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Foreword

The stress factor seems to be a have a common and consistent place in most people's lives today. This is also a common and often used excuse for almost everyone undergoing some form of crisis in the daily life. However recent studies have shown that a lot of this "stress" can be reversed into positive energy rather than the current connotations tagged to it. Get all the info you need here.



Tame The Tension

Now you can enjoy and live a stress-proof life!

Chapter 1:

The Myth Of Stress

Synopsis

The following are some of the myths that should shed some light on the matter and help the individual redirect the “stress” into a more positive and useable energy source:



The Basics

Understanding that circumstances does not directly cause the stress factor to but the stress comes from the mindset and how the individual perceive the situation is the first step in acknowledging the hold the mind has on either creating the stress syndrome or not.

Stress is not really considered a good motivator, especially when the prevailing feelings of panic, frustrations and anger seem to surface frequently. Instead stimulation in the more positive form should be associated with the challenges of getting something done.

In no way is stress good for the individual, as it usually conjures up a lot of negative results rather than positive ones. A lot of ailments and diseases have been connected to the stress levels evident in an individual's life; therefore it is hard to reflect on stress as something positive. When the stress factor dramatically reduces the individual's capacity to perform in an optimum fashion then the stress factor becomes a deterrent rather than a motivation.

Stress does not necessarily add in a positive way, to the urgency factor in an individual's daily life, neither does the individual become complacent and lazy without the stress factor present in their lives. Exercise and a healthy lifestyle is more likely to benefit the individual in a more positive stimulating way rather than stress would.

Chapter 2:

Stress-proof Your Mind

Synopsis

Stress is definitely a negative element presence which most people would rather not have to deal with. And with this goal in mind there are a lot of ways that are being popularized as being good stress busters. However careful understating and study should be given to the method chosen to address the stress issue, to ensure the desired results are forthcoming.



The Mind

Research has shown that minor irritations, poor quality sleep, impaired concentrating conditions, mood swings and mild anxiety are all initial symptoms of a more serious condition, usually identified as stress.

Choosing to ignore these initial indications can prove to be eventually detrimental to the overall well being of the individual, which in the more severe cases can lead to dementia, depression and other very serious illnesses.

The following are some ways to stress proof the mind and better cope with everyday situations and problems:

One way of checking the stress onset, is to start looking at the situation that is causing the stress levels to rise with a totally different mindset. Although this in itself is quite a challenge, it is well worth the effort, as research has show that the approach to any situation is the basis of how the stress levels become present and prevailing in the first place.

Therefore learning to develop a more calm and rational way of approaching any potential situation without tagging it as a problem from the very start, would help the individual keep the stress factor in check.

Keeping good and healthy sleep patterns and practicing some form of relaxation exercises would also be something that can help to keep the individual calm and in control always thus allowing the body and mind to be ready to face any situation without jumping into a panic and thus activating the stress element. Breathing exercises that are specifically designed to bring forth a high level of calmness and positive energy should be mastered. Listening to calming music also helps.



Chapter 3:

Stress-proof Your Body

Synopsis

It is an accepted fact the stress start first in the mind before it start to negatively affect the other parts of the human body. However with some carefully considered steps in place it is possible to stress proof the body, with the basic intention of avoiding the buildup of stress levels to occur. Regular incorporating of such tactics in the daily life of the individual will eventually help to starve off the stress conditions altogether.



The Body

The following are some of the areas that should be considered when addressing the possibility of eradicating stress from the individual's daily life:

Nutrition – when the human body is healthy it is more likely to be able to handle any outside onslaught on the body successfully and effectively.

Proper nutrition can provide the body and mind with the necessary ammunition to face any situation and turn something potentially negative into something positive. Nutrition in the form of vitamin C will help to boost the immune system and reduce inflammation in the body system, thus eliminating the ideal platform available for stress to manifest.

