

How To Live **stressfree**

how to reduce the stress in your life

Plus

Why you need some stress
in your life

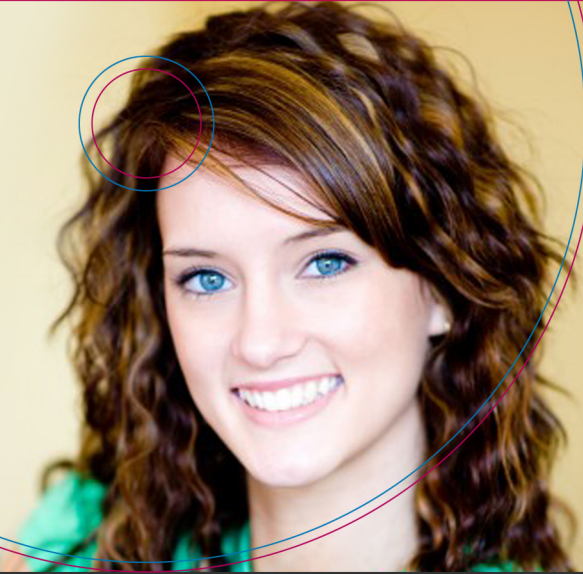


TABLE OF CONTENTS

1. INTRODUCTION
2. WHY ARE WE SO STRESSED OUT?
3. BLOCKING BEHAVIORS KEEPING YOUR STRESS ALIVE
4. STRESS OR ANXIETY
5. QUIZ TIME!
6. PANIC ATTACKS
7. DEALING WITH PANIC ATTACKS
8. CALM YOURSELF WITH VISUALIZATION
9. USING MUSIC TO BEAT STRESS
10. SELF-HYPNOSIS FOR STRESS
11. STRESS MANAGEMENT
12. JUST SAY NO!
13. TAKE A BREAK
14. RELAXING AT WORK
15. CONCLUSION

INTRODUCTION

These days everyone is feeling pressure. We rush at work, we rush at home, there's always so much that needs to be done. Stress and anxiety have become part of our lives. But how do we deal with it? Most people don't. Stress causes havoc on our bodies. Let it rage free and stress will make you sick.

The statistics are staggering. One in every eight Americans between the age of 18 and 54 suffers from an anxiety disorder. This totals over 19 million people! Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the most common mental illness, surpassing even depression. Women are affected almost twice as much as men and it's the number one mental health problem among this gender. Men are not unaffected though; anxiety disorders in males are second only to alcohol and drug abuse.

Anxiety not only takes a toll on our health but on our checkbooks, to the tune of \$46.6 billion annually in the United States. Anxiety sufferers see an average of five doctors before being successfully diagnosed.

Stress and anxiety go hand in hand. One of the major symptoms of stress is anxiety. And stress accounts for 80 percent of all illnesses either directly or indirectly.

Stress is more dangerous than originally thought. You probably already know that it can raise your blood pressure, increasing the likelihood of a stroke. But recently it's been claimed that 90 percent of visits to a primary care physician were because of stress-related disorders.

Health Psychology magazine reports that chronic stress can interfere with the normal function of the body's immune system. And studies have proven that stressed individuals have an increased vulnerability to catching an illness and are more susceptible to allergic, autoimmune, or cardiovascular diseases. Doctors agree that during chronic stress, the functions of the body that are nonessential to survival, such as the digestive and immune systems, shut down. Stress is making us sick.

Furthermore, stress often prompts people to respond in unhealthy ways such as smoking, drinking alcohol, eating poorly, or becoming physically inactive. This damages the body in addition to the wear and tear of the stress itself.

You can't eliminate stress; it's part of life. You can however manage it. It's how we react to it that makes the difference. Coping techniques will help you control stress so that you can maintain your health and happiness.

I have suffered from anxiety disorders caused by stress for years. I've learned ways to cope and some dealing mechanisms that help me manage it. This book is a combination of my own experiences and advice from experts. It will provide you with tools that that you can use when your in a stressful situation.

I've also outlined different ways that you can face debilitating anxiety and panic attacks. Plus I will share some amazing information that has helped me. Let's reduce the effects of stress and anxiety from your life!

CONCLUSION

There is NO WAY to completely eliminate stress from your life. What you can do is to learn how to make that stress work FOR you.

Stress management isn't as difficult as it might actually seem. However, if you think you have too much stress in your life, it may be helpful to talk with your doctor, spiritual advisor, or local mental health association. Reactions to stress can be a factor in depression, anxiety and other disorders. They might suggest that you visit with a psychiatrist, psychologist, social worker, or other qualified counselor.

The author is not a medical professional. This book should be used as a tool that will help you cope with stress. Stress management tips are simple cost effective methods to effectively check stress. They can be practiced almost anywhere and at anytime.

Stress is a normal part of life and in small quantities it's good. It can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful.

It can set you up for general poor health as well as specific physical or psychological illnesses like infection, heart disease, or depression. Persistent and unrelenting stress often leads to anxiety and unhealthy behaviors like overeating and abuse of alcohol or drugs.

Just like causes of stress differ from person to person, what relieves stress is not the same for everyone. In general, however, making certain lifestyle changes as well as finding healthy, enjoyable ways to cope with stress helps most people.

Above all, remember that you are in no way alone in this battle. There are hundreds of thousands of people out there who feel overwhelmed too. Hopefully you will find peace within yourself and enjoy life to its fullest. When you feel yourself stressed out or beset with a panic attack, relax, breathe through it, and know that there are many, many people who feel exactly the same way.