

# HOW TO WIN YOUR WAR AGAINST **STRESS**

SELECTED TIPS - 90 PAGES!

How To Win Your War Against Stress



90 Pages!

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## About Stress Relief

The topic of stress relief has been the object of controversy in recent decades due to the various ways to administer it. There are different ways for different cultures. Where the Hindus have yoga the Japanese have Zen. Both of these methods are excellent in relieving stress. There are many types of yoga and this practice includes stretching of the muscles and various positions to relax each body part. Meditation and concentration for each movement will eventually with continued effort give you a youthful glow and allow you to keep stress levels at a minimum. Zen, on the other, hand is a style focusing on more of the meditation. Zen is a more philosophical approach to stress relief and really works if practiced on a regular schedule.

Other ways to relieve stress include deep breathing exercises, light physical exercise, reading, getting out into nature, the calming effects of light music; each individual has their own method. Some may prefer bingo or bowling while another may choose baking or smoking a cigarette.

Whatever the choice, there are certain consequences. For instance, if you choose to smoke to relieve your stress it may not be the best solution and could result in a health risk. Other ways to relieve stress are acupuncture and hypnosis. These must only be done by a professional. To locate a professional simply use the internet or it's as easy as your phone book under physicians or alternative medicine.

When you decide that relieving your stress level is what has to be done, consult your doctor. He or she will be able to determine whether your chosen method will be the best for you, and any adverse effects will then be discussed. Your physician may prescribe medication for you if you are at a risk for other problems. The problem about stress relief is to not do anything at all. Some people are not aware they are at risk for problems such as heart attack and stroke.

## Using Music Therapy For Stress Relief

When it comes to your overall mental health, stress is the biggest problem that most of face. It is also the biggest reason for many health problems that we face daily. Most of don't even understand that stress can be the major cause of major health problems like heart problems. There are many different types of therapy that can be used to help with stress relief and music therapy is a relaxing and soothing one that can help with stress but also major and minor illnesses as well.

Music Therapy may be commonly defined as the structured use of music and music activities geared toward helping individuals with disabilities meet both musical and non-musical goals. Music therapy goals may be based on behavioral, physical, cognitive, social, and emotional or language and communication. Music is a proven relaxation technique as well as a stimulant. Those who use music therapy often experience positive changes.

Music therapy is good for people of all ages may benefit from music therapy, from young children to elderly seniors. People with almost any disability have ability when it comes to music. Music Therapy clients participate through playing instruments, improvising and making up new songs, singing, or even just listening. The people that are involved in Music Therapy sessions may range from having a mild learning disability to having severe mental retardation.

## Have A Healthy Body And Mind To Relieve Stress

When most of us think about our bodies and dealing with stress it is mostly just in terms of losing weight. Our weight is what we use to define our bodies these days. Food is the key to boosting your self esteem as well as reducing stress. Food should be taken in its natural form. When I say natural forms I mean for example, when you eat vegetable and fruit it helps to eat them in the form that they naturally come in. if you eat fruit from a can, it is contained in syrup and sugars that will not be good for you so eating them raw is the best choice.

When you are eating vegetables it is best to eat them raw and steamed because it keeps all of the vitamins and minerals in them. You should also avoid processed foods and fried meats. Don't get me wrong fats are a necessary aspect of nutrition however saturated fats are not. The right balance of foods in a day can really be a key factor in reducing your stress levels as most fruits and vegetables contain mood enhancers that most of us don't even think of.

It is best to eat at least three meals a day that are balanced with each food group as prescribed by the food guide pyramid and in between snacks as well. What people don't know is that it is ideal that you eat five small meals a day instead in order to get the most out of your metabolic system. The more foods that you intake in a day that are healthy the better to boost your metabolism.

## Exercise Can Relieve Stress

Stress is not something that any of us enjoy going through, however, we are all forced to deal with the effects of stress sooner or later. When most of us think of stress we just assume that it is a fact of life that there is no cure for. That is not true. A healthy and balanced diet can reduce the effects that our bodies experience when under stress. However, regular exercise can also help with that as well.

When most of us think of adding exercise to our daily routines it is usually because of weight issues that we have. What is not so commonly known is how exercise can actually reduce stress and our body's reaction to it. It may sound silly but it is really true. The reason for it is because of the amount of energy we use in exercising. Every time we exercise we actually drain stress right out of our body all together. Think about it, if you went jogging and began in a stressed out mood or high strung, chances are that at the end of your jog, you are suddenly relaxed and feeling fine.

You don't have to go overboard on exercise in order to feel the effects of it either. In fact a walk in the morning will do a lot to help reduce your stress levels, and an added benefit to it is that you will also upgrade your fitness levels while losing weight. If you take out even just a half of an hour during the day to exercise, you will notice that you sleep better at night, which will lessen your groggy and sleepy feelings during the day. This will also help you in living a stress free lifestyle.

## How Stress Affects Your Mental Health

Mental health issues that are caused by stress can range from homicidal or other violent acts towards oneself or drive others to addictions. The range of mental health disorders that are stress related is so broad that it can be difficult to understand how two situations fall in the same category. The days of shock therapy are gone for the most part, but it still is used for certain mental illnesses. Gone, too, is the routine procedure of frontal lobotomies to calm patients into total submissiveness.

A large key to dealing with stress related mental health issues is to know how to relieve stress. We now understand that men who are returning from wars endure thoughts and images that affect them in ways that we have only begun to be aware of. Post traumatic stress disorder which is caused by stress can affect victims of abuse and violence of all types. Only recently have we begun to understand how traumatic events can affect the people who survive them.

Despite the many types of mental health disorders that currently exist because of stress, some of them tend to be much more common than others. Mental health disorders are not discriminatory and affect everyone. They do not choose specific people or races to affect. Mental health disorders are equal opportunity problems. These disorders have been proven to be hereditary in some cases but that is the closest generalization that you can expect.



## Tips On Managing Your Stress And Self-Esteem

Regardless of what some may think, everyone is plagued in some way by stress. Whether it be over arrangements for a major event or simply one's inability to get that crucial check out when it's needed, everyone suffers from stress. The trick, however, is finding and utilizing the stress relief technique that works for you as an individual. Fortunately, with the plethora of relaxation techniques that are guaranteed to relieve that agonizing stress, one is certainly bound to work for your needs.

If you're the kind of person who has a particular fondness towards animals, then one of the easiest ways to break that bubble of anxiety is to simply reap in the benefits of taking on a pet. If you don't have one already, then getting the animal of your choice for a pet is certainly in order. Although any pet comes with a great deal of work and care, these same responsibilities also work in unison to grant the off-setting feelings of companionship that makes a pet one of the greatest ways to relieve stress. Many studies have proven that in addition to elevating your mood, pets help to lower depression, and actually even help with blood pressure. If you have a particularly active animal, it also helps grant a justification to get off the couch and get a little exercise. But ultimately the adoration and companionship that comes with your pet helps ward off many of the prime causes of stress, including a feeling of abandonment, loneliness, and a lack of interaction.

In many cases however, a simple lifestyle change may be all that is necessary to break the bonds of stress. In many cases, some people set standards so high that they border on perfectionism, and when they consistently fall short of their goals they feel this reflects poorly on themselves, rather than realizing that their standards are simply unrealistically high. Therefore this mindset has the dangerous potential of ruining anything you try to set your mind too, as any kind activity you may normally enjoy is hindered by your perfectionist attitude. Therefore it is very important to halt your practice of approaching everything you do overly critically. For example, instead of focusing on the cynical or pessimistic, you could spend your time assessing and appraising your positive points. This has the dual benefit of increasing your self-esteem while lowering your stress.

