

NATURAL STRESS Management Techniques

That Work



Steve Johnson



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TABLE OF CONTENTS

	PAGE
Chapter 1 – Introduction	5
Chapter 2 – What Is Stress?	7
Chapter 3 – Recognizing Your Stress Triggers	16
Chapter 4 – Why Do These Changes Occur?	22
Chapter 5 – What Can Stress Do To You	24
Chapter 6 – Before Seeking Medical Attention	25
Chapter 7 – Medical Stress Solutions Analyzed	29
Chapter 8 – The Importance Of Stress Management	34
Chapter 9 – Other Stress Relief Solutions	49

TABLE OF CONTENTS

	PAGE
Chapter 10 – Conclusion	57
Chapter 11 – Recommended Resources	59

CHAPTER 1 – INTRODUCTION

Anxiety, tension and stress are immutable facts of modern life. As the pace at which we fly through every day seems to become increasingly hectic, it becomes ever more difficult to find the time and space to relax, to take things easy every once in a while.



And yet, stress is a recognized killer, a condition that is known to be a contributory factor to many fatal conditions such as heart attacks and strokes. As these two conditions are respectively the number one and number three killers in the USA every year, the importance of dealing with stress cannot be overestimated.

Most of us have our own ways of dealing with or handling stress but it does not necessarily follow that we are all good at dealing with the anxiety and tensions that are part and parcel of everyday living. No matter who we are or what we do, there are always situations or times when things seem to get on top of us, when life throws us a curveball that we just can't deal with.

In those situations when life seems almost too much to bear, we all have different ways of coping with what is going on around us. Whilst a few resolute stoics might be to handle things through nothing more than strength of character and willpower, the majority of people need some kind of 'prop' to get through times like these.

For some folks, it's alcohol whilst others turn to cigarettes. For many however, times of great stress and tension immediately send them

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scurrying to the doctor's office or surgery to get a prescription for something that can calm them down and make them feel less stressed.



In all of these scenarios, it is a fact that drinking, smoking or even taking prescription drugs may not necessarily be the best thing for you. Of course, they may bring a temporary respite from the stressful situation that you found yourself in, but

unfortunately, this respite is only a temporary. Moreover, more often than not, the stressful problem comes back with a vengeance all too soon.

Stress is a problem for everybody from time to time but the good news is that there are plenty of different things that you can do to reduce stress problems that are completely natural. The purpose of this guide is to look at as many natural ways of dealing with stress as possible, whilst also highlighting how each particular natural stress treatment can be fitted in to your hurry-scurry daily existence.

Before beginning the quest to find natural ways of dealing with stress that everyone can use, let's start by considering what stress is, and what causes it.

CHAPTER 11 – RECOMMENDED RESOURCES

MIND BODY RELAXATION SERIES



In Mind Body Relaxation Series, Dr Frank Lawlis, of the Dr Phil Show, shares techniques that have helped people gain control over their lives – Without the use of drugs and with little effort and zero risk.

This proven system is known to help reduce stress, depression, anger and pain – And you will be able to benefit from less worrying, less illness and gaining more energy as a result!

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