

One of the biggest issues all of us deal with every day is stress. If you don't learn how to deal with it effectively, you will find yourself aging at a much faster pace, since stress takes its toll on us both emotionally and physically. Learn how to take the edge off of some of that stress in your life.

Stop Feeling Stressed!

Identifying & Managing Stress

A short report by Patricia Bruce

Table of Contents

What is Stress	1
An Introduction	
Are you Stressed?	2
What Stress Can Do	
- Physically	
- Emotionally	
- How it Manifests	
Who Gets Stressed?	4
Reasons for Stress	
Stress Starts in the Mind	5
Dealing with Stress	8
- Unhealthy Ways to Cope with Stress	
- Better Alternatives	
Acknowledging Stress	10
The Importance of Clearing your Mind	12
Perfection is a Myth	
Letting Go of Stress	14

Thank you for downloading this free report.

You can either use this report for yourself and reducing stress in your life, or if you're a marketer, change it up and feel free to use it on your blog, website or as part of your own product.

The only thing you may not do with this report is re-sell it as your own report or PLR.

Enjoy!

[YES] Can add as a bonus to other paid products

[YES] Can be offered as part of a paid membership site

[YES] Can give this report away

[YES] Can use this report as free web content

[YES] Can put your name on it and claim as your own content

[NO] Can sell through Auction sites

[NO] Can sell resale rights to others

[NO] Can sell Private Label Rights

[NO] Can sell Master Resell Rights



All rights reserved Patricia Bruce 2013

ABOUT THE AUTHOR



My name is Patricia Bruce and I've been writing on-line since 2009.

I've focused for years on the wellness and anti-aging niche, which has been extremely educational to say the least. Be sure to visit my blog which has lots of articles and information on anti-aging tips and tricks.

You can visit my website and blog at -
<http://www.bestthingforwrinkles.weebly.com>

Also check out -
<http://www.anti-agingplrbypatriciabruce.weebly.com>

Here you will find PLR packs for \$5, in addition to weekly free reports just like this one that you can use to find answers, for research or to generate content on your blogs and websites.

Stop Feeling Stressed!

What is Stress...an Introduction

Whether or not you know the official statistics, what's more important is that you know how you feel.

If you are feeling stress in your life, you know how unpleasant it is, and how it follows you around like a ball and chain. It's always there, no matter what other positive things are trying to come through in your life. It's there in the back of your mind, and more often than not, right there in front of you 24/7.

There are not many other things that are more difficult to deal with than stress, because it affects everything you do (or don't do) every single day.

It affects your moods, relationships, productivity, health and can ruin even promisingly good days.

Stress is a ruthless enemy for anyone who is trying to find peace, happiness and joy in life.

Because of the fact that the cause of stress can show up in so many different areas in life, there are no end to the possibilities where stress can rear its ugly head for days, weeks, months and even years at a time. It likes to grab hold of your mind and thoughts and never let go. It likes to take molehills and turn them into mountains.

Stress causes a lot of problems that you can see around you, but also creates a lot of problems on the inside that are not so easy to see. The issues that stress creates internally can destroy your health and age you fast.

You know you want or need to do something to try to cope with or eliminate stress in your life, but how exactly can this be done?

Are you Stressed?

What Stress Can Do

How do you know if you are suffering from stress overload?

You can tell if you keep finding yourself wishing there were more hours in the day to accomplish everything you set out to do. You may have stress overload if you lie awake in bed at night thinking of all the things you need to do. If you worry non-stop about something going on in your life, you may be stressing out.

What Stress Can Do - Physically

Stress can take its toll on us physically by causing headaches, stomach aches, body pain, fatigue, inability to focus and concentrate and maybe "snapping" at people because your patience is wearing thin. You might be gaining or losing weight. You may suffer from insomnia. Stress can make your heart race and your blood pressure rise.

What Stress Can Do - Emotionally

Stress can cause us to lose control of our emotions. Stress can cause you to break down and cry, start on that slippery slope into depression, and cause one to become impatient and downright angry. Maybe you are feeling down and can't seem to snap out of it, or just want to withdraw from everything and everyone. Mood swings are a sure sign of stress.