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Finally, you can always just kick back, relax, and just abandon the stressful world of work altogether. Go on a nice, enjoyable vacation, abandoning your cell phone, your laptop, and any other vestiges of your responsibilities. You should use this chance to just unwind, have fun, and get a good measure of where you want to go with your life in a form of reconnection. If you're in a relationship, this special time when you won't be occupied by work gives you a chance to work on rekindling your relationship - which is a major cause of some people's stress. Even if you can't afford a full scale vacation, sometimes a simple day off, turning off all the electronics in the house, sealing off your room, and asking that you be left alone to sleep and relax could be all that's necessary to break your bout of stress.

## **Effective Online Stress Relief Programs**

With the availability of free information on the internet there is an often overlooked benefit in its ability to act as a great form of stress relief. With a world overflowing with stress, there are precious few people alive who can say that they don't experience it in their daily lives. Fortunately, a variety of websites are available to aid you in relieving your stress.

Websites such as Stress Less offer ideas for relief that are innovative and out of the box. It offers a wide array of recommendations that will help you enjoy living your life, and not simply tolerating it through the malaise of stress.

To enhance their services, most of these websites, such as Stress Less, bolster their ranks with professionals that are available to be contacted. For example, if you are interested in having a one on one dialog with those whose jobs are reducing people's stress, then you have the option of a fully confidential, private meeting at your convenience.

If a form of therapy isn't what you're interested in however, there are also websites that offer a reduction in anxiety through various programs. The programs are stocked with modules that allow you to learn what kind of behavioral techniques can help cut down on, or in some cases even remove stress entirely. It should go without saying that such an affect on your life could have an overall, positive change on your lifestyle in general.

But there are a variety of other techniques that these websites utilize to help you. Relaxation programs are another common theme provided, which teach you how to regulate your breathing, meditate, and even relax your muscles to help cut back on tension. For a small fee you are able to download the instructions for these programs, which are supplemental to a series of quizzes, inspirational emails, and tracking diaries that are on hand to provide you with that much needed encouragement to continue and succeed.

Perhaps the most helpful thing that these websites offer is the encouragement to approach life in such a positive way that dispels the most common cause of stress, which is a simple negative outlook at life. Wrongful thinking can augment and amplify an already stressful environment.

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To that end, stress relief websites endeavor to arm you with the motivation you need to develop a positive outlook.

This can be supplemented by what is referred to as music therapy, which is a form of online relief that the free form of the internet makes available. Many people like to turn on their favorite tunes, or relaxing themes to help cut back on tension. But it's important to pick a song that you know appeals to you: a fan of Bach or Mozart isn't going to find much comfort in an album by Iron Maiden and vice versa.

Fortunately, you have the option of picking whatever technique or service benefits you the most from a wide range of tools that the internet hosts. Although it may be difficult to know which program is best for you, you have the option of trying as many as you like, and sticking with the one that works.

## Post Traumatic Stress In Children

When you think of post traumatic stress, the first thing that usually comes to mind are soldiers returning from war, bombarded by shell shock, reliving their memories of a dreadful experience that leaves them with what some call "the stare". But what many people don't realize is that this is only a small portion of those affected by post traumatic stress - in fact, children are often times the hapless victims of the horror of post traumatic stress.

The symptoms and causes are very similar in many aspects to those felt by adults, however the far less world wizened children are often times bombarded far more harshly than their grown counterparts. The trauma is brought on much like the turning on of a simple switch when the condition begins. The results can be violent, and are always nothing short of harrowing - and these psychological traits are usually brought on by a myriad of tragically frequent factors.

The most common events to cause post traumatic stress in children are, likewise, not all that different from adults. Children who suffer sexual abuse can almost immediately contract the condition. In cases of violence, especially involving the death of a loved one, or serious accidents or other natural incidents of trauma, children can have their lives permanently changed. A child who witnesses a fatal vehicular accident can become immediately plagued by post traumatic stress - a factor shared by many young survivors of cataclysmic occurrences of nature such as hurricanes or earthquakes.

Usually, a younger victim of post traumatic stress will endure all the same symptoms as an adult, however they must also endure an extra layer of hardships, usually brought on by their underdeveloped or inexperienced minds trying desperately to cope with the situation they've been put in. Flashbacks are a very common trait of the condition. They will frequently and seemingly inexplicably find themselves vividly reliving the events that led up to the trauma to begin with.

But in addition to the obvious flashbacks, a fear of the catalysts that actually trigger the flashbacks also sets in. Again this is a shared symptom, as much like adults, children will find themselves trying to avoid anything that reminds them too much of the event, such as a

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television show depicting a car crash that could remind them of the accident that killed a family member.

Unlike adults, who often try to avoid triggering their flashbacks by bottling up or withdrawing entirely, children are eminently more dependant, and will usually cling to their caretaker or loved one. Much like finding a safe haven in their family member or guardian, they feel safer away from the images and emotions that rage in their post traumatic stress environment, finding a kind of solace in their parent or guardian's arms.

If you want to help treat post traumatic stress, it is highly recommended that both adults and children partake in therapy. Armed with a dual treatment of medication and therapy, the Mayo Clinic boasts a remarkable track record of recovery for post traumatic stress patients.

However, the condition is also very serious, and should not be expected to go away on its own. It can have long term, scarring, even potentially dangerous affects on a child or adult, and the victim needs to be able to work out their flashbacks and be able to move on and enjoy their lives. Combating post traumatic stress could be the desperate boost a child needs to get on with their lives, and overcome their grisly past.

## How To Help A Child Overcome Separation Anxiety

Separation Anxiety is a form of high tension or stress that is caused by an imminent event or previous experiences that require the victim to be in a situation where they have to be separated from an object or person that they are particularly attached to. This is most frequently seen in adolescents and children, who bond to toys and family members easier than adults. The comfort of a familiar object or person creates an increased agitation at the notion that they will have to give it up, which can result in the symptoms of the anxiety lasting anywhere up to four weeks. Usually, however, the symptoms tend to pass in only a handful of weeks. It should be noted, however, that there are indeed cases where the symptoms simply remain or may even grow.

The usual symptoms that teens and children will feel are emotions of intense anxiety, an increased difficulty in sleeping, tantrums, nightmares that involved the separated person or object, and a kind of homesickness. Not all symptoms are merely mental, as there can be a variety of psychosomatic reactions that include dizziness, headaches, stomach aches, and vomiting.

It's usually during the disruption of a child's typical routine that the anxiety symptoms set in the most frequently. For example, if a child is starting in a new school, whether for the first time or following a transfer, they can find themselves feeling many of these anxiety symptoms. Naturally, the feelings can also arise if the child is forced into a move to a new home, especially if it's to a new locale like a city or country. severe changes in the child's life style can also antagonize feelings of separation anxiety, such as a divorce as the person yearns for the presence of whichever parent they are not currently living with.

Observation is the first recommended step in treatment. Parents are told to watch and determine how long children need to adjust to the absence of their object and their new surroundings. If there's no indication that the anxiety is going to subside, professional help is highly recommended, especially if the condition appears to worsen.

Usually, a series of tests and questions will be posed to determine if the symptoms warrant medical assistance. Evaluation is often prescribed when a child actively seeks to avoid

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integrating in social activities with others in his environment regardless of the time spent there. With the aid of the parents and other adults, children can have the affects of the anxiety minimized over time. It is important to understand that among the driving feelings of Separation Anxiety is a fear of being separated from something that the child has intimately bonded with such as family and friends, therefore it is important to help the child overcome these worries and fears.



## **True Or False Stress Management Quiz**

It is difficult to find anyone who hasn't been afflicted with stress in one way or another - which is one of the primary reasons that it's such an incredibly talked about issue. However, as with any heavily discussed topic, there are many myths and half-truths abound about stress and tension, and a quick quiz on stress management can be a great way to separate these falsities from fact - and identifying the true causes and reliefs of stress can be pivotal to your long term health.

