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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!

Top Ten Habits That Help You Manage Your Stress

By Linda Dessau

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Today we have more stress in our lives than ever before - good stress, bad stress, red stress, blue stress (my little ode to Dr. Seuss). No matter what kind of stress it is, a real crisis or an imagined one, stress is incredibly harmful to our body, mind and soul.

Here are my favourite self-care habits for dealing with stress:

1. Get in the habit of noticing.

Take an inventory of all the things that just don't feel right in your life or that you know are causing you stress. For example, when you approach certain people, places or situations do you feel more stress and tension? Once you have your list in place, look at what you can change yourself, and do it. You can also use this list to predict stressful situations before they occur.

2. Get in the habit of asking for help.

For what you can't change yourself, you need a team. Build a team of experts to handle your list. A coach, at the top of the list, will help with the big picture and will keep you honest about your efforts. Other team members might be a family doctor who listens to you, a financial planner, a massage therapist and an exercise partner.

3. Get in the habit of bouncing back.

Think of Plan A as your basic self-care plan while stress is under control. Now imagine something happens and you are under stress. Instead of abandoning all self-care because you can't do it all, have a Plan B ready beforehand.

4. Get in the habit of relaxing.

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If you practice relaxation techniques (breathing, meditation, imagery, music) every day, then when stressful situations come up you'll have the tools at your fingertips.

5. Get in the habit of gratitude.

Our attitude comes from our emotions and our emotions come from our thoughts. Thinking about what we're grateful for and what we're good at can keep things positive. It's not about shying away from what's challenging you - it's about approaching life from a place of strength and not as a victim.

6. Get in the habit of creating.

Experiment with a new recipe in the kitchen, write a poem, bang a drum, do a craft, take a dance class or do something else that feels creative to you.

7. Get in the habit of putting your stuff away.

Physical clutter can really impact on mental, emotional and physical health. Get rid of things that don't make you happy when you look at them. Organize your stuff. Find a place for everything and keep it there.

8. Get in the habit of breathing.

This is the simplest and quickest way to relax yourself in a stressful situation. The minute you focus on your breathing it automatically gets slower and deeper.

9. Get in the habit of daydreaming.

Take yourself away on an imaginary holiday. Just close your eyes and go! Picture somewhere you've been or somewhere you've dreamed of.

10. Get in the habit of giggling.

Laugh out loud every day.

Don't let your stress get the better of you! Which one of these strategies can you apply this week to manage your stress?

Linda Dessau, the Self-Care Coach, helps hundreds of people every month improve their self-care and make healthier choices. To receive her free monthly newsletter, "Genuine Self-Care", subscribe at <http://www.genuinecoaching.com/newsletter.html>.

How To Defeat Stress

By Derek Marsh

Top Ten Habits That Help You Manage Your Stress

The best way to defeat stress is to be on top of everything that is coming your way. Of course, many of us can't do that, so we manage by other means. You need only identify the cause of your stress (through journaling) and then release yourself from it. One technique that is very effective is called release-the-need. More on this later.

1. Early Warning Signs Of Job Stress

– Headache – Sleep disturbances – Difficulty in concentrating – Short temper – Upset stomach – Job dissatisfaction – Low morale

2. Making Adjustments

Most people need to make serious adjustments to the way they handle work in order to cope with stress for a permanent amount of time. You may be carrying stress over from your personal life, or you may find that your home life is suffering as a result of your job stress. You need to make adjustments to counter the effects of pressures like these. Identifying these symptoms in your life? Then find out what you can control? Going to sleep earlier can control lacking sleep. This may mean that you have to carve out time for yourself. If you cannot control what is causing your stress then you need to identify this fact and release it. That is the essence of the release the need technique.

3. Releasing The Need

Another way of saying this is simply Don't worry about things you have absolutely no control over. Once you free yourself from the stresses in your life you will see how much more there is to life. you will notice that your frustration and anxiety levels will drop dramatically and you will feel more appreciate for life in general.

5. Medication

Medication can sometimes help you to relieve stress, but always consult with your doctor before taking any medication, especially medication that can affect the heart. Meditation and other de-stressing techniques are also perfect for helping you to manage your stressful life.

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