How Stress Manifests

Stress can manifest itself either physically, emotionally or both at the same time. A sinking feeling of despair, overwhelm or fear are some of the ways stress shows up at your door. A constant feeling of dread, nervousness or constant anxiety can be directly related to stress. Unexplained muscle/joint pain, chest pains and migraines are ways your body may be telling you that your stress level is too high.

It can give you high blood pressure which can lead to strokes and heart attacks. It can cause you to over-eat, which can pack on the pounds and cause all sorts of related health problems associated with obesity including heart disease and diabetes. Stress may cause you to lose sleep and worry all the time, which causes you to age. Have you ever seen someone going through a stressful time in their life? They age almost overnight by looking tired, gaunt, and showing fine lines and/or deep wrinkles all over their face.

If you look at your to-do list and immediately feel a headache coming on, or feel sad, or more than likely, completely overwhelmed as you wonder how in the world all this stuff is going to get done, these feelings are stress-related. The feeling in the pit of your stomach or you can feel your heart beating faster, can be caused by too much stress.

Stress can strain or ultimately destroy relationships, overwhelm you to the point of losing your job, or cause you to lose out on opportunities for advancement in areas of your life.

When you are stressed, it simply takes over and can make even the smallest decision a monumental and exhausting task. Even getting up out of bed in the morning may not seem to be appealing when you are experiencing high levels of stress.

Suddenly, you feel like simply shutting down and not doing anything because you just don't know what to do first or how to fix the problems that are mounting before you.

You don't make time for being good to yourself or taking time just to do something that makes you happy because you are so stressed out all the time. You forget what it's like to have fun or to even be happy at all. You try to go through the motions but seriously, your heart and mind are just not into it.

The goal here is for you to manage your stress, not to have your stress manage you, take over and control your life.

It's time to take back your power and control over this stress once and for all!

Who Gets Stressed?

Reasons for Stress

No matter where you are in this journey called life, you can experience stress. You experience stress at all stages of your life, it may be more severe than other times depending exactly where you are. For example, younger children have different types and levels of stress than a middle aged adult. Although the circumstances may be different, the stress we feel is very real.

Kids can experience stress because of school, if they are having problems socially or even at home. Kids tend to blame themselves for a divorce, thinking that there was something he or she could have done to make mom and dad stay together. Maybe there is some kind of substance abuse problem in the home, which can stress kids out, as well. Having to see one or both of their parents struggle with drugs or drinking can really cause stress for the kids.

Teenagers can experience stress mainly due to social issues. Whether or not they are popular, perhaps dealing with bullying, feeling pressure to do things they would rather not do or being "different" can all trigger stress. A teenager also struggles with things such as acne or a learning disability, which can cause stress.

Women can struggle with stress due to the demands of work, raising children, keeping up with the house and all the social obligations that come up. Hormonal changes due to pregnancy, post-partum depression or menopause can be enough to make stress unbearable.

Men see stress in their lives when things change with a job. Trying to provide a nice life for the family or trying to climb out of debt are big stress issues. Trying to maintain a healthy marriage, find time to spend with the kids and yet find time to unwind and enjoy hobbies or activities can cause stress to try and juggle it all and keep everyone happy.

Stress doesn't discriminate in terms of age, gender, religion or any other criteria. Basically, if you are a human being, you are a prime candidate for stress!

While there is no way to completely eliminate all stress from our lives, there is line between good, healthy stress that motivates and pushes us to do better, and the overwhelming stress that hurts us physically and emotionally.

Keeping stress in check and managing it before it hurts you is where you want to be.

Stress Starts in the Mind

Stress is actually born and raised right in your own mind. The way you think about and perceive things going on around you is the biggest factor in the stress you are feeling.

Now you may not agree with that idea right now, but as you begin to think more about your stress, you'll begin to understand that you alone are causing most of the stress you may be experiencing. If you change the way you look at different situations, or change the way you feel about them, you will begin to feel less stress.