**There are no potentially dangerous, long term physical effects of stress, such as acne, high blood pressure, or cardiac disease.**

The correct answer to this question is false. Emotional afflictions are not the only problem that come with high stress, as it can also result in heart problems, insomnia, hives, headaches, breathing problems, and even diarrhea. Alarmingly, it can also directly affect your immune system - and as the tension becomes more constant, it can contribute to a number of continued heart issues, and has been known to drive people to drugs, food, alcohol, and any of the other typical escapes that people delve into.

**Stress has positive and negative forms.**

In a surprise turnabout, the answer to this question is also false. In many ways it is like fear, where a healthy dose of it can compel you to excel, while an excess can be potentially dangerous. What is referred to as Eustress can actually give what's considered a healthy or good feeling of fulfillment and will generally follow a promotion or achievement, such as buying a new car, or overcoming some sort of adversity. This usually falls under the category of what is called acute stress, and is a very short term burst. On the inverse, you can find yourself suffering burnout from the affliction of chronic stress, which can have health consequences that last as long as the stress itself.

**Your hair cannot turn grey from stress.**

This is true. Stress can have a number of affects on your hair, including causing it to literally fall from your head, however it cannot impact its color. Age is the only known cause of graying hair.

**Because of their lack of financial issue, wealthy, and successful people are usually content and stress free.**

This is also false. Although many argue that with the high amount of money and options, the well off do not suffer the same types of stress everyone else does, the truth is that they also have more responsibilities, and find their money spread over a large breadth of commitments, resulting in things as higher car payments and mortgages, which makes stress cross all social bounds.

## Stress Comes In Many Forms

It is safe to say that that everyone has endured stress at one point or another, most of it aggravated during your day to day lives. However, as all encompassing a phrase as stress is, it's important to understand that it can also be classified in several, specific types. Interestingly, stress can sometimes be a very good thing, on the other hand, if left untended, can result in potentially long term damage, both physically and psychologically.

According to the American Psychological Association, there are three primary forms that stress can take on. With stress can come health problems that range from heart ailments to depression or even simple fatigue, therefore the ability to identify the symptoms are important.

### **Acute**

Perhaps the most common form of stress, which usually goes as quickly as it comes, and is directly affected by pressures surrounding the malaised. In many ways, acute stress can be helpful, as it gives you that kind of rush of exhilaration you need to push yourself that extra bit you need to overcome some sort of challenge. It's a very temporary kind of tension, and as the conflict resolves itself, it usually goes away hastily.

However, it should be noted that if there is a negative source for this type of stress then there can be physical signs, such as stomach pains or an inability to form an appetite.

Ultimately, acute stress has no real long term effects, and is mostly noted for its immediate feelings of malaise, especially since it only really lasts as long as its cause anyway.

### **Acute Episodic**

A more serious form of stress than simple acute tension, acute episodic stress is most common in people who allow themselves to lead disorganized and cluttered lives. When your life is a jumbled mess of late arrivals and an inability to give yourself any sense of normalcy, you find yourself sinking into this type of potentially harmful stress. When one has what's called a Type A personality, or can be defined as "chronic worriers".

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In many ways, this form of stress is like acute tension, however it is more likely to affect you over a long period of time, and has had the unenviable distinction of leading to high blood pressure and heart disease.

### **Chronic**

In general, the majority of people experience this form of stress, especially in their day to day lives. Whether you're suffering typical financial frustrations, or your long term relationship is becoming rocky, or something as simple as a poor work environment, you can find yourself suffering from chronic stress. Although you may find yourself able to overcome the simplest of symptoms at first, it should not be outright ignored, as it is the most associated with cardiac problems such as heart attacks - and is also a leading cause in violent rages and suicides.

Although stress and tension are relatively normal consequences of most situations humans are involved in, some people describe it as a form of killer - and it is therefore highly important to learn how to normalize your life, and keep stress under control. In addition to insuring a higher quality life, it also avoids potentially fatal health problems in the future.

## Anxiety Symptoms Relief Disorder: When Cures Are Not Working

There are many people in this world who are in the clutches of anxiety and they seek help from various sources in order to get away from these even taking extreme measures like ignoring its debilitating effects. There are many people who have reduced the suffering of anxiety through these sources but at the same time there are many people who suffer more from its treatments. This state is called 'Anxiety Symptoms Relief Disorder'.

Actually there is no term called 'Anxiety Symptoms Relief Disorder' it is basically an attempt made in order to cure a person's anxiety but the end result is failure. We cannot say that the cause of this failed attempt is a disorder. It is used basically to describe the state of mind of some people when they are not cured from Anxiety. For instance those people who are forced to face the treatment by family members may believe that there is nobody to help them in that state or when they create a false belief that their disease cannot be cured, such people are basically prone to Anxiety Symptoms Relief Disorder. This is basically a psychological problem where the person who is facing this is taken care of first and then comes the treatment of his/her anxiety along with their other problems.

The term 'Anxiety Symptoms Relief Disorder' does not show up as a recognized medical term in any book so we can say that this term is not exactly a recognized medical phrase. There are many people around us who are undergoing this disorder for many years but when it comes to dealing of anxiety disorders there are many people who ignore the treatments that are available to them. This is a situation where the people suffering from anxiety may not easily accept the required diagnosis and there by the cures that are offered to them. This is a tough situation where anxiety disorder can take a person to a deep state of depression and there by lead them to suicidal thoughts.

The coining of the phrase 'Anxiety Symptoms Relief Disorder' is to make all understand that there are many people who go through this anxiety disorder and thereby creates a feeling within them that basically hinders the curing of anxiety related problems. This is the situation where all those who suffer from anxiety disorder needs a lot of support from their family and friends. They should be provided with all the care and help from others and there by make them feel that they are not alone and this would help in an enormous way to tackle this and any other problems that may come in the way.

## Chronic Anxiety Symptoms And What To Do About Them

'Chronic Anxiety' is the state of mind where a person will continuously be in a state of worry. Chronic means constant or habitual. In such a case these people will constantly have the feelings that are undergone by a person who suffers anxiety disorder. Basically the symptoms of chronic anxiety and normal anxiety are similar but in this case these symptoms will continuously be present in the victim and that is how it differs from the people who only face a normal degree of anxiety.

**Symptoms:** The symptoms of chronic anxiety can be easily be diagnosed as it drastically changes many fields of the sufferer's life. As a result of these changes the person may undergo a lot of chronic anxiety symptoms which are known to affect the sufferers. Acknowledging and Knowing about these symptoms can go a long way in being able to help a person get the right kind of treatment before it develops into chronic anxiety.

The development of chronic anxiety may vary from person to person. The reasons for these symptoms in a person may be due to physiological, emotional or mental factors. It is only when we find out what really triggers the sufferer will we find the way to cure this disorder.

If you find yourself living with the feeling of dread or if you find that you have fear even the slightest provocation, you are unknowingly suffering from chronic anxiety. Take an example of a child, in their life fear is a constant thing. Children are usually the victims of this disorder as they are the main victims of physical, verbal and mental abuse. This along with the fear what they already have, they are more prone to develop chronic anxiety as they grow up.

**Remedies:** There are many ways by which a person can reduce this disorder. Some of them are very extreme but to get peace of mind these are usually accepted by the sufferers. One such way is to isolate you from others and even from the world. Thereby they feel that they are safe. Another way is to become defensive on everything they themselves or others do. As a matter of fact they destroy there own normal existence.

Apart from these extreme measures a person can involve themselves in meditation, exercises, consuming nutritional food, as well as prescribed medication. Also a very important thing that these persons can do is to remove the unwanted emotional and disturbing thoughts from the mind.