A good daily exercise regimen is always an ideal stress buster as the elements released during and after the exercise session provides the feel good mind and body aura that keeps happy feelings encompassing the individual. This happy disposition will effectively disallow any onset of stress from taking root.

Aromatherapy is a very popular way of seeking to keep stress in check or at bay. The most popular ingredient usually used in aromatherapy sessions would have to include lavender as it is the prime booster of dopamine and serotonin levels which are feel good elements.

Having a handle on the general health conditions of the individual would also be one way of ensuring the body is more than capable of coping with any situation. Ideal weight, balanced cholesterol levels and healthy blood pressure levels all ensure prime health conditions.



Chapter 4:

Stress-proof Your Spirit

Synopsis

There are a lot of tell tale signs that alert the individual to the possible onset of stress. However most people either take these signs in stride and do nothing to address these negative conditions or simply choose to ignore these signs until the condition worsens and eventually causes serious damage to the body and mind.

Some of the more apparent signs would include in the inability to concentrate, excessive and uncontrollable worrying, feelings of anxiety and panic, forgetfulness, sadness, depression, nervousness, fatigue, low energy levels, irritability, restlessness, negativism, fearfulness, unrealistic expectation, and despair.



The Spirit

Some of these, maybe genuine symptoms, while other are usually conjured up by the mind, when it is filled with stress, therefore it would be prudent to treat the stress symptoms at the root, which is the mind.

As the mind interprets and obsesses over a particular situation, the individual can be taught to use certain techniques to change the mindset from negative to positive so that the stress levels can either be avoided altogether or decreased significantly. The body usually goes through some drastic chemical changes when the mind perceives situations in a negative light, therefore changing the mind set and teaching it to automatically positively view all situations will allow the chemical balance in the body to stay positive.

This can be done using some good physical stress management techniques which would include learning to relax the mind to create a plateau of oneness with the spirit. Meditation and yoga are the more popularly practiced exercises that allow the body and mind to achieve oneness with the spirit. Other techniques would include breathing exercises, specifically designed to calm the body and mind while regulating the blood flow. Optimized blood flow to the mind, coupled with calming breathing techniques will allow the spirit to be at peace, thus effectively eliminating the stress levels.

Chapter 5:

Handling Difficult Situations Calmly

Synopsis

Negative situations are already difficult enough to handle without the added problem of all those involved losing their cool. An ideal way to handle any difficult situation would be to stay calm and rationalize the situation before attempting sort of solution, however most time this is easier said than done.

The following are some tips on how to handle a difficult situation calmly, so that optimal results are achieved quickly and satisfactorily:



Changing It

Remain calm – this is always a prerequisite in any situation especially when other involved are already agitated. Adding to the negative situation will not benefit and will almost certainly elevate the problem further. Letting the storm pass or allow the other party to vent will be a better option as most people are exhausted and ready to listen only after they are spent physically and mentally.

Allowing others to do the talking – this is also one way of getting a handle on a difficult situation. When everyone wants to have a say and is doing so at the same time, voice levels are going to be elevated and this is often perceived as threatening, which further enhances an already bad situation. Besides this, nobody really gets heard, thus allowing others a chance to speak, and genuinely listening with rapt attention, will help all involved to listen to the view being aired and then appropriate actions can be taken.

Putting a stop to a verbally abusive situation instantly – often firmly and calmly expressing the need for all parties to calm down, so that a solution can be reached quickly and to everyone's satisfaction is the only way to get anyone's attention. Putting a stop to the verbal onslaught in a firm way will definitely get the attention of all parties and stop the situation from turning ugly.

Chapter 6:

Strategies In Marketing Your Property

Synopsis

Conflicts are a common occurrence and learning to handle them well is allow the individual to focus more and getting this done rather than having to stress over these situations. The key to handling conflicts smartly depends largely on how the individual chooses to approach any given situation.