Consider this. Everyone deals with stress differently, because everyone thinks differently and perceptions are different. Some people have no problem with doing hundreds of things a day with ease. Some people feel completely overwhelmed by having a few tasks on their agenda. It all boils down to how the tasks or situations are perceived.

Stress can come from so many different things which is why you need effective coping strategies in place to be ready to deal with it before it takes over.

Stress can be caused by your day-to-day job, losing a job, taking care of an elderly parent or sick child, dealing with the death of a loved one, marriage or relationship trouble, a health crisis, problems with children, finances (debt, loss of income), or just way too many things on the to-do list.

That is why it's important to acknowledge that you are stressed and try to identify what is causing you the stress, and how you feel it's affecting you. Remember that the only one who can create stress in your life is you. Stress starts in your mind.

Whatever it is going on in your life, remember that you are the one who is labeling this event as stressful. Once you sit down in a calm, quiet place and start to list all the things that are stressful in your life and why you feel they are stressful, you'll begin to identify why you are considering them to be stressful and then form a plan to cope with them more effectively.

This is not to suggest that dealing with an affair, losing your home or finding out you have a serious illness is not stressful, because these things are life-changing and certainly stressful.

However, it's the ability to focus more on what you can do to make things better or know that "this too shall pass," and how you can remain more calm and happy along the way.

We all go through things in life that are sad, upsetting and extremely stressful. But dealing better with stress can only help you through the stressful period faster and more smoothly.

Dealing with stress effectively keeps you more grounded during the storm, and when you can ride out the storm in a more calm, relaxed way, you will feel and do better during the process. Only when you're feeling more positive can more positive solutions come to you.

If you keep telling yourself how stressed out you are, without doing anything to control it, then you are guaranteed more stress for a longer period of time.

Decide to rid your mind of whatever it is causing you stress, if only for a few minutes a day, and focus only on things that make you happy and confident in your abilities. Remember periods of your life when you successfully handled and overcame a stressful situation. Know that nothing lasts forever and do what you can to move through the stress more positively focusing on your past successes.

Keep your mind on the good things in life which will help you shift your thoughts and your mind on to greener pastures. It's not easy, and takes practice, but thinking about things differently in your head can really make a dent in your stress levels.

You have two choices about your mindset. Let's just say that you are struggling financially and you just never seem to have enough money to make it to the next paycheck. This causes you a lot of stress, because you're constantly noticing your bank account balance dwindling, fear of the checks bouncing or that you won't be able to buy something you really need like gas or food. So you can choose to keep focusing on all that stuff. You stay awake at night, worry all day, become angry and resentful so nobody wants to even talk to you and do nothing but think about how little money you have. You are mad at the world and the world knows it. You are extremely stressed out all the time.

Your other choice would be to acknowledge the fact that you need more money to pay for things you need. You choose to focus on a time in the past when you had more money than you needed. You choose to focus on what's going right in your life, and appreciate all the good things you have right now. When you think about your lack of money, you also think about how you have enough food or gas to get through the week, and know that better times are ahead.

Now, odds are that neither mindset is going to win the lottery for you or make checks magically appear in the mailbox. But, how much better will you feel if you focus on what you can do and the positive things going on in your life right now?

How much easier will it be to come up with a plan to make money to pay those bills, if you have a calm, quiet mind that's not cluttered by stressful thoughts which are preventing your ability to focus and come up with an action plan? It's your choice!

Another big cause of stress is trying to change things to the way you want them to be. If you can let go of trying to change things, and just accept them for what they are, you will eliminate a lot of your stress.

We try to change things all the time -

Why can't these people use their turn signals when they drive?

Why can't my kids keep their room clean?

Why does my boss dump everything on me?

How did I get myself into all of this debt?

You see, if you can accept the situations that come up every day for what they are and not try to change things, you will feel less stress. If you can accept and acknowledge where you are right now in your life (even though it may not be where you want to be) you will feel less stress.

People are all different and may not do things the way you would do them. That doesn't make what they are doing wrong, just different from the way you would like for them to be.