## Stress- Effects And Remedies

**Effects:** Stress is the constraining force or pressure that becomes a constant factor affecting a person's life, mind, body as well as spirit. The effect of stress will be different for different people. Those people who undergo long-term stress will have to face serious health conditions like heart diseases, stroke and even cancer. These effects can be further increased with psychological and behavioral impacts. In these cases, the effect of stress will include anger, change in mood, irritability, loss of sleep and more. These effects of stress further create the possibility of over or under eating.

No matter how much a person tries to break it, the effect of stress is bad. Speaking about the effect of stress there are a lot of options which can be considered in order to reduce this to a great extent, some are very basic but some complex. There are different ways by which the effect of stress can be reduced:

\* **Physical activity-** Exercises can be done to reduce the effect of stress as they are considered to be all time greats. Doing an exercise will not remove your stress; it instead helps to relieve the tension in our body there by increasing the blood pumping and causing the mind to work more in a focused manner.

\* **Relaxation-** Meditation, hot bubble baths, deep breathing, visualization exercises all helps the brain to relax. Thinking positively can also create a big impact on the way to reduce the effect of stress.

\* **Organizing your Life-** Setting your priorities, your goals, getting rid of unwanted things from your mind and by managing the time one can reduce the stress to a certain extent. Focus on what is important to you and try not to get worried about what you cannot control, in such case the effect of stress will not have much hold on us.

\* **Fun-** Having fun is one of the easiest ways to reduce the effect of stress. It can be going out and having a good time on your own or with your friends or stay at your home by doing something which makes you happy. Some of the incredible stress relievers include Laughing, smiling and simply enjoying oneself.

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Even if we follow the above said ways it is not so easy to lessen the effect of stress in our life. When the effect of stress bothers you all you have to do is to create your own small steps of changes which can bring in a very big difference in your life. The physical effect of stress are proof enough to makes us realize the importance of relaxation.



## Exercise & Stress Relief- A Healthy Relationship

In today's modern and fast life style a person can easily fall into the deep abyss of stress. There is no time for them to look over their needs after their work and managing their home and family. As time passes by we may never realize we are suffering from stress.

It's true that exercise to a great extent reduces stress. Doing exercise is not always enjoyable, but in this fast pace modern world it is a must in our daily lives. Take the case of cardiovascular exercise which moderates your emotions as they release endorphins during the exercise which acts as a natural pain reliever and boosts your mood. Due to this increase in endorphins, the exercise will reduce the stress from your body. This is why it is said that exercise and stress relief is related. During this process you will sweat it out which makes you feel relaxed, refreshed and get good a nights sleep.

Regular exercise usually keeps the body fit and mind stress free. In this busy world people always complain that they have no time for exercise, it is just a lame excuse they make as they find it's not enjoyable. But when you understand how closely exercise and stress relief is linked, you will automatically find out at least some time to do any some form of exercise.

Exercise need not always be a serious activity which requires you to sweat and pant. If you are a first timer to this, or have not exercised for a long while, you can just start slowly by doing some simple exercises. You can also go for an activity that needs only very little preparation which can include gardening, taking your pet out for walk or cleaning up your house. By doing this you can make the transition easier and enjoyable.

If you are not in a good mood and if you don't feel like doing exercise give yourself a break before you go for a bigger more strenuous exercise. Then you can opt for ordinary activities like doing laundry, walking around the garden etc. Still if you do not want to do things on your own, you can ask support from your friend to come with you or attend a fitness program.

By doing exercise you will find all your problems seem less heavy. Playing your favorite sports along with your friends and enjoying your life in general, all these will reduce the effect of stress.

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Some basic\important ideas on exercise and stress relief:

- \* Exercise reduces your built up tensions and emotional tensions.
- \* Exercise release endorphins and other hormones giving the feeling of well being within you.
- \* Exercise can also be used as a means of social gathering and thereby building up a better social life.

To conclude, exercise calms your stress level and your nerves by making you feel much better about yourself. It provides a great opportunity to meet people and thereby maintaining a healthy relationship.

## **High Stress Symptoms- Its Causes, Effects And Remedies**

In this modern and busy world stress plays a major role. High stress can create good amount of problems for some people and for some others it can take them to death. In this world there will not be a single person who has not gone through this disorder. High stress sometimes act as a motivator causing a person to go up to the mark of expectation where as for some it takes to the state of failure where he\she will not be able to handle the situation and will end up in causing life threatening diseases and there by taking them to death.

High stress basically depends upon the mind of person and the way they handle any situation. For instance if some one to whom we are emotionally attached is affected by some serious illness or in case of their death, the person who is suffering from this disorder will experience a very bad time. He\ she will not be able to go through this situation which results in high stress symptoms. If such a condition goes unnoticed it will end up in serious health problems. Some other cases where high stress occurs are financial crisis, losing a very good job opportunity, broken relationships or even due to depression. During this period, the effects of high stress symptoms will affect his mind very badly thereby creating mental, physical and emotional changes.

The high stress symptoms if not controlled will lead a person to lead a precarious life. It will cause fatal conditions like heart attacks, increase in blood pressure, stroke, ulcers etc. Apart from these diseases if a person with such a disorder is not taken care properly he\she will reach a stage where they will lose their minds and might end up in deciding too take their own lives.

The main remedial measure or cure that we can give for high stress symptom is care, understanding and love. For that the main thing we have to do is to find out early about this disorder and help them to adjust to any situations that come in the way. For this the support of family, friends or the well wishers of the sufferer is very important. Talking is a good way of reducing high stress symptoms. If the sufferer is given an opportunity to speak up what is in their mind that bothers them it can be a great help to reduce their high stress for sometime. This will not solve the problem fully but it will reduce the pressure within them. Giving them a way to share their problem or taking some burden from them can help a sufferer in reducing the high stress symptoms. If high stress symptoms are too large then the sufferer should also be given necessary psychological help. These possible cures if provided to those suffering from high stress symptoms will save a life.

## Nervousness And Anxiety

Nervousness is a kind of state where a person usually forgets the surroundings and does something without their own knowledge. It is basically a disorder caused in the mind which tends to act in such a way. Nervousness can be normal or serious based on the situation. Nervousness is the situation in which people assume that they are in danger even if there is no problem. Nervousness usually occurs due to stress that carries around in our minds. It's another case when a person feels anxiety, scared or feared even without anything scary happening. So to know more about nervousness and anxiety symptom we will need to deeply explore it.

Getting to know what bothers a person without any cause leads to the conclusion that they are suffering from some kind of anxiety disorder. If not cured in time these disorders can create changes in the way they deal with people apart from that it can create a great damage to a person's life.

A person gets anxiety disorder mainly due to the reasons caused by nervousness. If a person feels nervous even from a very small reason we can assume that these people are prone to nervousness and anxiety from a very long time or they have been going through these disorders from a very small age. These types of people or disorders can be cured only by their own family members or friends by talking to them about the fear or anxiety that is bothering them. When a talk or constant care does not help to reduce the symptoms of nervousness and anxiety you need to consult a good psychologist.

When a person feels nervous it does not mean that there is a threat for his life it can also be due other reasons. There can be other psychological problems that can create nervousness and anxiety, this can be found out and avoided only with the help of certain tests by an expert doctor. This can include thyroid problems, graves disease, and hyperthyroidism or can also occur with the excessive use of drugs like cocaine or other drugs. In such a case the person suffering from this Nervousness and Anxiety disorder must be willing to opt for help from the doctor.

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Those people who feel that they are suffering from nervousness and anxiety must consult a specialist and get rid of this disorder as early as possible. As this nervousness and anxiety disorder can create major damage to a person's life because of the panic faced by them.