The following are some of the main elements that should be carefully considered when trying to handle conflicts smartly:



Great Info

Always be respectful – every time a conscious effort is made to be respectful to the other party, it is very rarely greeted with negativity. Most people respond well to others who are respectful in their demeanor and mannerisms. This will almost instantly allow for the possibility of defusing an otherwise potentially explosive situation.

Be solution orientated – when situations arise that needs some sort of attention and solution, the last thing anyone wants is further arguments and conflict that complicates matter even more. Thus learning to cultivate the habit of providing solutions rather than creating further complications would be a better attitude to have. People who are able to provide solutions are often sought after as the ideal solution for handling conflicts smartly.

Taking a neutral stand – this is a very necessary ingredient in the problem solving exercise, as any party will not be open to the idea of taking sides when it comes to sorting out problems and finding solutions. If the intention is to avoid a conflict, then staying neutral will give all those affected the reassurance that an unbiased solution will be found and adopted.

Apologize – sometimes the most effective and smart way of handling a conflict is to be able to extend as apology when it is obviously called for. Such an apology should not be delayed but rather extended at the very first opportunity, as extending this courtesy, will effectively defuse any potential conflict from surfacing.

Chapter 7:

Handling Disappointment

Synopsis

Disappointments are bound to happen in everyone's life at one time or another; it is definitely an unavoidable possibility.

However learning to deal with disappointments in a positive manner will help the individual greatly in being able to face life on a positive note as much as possible.

The following are some tips on how to deal with disappointment effectively, thus creating a more positive acceptance of the situation and solution:

Disappointments

Strange as it may seem, the suggestion of allowing one's self to wallow in a little of the "let down" feeling maybe a good idea, as long as it does not become overly consuming for the individual. This temporary wallowing will allow the individual to feel the disappointment and then move on. This is a better solution when compared to always having to suppress disappointing feelings and eventually blowing up unexpectedly.

Getting some perspective on the overall situation would be beneficial for the individual, as it will allow the individual to explore other options rather than to continue to dwell on the negativity of the disappointment. Being able to focus on the bigger picture will also create a mindset that is more open and willing to make adjustments so that better solutions can be found and enjoyed.

In some cases, the total revision of the thought process or the acceptance level of an individual needs to be addressed to ensure the exercise of handling disappointment is done in a productive manner. When there is no solution that is considered ideal to the individual, learning to accept the situation rather than stubbornly insisting on a solution should be something that the individual is ready to extend. This is only done with a lot of practice and perseverance of this characteristic, as most people would rather stick with their often exhausting stand or view point.

Wrapping Up

In general life often presents challenges at every turn, and an individual who is ready and prepared to face these challenges in a positive manner, will be able to starve of the worrying and uncertain feelings fairly adequately.

Coping with all types of situations with a positive mindset helps the body and mind systems to cope better.

The following are some tips on how to effectively handle situations so that the elements of worry and uncertainties do not cause the situations to become overwhelming:

Replace expectations with concrete plans or even possible plans – people who build solutions and situations around the ideal of extracting perfect scenarios, are more often than, not going to be disappointed.

Therefore instead of having clear and uncompromising expectations, the individual should be trained to be prepared to accept any outcome, provided it is the best solution for the particular situation.

Being prepared and open to different possibilities, is another good characteristic to cultivate and this is one of the more effective ways to deal with disappointment. Being open to different possibilities can be

quite an exciting mindset to adopt as surprises will be greeted in a more positive light and be more likely to be accepted and accommodated.

Learning how to build on the confidence levels and adopting skill available, is another positive way to handling worries and uncertainties. If the individual is schooled in the ability to handle any situation with confidence, this natural reaction will greatly help in steering the individual to seeking better alternative solutions quickly and without fuss.

The confidence levels will give the individual the ability to venture forth and try other possibilities and it may even provide the added intelligence and suaveness needed for solution finding. Often people underestimate their capabilities because of lack of the vital confidence ingredient.