If you are the type of person who feels the need to control everything, commit to memory the idea that you cannot change everyone or everything around you, just accept what is and adjust your actions accordingly.

Knowing that the only thing you can control are your thoughts, your responses and actions, quiet your mind and think of situations that cause you stress and then how you can think or respond differently knowing that this is what you can control. You still get that control, but you are shifting gears as to what you are controlling even when things aren't going the way you would like them to.

Dealing with Stress

Unhealthy Ways to Cope with Stress

Since we all have stress in our lives much of the time, we all want to know how to deal with stress more effectively.

Most of us deal with stress with whatever makes us feel better at the time. It doesn't matter if it's just for 10 minutes, if we can get just a small break from the stress we are feeling, we'll do whatever it takes.

Addictions are probably the most common ways to deal with stress. By over-compensating in behaviors that take away the pain of stress, even for short amounts of time, we feel we've achieved a temporary fix for stress.

Common behaviors include -

- Sleeping too much
- Not sleeping at all
- Over-eating
- Not eating at all
- Smoking
- Drinking
- Using drugs
- Shopping
- Gambling
- Hoarding

And the list goes on and on. The problem with these behaviors is that they are merely covering up the deep down, root of our stress. Fear causes a lot of stress and since neither fear nor stress is pleasant, an escape route needs to be set up to get us from the fear/stress to a place of pleasure or comfort.

You wake up the next day and guess what? No amount of sleeping, drinking, smoking or whatever it is takes away the problem or cause of the stress. The stressful situation is still there but now we may have done something to make it worse.

Better Alternatives

Once you've identified what it is that's causing you stress, you can come up with a better, healthier alternative to deal with it.

Some better alternatives include -

Meditation

Exercise

Journaling

Taking up a sport or hobby

Deep breathing

Socializing

You can choose anything that takes you from that stressful state of mind to one that makes you feel more relaxed and comfortable. You may use some of the listed suggestions or come up with your own list of things that calm you down, re-direct your focus and make you feel better.

Your emotions do an excellent job of letting you know when it's time to take a break and think about something else for a while. When you begin to become short-tempered, your breathing becomes more shallow, you feel yourself getting frustrated and upset, etc., you know it's time to step back and start to calm down before stress gets the better of you.

Acknowledging Stress

Step one in managing stress is to acknowledge that you are stressed. This may sound silly, but if you are spending more time focusing on being stressed, worrying and imagining all the worst-case scenarios, then you're suppressing the stress and not letting yourself get very clear on what is causing you so much stress.

You may have heard that the first step in healing or recovery is admitting you have a problem. Stress is the same way. Until you acknowledge that it is there, you won't be able to deal with it effectively. It's really OK to admit that you are stressed out.

Odds are that it won't go away on its own, because it consumes and prohibits you from making better decisions or taking action to eliminate the stress. If you just try to ignore it, it'll keep coming up again and again or start to snowball until you are completely overwhelmed or depressed or filled with anxiety all the time.

Just make the time to jot down the things that are causing you to feel stressed and why.

Clear that overloaded calendar for an hour or two, find yourself a nice, quiet place, and start taking a serious look at what exactly is causing the stress in your life.

A journal is extremely helpful for writing down your thoughts, fears and putting down on paper what is making you feel so stressed out. You can feel stressed by a number of things at the same time, so be sure to include every situation, thought, worry, concern and fear that may be triggering the stressful feeling you are experiencing.

Until you take a close look at the situations going on in your life and why you are labeling them as stressful, you may never really understand why you are feeling what you are feeling.

When you write down the stressful situations in your life as you see them, then you'll begin to understand what the real root of the issues are.

For example, if you are stressed out because you're having marital problems, what exactly is causing you stress? Are you afraid your partner is cheating on you? If so, why do you think that way? Are you afraid that your partner is no longer attracted to you? You feel they're planning to leave?

You have to identify what is causing you stress and why you feel that way. Once you get it out there, it's easier for you to see, and easier for you to manage.