If you seriously feel that the nervousness and anxiety symptoms that you experience are the things which will go beyond the natural limit, you should consult a doctor right away.

## Squeeze Balls- Stress Reliever Toys

Stress is a disorder undergone by each and every person, irrespective of the fact that he is a working professional or a homemaker. This disorder if not found and not cared for, leads to disastrous effects on life. Stress can be relieved through the love and care from your family members and friends or through medication. Apart from this stress can be relieved to a great extent with the help of stress reliever toys.

Stress reliever toys are those toys which can reduce your tensions, anxiety, and stress to a great extent. Stress reliever toys are easily available in markets or even you can buy them online. There are online sites which sell the stress reliever toys at low prices or at great discounts. These stress reliever toys are endless and they can be given as a great gift to those people who suffer from stress, anxiety, illness or any other tensions.

Stress reliever toys mainly consist of different types of balls which are available in different shapes, sizes and variety. Stress reliever toys include the squeeze balls which is just one kind of toy amongst the different kinds of stress reliever toys. These are available in various shapes like a foam, glove, basketball, heart, round shapes etc. These types of stress reliever toys which are very handy can be carried out and stored anywhere we wish.

Squeeze balls can be used as appreciation gifts during conference, garage sales, conventions or even at trade or desktop promotional shows. Anyone, whether it is a working person or a housewife, can use the stress reliever toys to go through their tough days. The squeeze balls are made of foam or gel by which one can easily squeeze and release with your hand thereby creating a soothing effect. This in turn reduces stress by focusing on your energy and reduced blood pressure.

Squeeze balls help in various treatments for the different types of arthritis which are caused by the inflammation of joints due to any pain or swelling. It also acts as a treatment for various types of paralytic conditions like hemiparesis and Bell's syndrome. Hemiparesis causes paralysis to one side of your body whereas Bell's syndrome causes weakness of peripheral nerves. It can also help with various neurological problems.

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Stress reliever toys are of many types and are easily available online. Some of the stress reliever toys include imprinted stress ball in which your name can be imprinted. Custom imprinted balls which can have your image or name depending on your choice. Key chain stress balls which are very handy and can be used in car, offices or even when you go for a drive. There are also round stress balls which can be used after a tiring job or exercise and then comes the vibrating stress balls which stimulates your body and thereby relieves your stress in addition to your regular stress balls.

These types of stress reliever toys are very useful as it helps in reducing your blood pressure, illness, tensions and especially reducing stress. These stress reliever toys will be a great solace to sufferers as they are easily available and carried with them everywhere.

## Stress And Dreams

Nightmares are often seen by people under a lot of stress. Although it is not very clear whether stress is the reason for people to see nightmares or nightmares are one of the reasons for people to feel stress, but it is very clear that stress and dreams are interrelated.

Dreams are basically a part of the human subconscious, so there is enough possibility that these dreams act as the subconscious part of a person which helps him understand what is happening in him. Many people do not accept the fact that they are affected by stress disorders but in turn their mind denies this fact by making them dream about the same thoughts that bothers them.

There are many findings which show that stress causes nightmares. But this completely depends upon a person's mind fluctuations. People who are prone to stress disorder may often try to find out the source of their stress in their dreams, but some see dreams that helps them to get along with this disorder without any further complications. But apart from all this, there are other people who dream about stress which end up in horrifying nightmares. That is why people think that stress and dreams are connected.

In order to find out whether stress and dreams are inter connected a group of students conducted a test about a subject for which they were going to have an exam in a few days. For this, the students were divided into two groups. Information was passed on to the first group that they will have a difficult exam. But for the second group no information was given. The result of this test was, the first group to whom the information about the difficult exam was passed had undergone stress by thinking about the difficulty they have to face all through the exam thereby making them dream about their failure in the exam which in turn gave them a few restless nights. Whereas the second group to whom no information was given, did not show any symptoms of stress. The end result of this test was that the stress symptoms stopped the students from seeing positive dreams of exam and made them see the worry some exam which they have to face.

The test which was done for stress and dreams connection can also be a little inconclusive. The stress what the students faced may be due to some other case which was accompanied by the



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problematic situation. But in both ways it ends up in same conclusion that stress and dreams are interconnected as the stress factor stops a person from seeing positive dreams.

The Inter relation of stress and dreams was always a fascinating topic for all researchers. This is so because all studies and tests they have conducted till now have not shown any solid proof for the fact that stress symptoms make a person see nightmares and stops them from enjoying a beautiful dream.

## Stress And Its Types

Stress is something that every human being undergoes in their day to day lives. There are different types of stress that are faced by every human being and they are performance stress, stress about thinking etc.

The main type of stress that you can think about is the stress faced by people at work, everyone faces some kind of stress. The only thing that differs from person to person is the amount of stress that is faced. This could be because of the difference in the type of work being done or it could be because of the type of person they are, stress is a part and parcel of everyday life.

The types of stress that you face can be due to the pressure of performance, a desire to do well, stress due to deadline. Stress could also be bought on by the deadlines at work or an attempt to please your superiors. Many people who handle stress do it well because they do not carry the work home with them. This results in not too much pressure on you and reduces the total stress faced by a person. Stress is something that is very dangerous and can create trouble for a person affecting him mentally and physically as well.

There are other kinds of stress as well which can be equally debilitating to a person. Stress in a relationship is something that can be faced by a large majority of people and is usually caused by being in the wrong kind of relationship. There are even things happening in the world though not even directly related, can cause stress in a person. World politics which normally would not affect a person directly can create a lot of stress in a person.

The worst kind of stress a person can face is at home, stress at home can be caused due to pressure of paying monthly bills, stress caused by other family members bringing in stress home. A bad relationship, some financial issues can also cause a lot of stress. All though these are the things that can cause stress all really depends on the kind of person you are, some people manage to take all this in their stride and have no trouble in dealing with stress, some people take this seriously and think all this their responsibility and can take undue stress on their head.

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So to sum it all up, stress can occur in different forms. It is really upon you on how to handle it and deal with it. If handled properly, stress can become something that you can deal with and not create any kind of issues.

### Stress Relief

The topic of stress relief has been the object of controversy in recent decades due to the various ways to administer it. There are different ways for different cultures. Where the Hindus have yoga the Japanese have Zen. Both of these methods are excellent in relieving stress. There are many types of yoga and this practice includes stretching of the muscles and various positions to relax each body part. Meditation and concentration for each movement will eventually with continued effort give you a youthful glow and allow you to keep stress levels at a minimum. Zen, on the other, hand is a style focusing on more of the meditation. Zen is a more philosophical approach to stress relief and really works if practiced on a regular schedule.

Other ways to relieve stress include deep breathing exercises, light physical exercise, reading, getting out into nature, the calming effects of light music; each individual has their own method. Some may prefer bingo or bowling while another may choose baking or smoking a cigarette. Whatever the choice, there are certain consequences. For instance, if you choose to smoke to relieve your stress it may not be the best solution and could result in a health risk. Other ways to relieve stress are acupuncture and hypnosis. These must only be done by a professional. To locate a professional simply use the internet or it's as easy as your phone book under physicians or alternative medicine.

When you decide that relieving your stress level is what has to be done, consult your doctor. He or she will be able to determine whether your chosen method will be the best for you, and any adverse effects will then be discussed. Your physician may prescribe medication for you if you are at a risk for other problems. The problem about Stress relief is to not do anything at all. Some people are not aware they are at risk for problems such as heart attack and stroke.

You can also look to different types of therapy in order to help you reduce your stress levels as well. It is very easy to maintain a relaxed mind and body if you just have the tools and knowledge. We all have to deal with life's every day stresses but they don't have to destroy our lives. Being able to control our stress levels is important to our overall body health. Making some time for yourself that is quiet and free from things like your children or your spouse is very important because just because we love the people in our lives; they often cause a lot of our stress.

