep debt. This debt is going to have to be paid up sometime, but sleeping in on the weekends is not going to get it done. The adult body needs, on average, 8 hours of sleep every night, but most adults get about 6 hours. This does not do your body any good and it does not do your mind any good. In fact, it tends to weaken the mind and make it more susceptible to stress, which is exactly what you want to avoid. So get to bed early and make sure that you are getting the sleep you need every night.

Stress management is fairly easy once you get used to it. Unfortunately, most people do not create the proper stress management habits, causing them to spiral into stress constantly. By allowing yourself the breaks you need and by giving your mind the stress relief it demands, you can relax, stay focused, and keep stress away.

Trevor Dumbleton is the owner of <http://www.LowerYourStress.com/> a categorized resource directory for everything to do with stress.

### **Stress Management Videos**

#### **By John Furnem**

In today's world stress is an omnipresent factor. It pervades almost every aspect of modern life. Stress-related diseases represent an ever-increasing share of health care expenditures. Over the years, the experts have devised several techniques to combat stress. Some of them include:

·Yoga ·Deep breathing techniques ·Taking breaks and finding effective support systems. ·Other methods of healing like Reiki, Pranic healing etc,

However these things are easier said than done. Often a stressed out person fails to find a remedy to his stress problems and consequently becomes even more stressed. It is here that these videos have an important role to play. Not only do they teach people how to manage stress but also, at times, make them aware of symptoms of stress and what stress is.

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Who should buy stress management videos:

- Any individual who is feeling stressed
- Any individual undergoing treatment for stress/depression
- Corporations for training their employees to cope with stress.

Advantages of stress management videos:

- You can see them at your convenience in your own home.
- They are a step-by step guide to relaxation
- The stress management videos teach you to identify symptoms of stress.

A stress management video usually presents strategies and techniques that can help prevent stress from accumulating to potentially harmful levels. The video also discusses how to manage any stress you have by changing attitudes in order to prevent greater levels of stress. The program includes:

- How a stressor becomes a symptom,
- The signs and symptoms of stress,
- The sources of stress: How to identify them
- Common coping strategies that can help you prevent stress
- Intense coping strategies for managing stress.

Characteristic features of the video:

1.Soothing music: This feature of the stress management video will help you to relax while you do your exercises. It has been proven that music can do wonders in combating stress. The stress management videos use this feature to its best advantage.

2.Beautiful pictures: Landscapes and other beautifully soothing pictures in the stress management video help one to do the visualization exercises that can enable one to relieve stress.

3.Time management techniques: In most cases, stress occurs due to ineffective time management. These stress management videos teach you to manage time effectively, balance life and therefore reduce stress.

Where can you shop for them?

The best place to shop for them is online. There are numerous websites that offer stress management videos and you can just shop online. Leading book and music shops will also have stress management videos. The prices vary according to the length and content of the program. Usually they are in the range \$10 to \$ 500. You can look for them in video parlors as well. You can buy a membership and select any video of your choice. After seeing it, they can be returned. Your friends can provide you with great tips on stress videos. You may take their suggestions and get the video from any online store or parlor.

John Furnem is a dot com veteran, specializing in human resources and work psychology he has written articles and held workshops/seminars for stress relief and stress management. John currently writes articles for



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