Maybe your partner is feeling just as stressed about the marriage as you are, but neither one of you is talking to each other and just creating all of these what-if scenarios in your minds. What if you set up a date night and had a nice long talk with each other about what's going on in the marriage? By talking and re-connecting, you're taking positive action in regards to the issues in your marriage that have been causing you stress.

You also need to ask yourself what would be the worst thing that would happen if your worst case scenario came true? By worrying about things that haven't even happened yet (or may never happen), you are wasting a lot of energy.

If you could re-direct that energy into thinking of things you can do, taking some positive action or even changing your mindset, you'll be a lot more successful in coping with and decreasing the amount of day-to-day stress.

The Importance of Clearing your Mind

Perfection is a Myth

Remember that no one is perfect. No one.

There are people who put on a smiling face, tell you all the things they accomplish in one day, how everything is perfect and why are you making such a big deal out of nothing.

If you are surrounded with over-achievers and you find yourself comparing your life to theirs, take a break from them. You need to surround yourself with positive people who support and make you feel good about yourself during a stressful time. What you don't need is to be around people who make you feel like there's something wrong with you for letting the stress get to you, or you're somehow "less than" them or something equally ridiculous.

Everyone has different tolerance levels and if you are trying to push yourself to keep up with the Joneses, then you are already setting yourself up for a ton of unnecessary stress. You can eliminate that kind of stress pretty easily by getting real with yourself.

If you are putting so much pressure on yourself to present some kind of an image to the rest of the world, even though it's financially difficult and making you unhappy, then why are you doing it?

Stop caring so much about what other people think because at the end of the day, it's your happiness and sanity that is important, right? Get real with yourself in terms of being able to manage and afford the huge home, private schools, expensive clothes and cars, etc. Do what you need to do to be happy. Maybe the big house is freaking you out because there is so much to clean and to maintain. Or the car payments are too expensive and you find yourself living on credit cards to be able to buy groceries.

Decide for yourself what will work better for you, and then make a plan to make it so.

If you are stressed out at work, is it because you volunteer for every project and never say no because you're afraid your boss will let you go if you refuse to do something? Could you give some of your work away to others to handle so your work load is more manageable? Is it time to find a new job that might pay less but also has less hours and less tight deadlines?

Seriously sit down with your journal and write down all the other options you may have to decrease the amount of stress in any area of your life.

The Importance of Clearing your Mind

When your mind is swimming with thoughts and pressure of "I-have-to-get-this-done" and "I-have-to-do-that-right-now," the resulting stress clouds your ability to focus and make good decisions. You don't want to spread yourself too thin.

It's one thing to feel a sense of accomplishment for getting a lot checked off the to-do list, but you don't want this to-do list to dominate your life.

The goal is to have a nice balance between work and rest. You need the rest to stay healthy and keep yourself fit both physically and emotionally. It is very important for you to be able to relax and clear your mind.

Quieting the mind is the secret to accomplishing more with less work. Why? Because when you clear and quiet your mind, all the non-stop thoughts, deadlines, negatively, overwhelming feelings and stress stops. A clear mind is a productive mind. This allows peace and clarity to come to you. When your mind is filled with non-stop "chatter," you cannot think clearly or focus on receiving solutions to your problems.

Many a successful entrepreneur has been stumped on how to move forward and kick off a new product or brilliant marketing campaign. These very successful people knew the importance of quieting the mind and would then take a break. Going for a walk, meeting friends for lunch, golfing, or doing anything that took them away from the stress of the issue before them, let them quiet and clear their mind so solutions could come to them. It works.

People may tell you to "get your mind off it," and busy yourself with something else other than what is causing you stress. Have you ever noticed that when you do that, the problem seems to shrink, the stress is less, and you can move forward with a better attitude or an idea suddenly comes to you that you weren't able to see before? That's the power and importance of quieting and clearing the mind.

Letting Go of Stress

The Serenity Prayer is an excellent reminder in helping to control stress -

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

It is important that you make the time daily to quiet your mind. Whether you need to get up a few minutes earlier in the morning for quiet time, make the time over a lunch hour, or first thing before going to bed.