## Alternative Measures To Relieve Stress

Alternative methods to dealing with stress can be a very difficult decision to make for most people. Visions of new age robes and crystals can fill your head to the point where it just doesn't seem realistic. Herbal remedies like Echinacea have been in the know for a long time. Many of the most well respected companies have moved into producing alternative products to meet the growing consumer demand for it. This is a blessing to most of the people who have chosen alternative medicine as a form of treatment.

It has been discovered and proven that prevention is the best medicine for most diseases. Taking regular doses of health supplements can stave off things like arthritis, skin blemishes and vision problems. Being mindful of good health measures is simple and well worth the effort. Believe it or not, Chiropractor's are considered as offering a form of alternative medicine and they work wonders for helping you deal with stress.

Sometimes the benefits of alternative treatments are identical to those that are associated with more pharmaceutical varieties but the ingredients are what make all the difference. You do not want to introduce toxins into your system without understanding the negative effects. Not everything that can help you is actually good for you. Some good examples is in many of the diet supplements that are supposedly natural that can cause more damage than good.

Natural products are just as effective and potent as any others that are man made and in many cases they are better. They generally carry very high concentration of the desired substance and other vitamins and minerals as well. If you are ready to feel better and make a change, alternative medicine is your next best step to staying healthy.

Thanks to the constant demand for more natural products, the FDA is now trying to control every herb in the world that has the potential to become popular. It is really bad that natural herbs are now becoming government property and by the time that you get it, many chemicals have been added to cause potential problems for you in the future if taken too long. If you really want natural, you should go directly to the herbs in their natural habitat. That is truly worth the effort.

## Using Music Therapy For Stress Relief

When it comes to your overall mental health, stress is the biggest problem that most of face. It is also the biggest reason for many health problems that we face daily. Most of don't even understand that stress can be the major cause of major health problems like heart problems. There are many different types of therapy that can be used to help with stress relief and music therapy is a relaxing and soothing one that can help with stress but also major and minor illnesses as well.

Music therapy services are available to adults and children with disabilities. Sessions are individually designed according to each person's special needs. Using music and music activities, the music therapist works with each individual to address specific goals and objectives that are determined by the therapist.

With music therapy both individual and small group sessions will be conducted with regular progress evaluations. Music therapy can be done for clients with the following disabilities: Autism, Cerebral Palsy, Down Syndrome, Mental Retardation, Attention Deficit Disorder, Lowe's Syndrome, and, Tourette's Syndrome.

Music Therapy may be commonly defined as the structured use of music and music activities geared toward helping individuals with disabilities meet both musical and non-musical goals. Music therapy goals may be based on behavioral, physical, cognitive, social, and emotional or language and communication. Music is a proven relaxation technique as well as a stimulant. Those who use music therapy often experience positive changes.

Music therapy is good for people of all ages may benefit from music therapy, from young children to elderly seniors. People with almost any disability have ability when it comes to music. Music Therapy clients participate through playing instruments, improvising and making up new songs, singing, or even just listening. The people that are involved in Music Therapy sessions may range from having a mild learning disability to having severe mental retardation.

Music therapists assess clients' communication skills, social functioning, physical health and mobility, cognitive skills, and emotional well-being by how they respond to music. They design

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Music Therapy sessions for individuals according to their unique needs. In these tailored sessions, therapists use techniques such as music improvisation, receptive music listening, music performance on instruments and with the voice, and learning through music. That is just too cool. When you think of music in terms of therapy, it is very easy to forget how truly useful music can be. It really does sooth the savage beast within us if we let it.

## Stress Relief For Women

Women experience more stress than ever. They are more active than ever before and have far more to do in the process of a day than ever before. With all of the things to do, there is even more stress to deal with. Women need stress relief more than ever. When it comes to stress, it can be hard to deal with and if it isn't taken care of, women can experience major health problems in the long run. Not to mention that if you already have health problems, stress can make things even worse.

Given the very different chemical and hormonal make-ups of the two genders, women's health has emerged as a very specific branch of medical research. Thanks to all of this research, better and better answers have emerged for the problems that women of all ages face. The growing knowledge and popularity of women's health issues have spawned an entire product line of supplements and things that are specifically designed for women.

Doctors have found out that the natural estrogen that a woman's body produces can be effectively replaced, thus reducing the difficult symptoms of menopause. Research has shown that stimulating a woman's natural progesterone levels is particularly beneficial in numerous ways, most notably regarding troublesome conceptions. Even osteoporosis, which threatens all older women, has become a lot clearer in recent years.

Even cosmetic complaints, like the effects of aging and weight problems can be addressed in various ways. The most gentle and independently proactive solution is to help your body to help itself through the use of effective health supplements. Of course, you also have to eat right and exercise if you are interested in your overall health. When it comes to women's health, there are certain afflictions that are specific to women. Some of the most common problems women face are: hormonal imbalances, cervical cancers, uterine complications etc.

Because of the changes in women's attitudes toward health, beauty, fitness and feminine strength, women are also challenging long-held ideas about aging and sexuality. Women don't just look younger and sexier longer these days; they are living longer as well. Enhanced awareness of nutrition and proper diet keeps our bodies healthier on a cellular level. Aerobic exercise keeps our hearts and vascular systems in peak condition. Weight bearing exercise



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increases our bone density, making us stronger, more resistant to injury and even some illnesses. All this exercise can help you with stress relief, more positive attitudes and a better ability to grapple with anxiety and depression.

## Stress Relief For Men

Men deal with more stress than ever these days. Workdays are harder than ever and the need to be successful is stronger. However, with this need for success, also comes the need for major stress relief. Most men; especially those with families have to face so much stress that they often become angry and resentful if the stress is not properly handled. The problem is wondering where you can turn to for help in dealing with stress. I am telling you that there are multiple places that you can turn for stress relief advice.

When it comes to men's health advice it used to be that men turned to their fathers. Of course, these days, that is often not going to be very helpful. So much is being written about women's health today that it only makes sense for there to be much information on men's health as well. Men needed a place to turn top for advice and general information about their health and the forums for this are increasing every day.

Increasingly, advice for men is furnished through men's magazines such as Men's Health and Men's Journal. Even Playboy magazine has spent decades dishing out advice for men on everything from love and sex to cars and computers. Their writers and editors are often connoisseurs with expertise in wine, cinema, literature, music, humor, and other tools of the trade. Men's health issues are addressed in articles just about everywhere including online forums as well.

As it turns out, the Internet is the leading source of advice for men, because it's often free. Free advice, as you might suspect, does not always equate with good advice, however, so men must in fact be discriminating in where they turn. If there's one problem that soliciting advice over the Internet poses, it's the difficulty of verifying the information sources. Consequently, the value of established men's portals, many of which have attracted writers and editors from leading magazines, has skyrocketed in the past few years.

Sometimes, it's women who indeed have the best advice for men, as it is they whom the men have spent so much time, energy, and money pursuing. Ironically, it's women and women's magazines that often have the best advice to give on stress relief, of all things, prostate advice and even penile dysfunctions. When it comes to men's health issues, more and more advice is

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posted everyday. Perhaps the best forum for this online is for men visit [webmd.com](http://webmd.com). This is a website that provides the best information that you can find and is often verifiable in studies and by doctors.

## Using Art Therapy For Stress Relief

One of the more fascinating measures taken for stress relief can be had with an art therapy. With so many different forms of therapy today it's tough to know which are the most effective for which condition, but art therapy enjoys great success in helping people suffering from a collection of conditions that are both physical and mental. If you are looking for an exciting method for relieving stress, art therapy is a good option.

An art therapy session will help you show others how art can lead to self awareness and understanding, as well as how soothing it can be to engage in the creative process. Taking the time to focus on a piece of art alone can make a tremendous difference in how we live and think and can reduce stress amazingly. Art therapy also helps people to discover things about themselves based on what they draw. It is a good tool that psychologists use in assessing their patients.

Receiving art therapy can be done at your own pace if you go about finding places that offer it online. This is great for those who have families and can't change their lives. Art therapy will help you to get a better understanding of yourself and your lifestyle. It is a great way for you to find and get rid of the problems that you may be facing. Many hospitals and doctors offices would recommend art therapy but it can be difficult to find the right place for you so be sure to do your research before signing up with anyone in particular.

If you can imagine all of the artists out there who use their art as a means of expressing themselves, it will be easier for you to see that you can do it too. You don't necessarily have to be a perfect artist to benefit from this type of therapy; however, it helps to use this therapy as a means of expressing yourself. It is a great resource for getting out those feelings which can often be harmful when not expressed. Art has always been used as a way to express oneself so why not make it a part of your stress relief regimen?

If you are having a hard time dealing with your everyday stresses and if you are wondering what you can do to help ease your stresses, you should consider art therapy as a means of helping you. It can't hurt to give it a try. With alternative medicine becoming a preferred way to dealing with life's problems, art therapy is just a drug free method of controlling your stress which can also help to reduce many of your common illnesses. Search online for art therapy classes in your area.

## Stress Relief Vacations

Perhaps the most common and simplest form of reducing stress is to take a vacation. Nothing can work better for dealing with stress than to remove yourself completely from the source of it all together. Planning a vacation is the simplest way to do this. If you are trying to decide where you would like to go for your next vacation, you might want to consider an island resort. It can be a difficult choice with so many beautiful and exotic places to go to these days. For example if you've always wanted to go to the Caribbean or even Brazil. That's still a very large choice because there are so many resorts to visit in both of them.

If you decide to go to the Caribbean for example, you could choose to go to Jamaica, the Bahamas, or the island of Puerto Rico. There are also other very exotic possibilities like Antigua, Barbados, and St Lucia. That is not even the half of it. There are so many islands in the Caribbean that you could go to for that tropical honeymoon or anniversary celebration that choosing the best one can be nearly impossible.

Many people decide to buy an all inclusive resort packages because they make your island vacation much cheaper. One particular hot spot island that you can visit is Fiji. There are many all inclusive island resorts that you can choose from and the locations are often known for its great nightlife, especially during spring break. The long white sand beach is simply beautiful too.

The best part of an all inclusive island vacation is that everything that comes in your package for your nightly rate. You end up saving a lot of money in the long run going all inclusive and you don't have to worry about a thing on your vacation. Gourmet meals, drinks, snacks, water sports, lands ports, spa facilities, and fitness facilities are all included in one easy package so that you can just enjoy your vacation.

If you are currently planning an island resort vacation, you should visit your nearest travel agent and book an all inclusive package right away. That is the best way to ensure that you get your money's worth. Travel agents are partnered up with many hotels etc. so that you can save as much money as possible during your vacation. It certainly saves you a lot of money on souvenirs and other things too so that you can share your good times with those you love.

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Dealing with stress is a lot better when you go to a great resort for relaxation. Most resorts offer you massage deals and packages as well as spa treatments etc. these are excellent for men and women and are often a part of the resort package. A foreign land to do it in simply adds icing to the cake. Why not take an excellent vacation for reducing your stress levels? It can be the best way to help you get your life in order and to get that much needed time to just sort things out and change your attitude all together.

## Have A Healthy Body And Mind For Stress Relief

When most of us think about our bodies and dealing with stress it is mostly just in terms of losing weight. Our weight is what we use to define our bodies these days. Food is the key to boosting your self esteem as well as reducing stress. Food should be taken in its natural form. When I say natural forms I mean for example, when you eat vegetable and fruit it helps to eat them in the form that they naturally come in. if you eat fruit from a can, it is contained in syrup and sugars that will not be good for you so eating them raw is the best choice.

When you are eating vegetables it is best to eat them raw and steamed because it keeps all of the vitamins and minerals in them. You should also avoid processed foods and fried meats. Don't get me wrong fats are a necessary aspect of nutrition however saturated fats are not. The right balance of foods in a day can really be a key factor in reducing your stress levels as most fruits and vegetables contain mood enhancers that most of us don't even think of.

It is best to eat at least three meals a day that are balanced with each food group as prescribed by the food guide pyramid and in between snacks as well. What people don't know is that it is ideal that you eat five small meals a day instead in order to get the most out of your metabolic system. The more foods that you intake in a day that are healthy the better to boost your metabolism.

It is not always easy for most of us to follow the food guide pyramid; however, it is still the best way to ensure that you get the most out of your efforts. Diet and exercise combined is the best way too keep your stress levels at bay, but if you can't do both walking and eating right is the way to go. There is no real excuse not to do both, but it was necessary to mention them.

When we think of stress, we rarely think that food plays a part in it. The truth is that a balanced diet is your best tool in dealing with stress. Junk food and fast foods can actually become a depressant for most people. Foods that are high in fat can greatly reduce our moods. We often feel sluggish and tired after eating junk food. The right diet that is balanced can really have a good effect on your system and that includes your stress levels.

## Exercise Can Reduce Stress

Stress is not something that any of us enjoy going through, however, we are all forced to deal with the effects of stress sooner or later. When most of us think of stress we just assume that it is a fact of life that there is no cure for. That is not true. A healthy and balanced diet can reduce the effects that our bodies experience when under stress. However, regular exercise can also help with that as well.

When most of us think of adding exercise to our daily routines it is usually because of weight issues that we have. What is not so commonly known is how exercise can actually reduce stress and our body's reaction to it. It may sound silly but it is really true. The reason for it is because of the amount of energy we use in exercising. Every time we exercise we actually drain stress right out of our body all together. Think about it, if you went jogging and began in a stressed out mood or high strung, chances are that at the end of your jog, you are suddenly relaxed and feeling fine.

You don't have to go overboard on exercise in order to feel the effects of it either. In fact a walk in the morning will do a lot to help reduce your stress levels, and an added benefit to it is that you will also upgrade your fitness levels while losing weight. If you take out even just a half of an hour during the day to exercise, you will notice that you sleep better at night, which will lessen your groggy and sleepy feelings during the day. This will also help you in living a stress free lifestyle.

It is a well known and documented fact that eating right and exercising regularly is great for maintaining a stress free life but it can't do everything on its own. You must also make time to be alone without any people around you to do things that interest you. Perhaps the best exercise you can take daily is walking or jogging. Even riding a bike can be a great way to reduce your stress. For example walking or riding a bike to work in good weather rather than driving. It gives your journey a purpose, which will make it easier to follow through with it.

Exercise alone cannot reduce your stress, but it can certainly help. A proper diet will also be a key to maintaining your stress levels. If your body is physically healthy, your ability handle stress is greatly increased. It is just a simple fact. If you are serious about keeping your stress under control, be sure to add exercise to your daily routine.



## Stress Affects Your Mental Health

Mental health issues that are caused by stress can range from homicidal or other violent acts towards oneself or drive others to addictions. The range of mental health disorders that are stress related is so broad that it can be difficult to understand how two situations fall in the same category. The days of shock therapy are gone for the most part, but it still is used for certain mental illnesses. Gone, too, is the routine procedure of frontal lobotomies to calm patients into total submissiveness.

A large key to dealing with stress related mental health issues is to know how to relieve stress. We now understand that men who are returning from wars endure thoughts and images that affect them in ways that we have only begun to be aware of. Post traumatic stress disorder which is caused by stress can affect victims of abuse and violence of all types. Only recently have we begun to understand how traumatic events can affect the people who survive them.