Keep in mind that you should let yourself unwind and do things you enjoy but haven't been letting yourself do. Watch a movie. Read a book. Ride your bike. Do something nice for yourself. Let yourself take pride in small things. If you accomplish a goal for yourself, no matter how small, give yourself a big pat on the back. Don't skimp on the praise for yourself. Give yourself compliments throughout the day. Be your biggest fan.

By letting yourself feel pride in your accomplishment and lavishing positive comments on yourself, it will help to eliminate the negative thoughts of "I'm not good enough" or "What's wrong with me," type of thinking. These negative types of thoughts only add to your stress.

When you start to feel stress, stop right there and identify it. Ask yourself why you are feeling stressed right now. Answer the question. Ask yourself some stress-busting questions. Why am I feeling stressed out over this? What would be the worst thing that could happen if I didn't get this done? Answer the questions. Think of all the worst possible scenarios. Then think of what you would do if the worst scenario happened.

For example, if I don't have enough money to pay the electric bill this month, the power company will shut off my electricity and it will cost a fortune to hook it up again. What action could you take to prevent a worst case scenario? Maybe you could call the power company and explain that your payment will be a little late and could you work something out so as not to get your power shut off. Most of the time, we worry needlessly. Generally, most of what we worry about does not come to pass.

Now you've spent all this time and energy worrying and stressing about something that, in hindsight, never even happened. A lot of times we stress out about the what-if's. What if I don't make this deadline? What if I can't pay my bills? What will people think of me?

When your mind is overwhelmed with that kind of thinking constantly, it is next to impossible to quiet the mind and be able to focus on possible solutions. Solutions come to a quiet mind.

Sometimes stress takes over so completely that we tend to procrastinate or not do anything to just shut down. This makes it even worse.

Let's say you are stressing because you have a big project coming up that's due or a party at your house where you need to fix things, clean and cook tons of food. You become so stressed out at the looming deadline and all the things you have to do, you shut down and stop completely. As the deadline approaches, you stress out even more knowing you should be doing something but are not sure where to start. This is like a snowball. The more you know you have to do something, the more stressed out you become. The stress overtakes you and you shut down. The deadline gets closer and the stress increases.

So either you just don't do anything at all and don't finish the project or cancel the party. Or, you wait until the last minute and stay up for 2 straight days doing everything you could have been doing a week ago in order to finish the job. In the meantime, you're rushing and stressing.

When the deadline comes, you are so exhausted from lack of sleep and all the stress, you cannot really enjoy whatever it is that you accomplished. You know there's got to be a better way.

You can simply imagine how good you'll feel when you are knocking off little bits of the project a piece at a time. Commit to working 15-60 minutes on just one little piece of something and that's it. Don't think about the whole big pie, just a little slice at a time. By taking on just a small slice at a time, you'll feel like you accomplished something and you'll be proud of yourself, which will encourage you to keep at it until it's finished. You'll feel better and less stressed.

By giving yourself enough time to get things done, it prevents a lot of stress. By managing your time wisely (pacing yourself) you can eliminate a lot of stress. By letting go of the idea of perfection, you'll feel less stressed. By clearing your mind and focusing on what's good and right in your life, you can dwell on the positives and not the stress.

Start by understanding that everyone has stress. It's normal and OK if it overwhelms you from time to time. When you feel overwhelmed, take action now rather than later. Remember that the only things you can control are your thoughts, actions and responses to situations going on in your life. By choosing to think about things differently and remove the "stress labels" attached to events in your life, you can decrease the level of stress in your life.

Make time for yourself everyday to unwind and relax. Make it a priority to pat yourself on the back for accomplishments both big and small. Take the time to identify what is causing you to feel stressed out and why. Write this down because the answers might surprise you once you see them in black and white. Solutions to problems come more easily to a calm, clear, quiet

mind and until the solutions come, you can feel better when you focus on things other than what is stressing you out.

It's by approaching your stress head-on, acknowledging and re-thinking it that you will conquer and manage it for good.