Despite the many types of mental health disorders that currently exist because of stress, some of them tend to be much more common than others. Mental health disorders are not discriminatory and affect everyone. They do not choose specific people or races to affect. Mental health disorders are equal opportunity problems. These disorders have been proven to be hereditary in some cases but that is the closest generalization that you can expect.

A very common mental illness that is caused by stress is manic/chronic depressive disorder. This is characterized by extreme highs and lows in moods for no apparent reason. Sufferers are irrational and quick to change, in terms of mood. For example, if you suffer from this disorder you are happy—very happy or sad---very sad for no apparent reason. Stress is a major cause of this problem.

Eating disorders, which are also quite common, include anorexia (not eating), and bulimia (binging and purging) are also caused by stress that arises from self esteem. Anxiety disorders are characterized by having an irrational dread of living one's life, to the point where it is incapacitating.

Obsessive-compulsive disorder (OCD) is a form of anxiety disorder where a person obsesses

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(thinks about) and is compulsive (does) about a particular action such as washing their hands, to the point where he or she repeats this action an inordinate amount of times. Stress is a major aspect of our lives and can lead to serious mental problems if not taken under control. Learning to contain stress can lead to your overall health.

## **Symptoms And Cures Of Anxiety Disorder**

Anxiety is part and parcel of human life; we have experienced it at a variety of occasions such as waiting for the results of an examination, attending a job interview, speaking in public, and so on. To a certain extent, anxiety is normal. However, if you experience an anxiety that you can do nothing about or if you feel unnecessarily afraid of harmless life situations, you might be suffering from some anxiety disorder or the other.

Knowing the symptoms of anxiety disorder and its various cures are absolutely essential if you wish to be of any assistance to yourself or to a friend or family member. You can prepare yourself well to deal with anxiety disorders by learning about their various symptoms and the ways to treat them.

You can find information about anxiety disorders and their cures at a variety of sources. A number of books provide valuable information and tips for people who are trying to manage and control their anxiety disorders. Alternatively, you could get the required information from psychologists and therapists, who are, after all, trained to be of help to you in such cases.

### **Recognizing the Symptoms of Anxiety Disorder**

The symptoms of anxiety disorders can be classified into physical and mental.

Mental symptoms include fear, nervousness, self-consciousness, worry, and restlessness. People having an anxiety disorder usually shun the company of others.

Physical symptoms include hot or cold flashes, copious sweating, sleeping disorders, palpitations, and sweaty palms.

The above-mentioned symptoms indicate an anxiety disorder of some form or the other.

### **Curing an Anxiety Disorder**

A person who suffers from an anxiety disorder must take the help of a medical practitioner or a therapist.

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First, a medical doctor will ascertain the presence or absence of an anxiety disorder. After ascertaining that your symptoms are not due to any other medical disorder of a physical nature, your medical practitioner might diagnose your case as an anxiety disorder.

After your condition has been properly diagnosed, you can take a combination of therapy and medication or simply therapy. You can also choose to try one of the alternative methods to cure your anxiety disorder. Alternative methods include acupuncture, hypnotherapy, herbal treatments, and various techniques of relaxation. If you want to treat your anxiety disorder with an alternative method, visit a professional who is qualified and certified to treat people with the particular alternative method you have chosen.

A cure that has worked for someone else need not possibly work for you. After a few failures with methods that might not work for you and a lot of research, you will find the best method for you. However, don't ignore an anxiety disorder. Just do something about it.

## Getting Rid Of Stress Without Drugs

Many people turn to prescription drugs to obtain relief from stress, and unfortunately, they feel this is the only way to manage stress. Prescription drugs can be of some help to those under stress, but they cannot give you any long-term relief. However, there are many ways to get rid of stress, and most of these ways do not require you to take drugs at all.

### **Deal with Stress Directly**

Everyone, irrespective of age and gender, faces stressful situations on a regular basis. Stress is actually a normal reaction to a life situation. However, if it accumulates or becomes a chronic condition, it could give rise to myriad physical and mental problems. The elimination of stress by its roots is the best and only way of dealing with stress. Here is how you can do it:

Scheduling some quality time for yourself is the best way to tackle stress. During this time, engage in fun activities, relax, and enjoy yourself. You don't need to do anything special; just do something that makes you happy, and this will relieve you of stress and tension.

Try techniques such as breathing exercises, meditation, and visualization to get rid of stress. Meditation has helped a number of people get rid of stress. It helps them distance themselves from the stressful situations in their lives and focus on the steps that have to be taken to lead a happy life.

The most effective technique to get rid of stress without the help of drugs is to perform exercises. After a workout session, the body becomes more relaxed and the mind becomes more focused. In addition, your health improves a great deal.

### **Take External Help**

The above-mentioned techniques can greatly help you get rid of stress without drugs. In some cases however, people under stress might require external help. If the stress is too much for you to handle, request the assistance of family members, medical practitioners, friends, and colleagues. Here is how you can do it:

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If you are overworked, politely decline new projects till you have completed the old ones. Ask your colleagues to help you complete pending projects. Talk to your project manager or any person responsible so that they can make arrangements to help you overcome your problems of overwork.

Anybody will feel stressed out with the task of balancing home, family, and work. Ask your family members to help you deal with stress.

The wisest thing a person under stress can do is to seek the help of a professional. If you need medication, your medical practitioner can prescribe the best drugs for you. Otherwise, they can help you work your problems out and develop ways to get rid of stress without drugs.

Stress and dealing with stress are the major realities of life. If the stress is too much for you to handle, you must take the necessary steps to take care of the situation before it could lead to something more complicated. Either go in for the above-mentioned techniques to obtain relief or take the help of a medical professional. You will surely succeed in completely getting rid of stress without drugs.

## Three Techniques To Get Rid Of Stress

People under stress can make use of a large variety of techniques to get rid of stress. Each person is unique, which is why a technique that works for you might not work for somebody else. Yet there are so many techniques to get rid of stress that you will surely succeed in finding one that will work for you.

Here are three top techniques to get rid of stress:

### **Interact with Pets**

Animal lovers will enjoy this technique to get rid of stress. Since you own your pets, you are naturally responsible for their health and well-being. Despite this fact, the advantages of having a pet are far more than the disadvantages.

Studies have revealed the fact that spending time with pets raises mood, relieves tension, drives away depression, reduces blood pressure and heart rate, and encourages people who lead otherwise sedentary lives to get some physical activity when they take play with their pets or take the dog for a walk.

You might take your dog for a walk because you either enjoy the activity or your dog requires exercise. In any case, when you spend some time in the company of your dog, you get companionship, exercise that will improve your health, and a chance to socialize with other people who are taking their dogs for a walk.

Pets are known to give unconditional love and friendship, which in turn, helps ward off loneliness, reduces stress and anxiety, and provides all the benefits that are usually derived from a good social life.

### **Overcome Perfectionism**

If you are a perfectionist, you will find yourself leading a very stressful life. Overcoming perfectionism is one of the best ways to improve health and get rid of stress.

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Perfectionists usually suffer from low self-esteem and have no peace of mind. As a result, they cannot enjoy life because they live in highly stressful conditions. Do not be such a perfectionist.

When you relax, you get rid of stress too. Seek the positive qualities within you and restrain the tendency to criticize people, things, and situations that are far from perfect. If ever you spot a negative trait within yourself, immediately try to find five positive traits.

When you practice this more and more, it becomes a habit, which will reduce stress. You will find a tremendous boost in your level of self-esteem too.

### **Take a Vacation**

Go on a long vacation, but don't take work-related items such as your cell phone and laptop. A vacation will give you the chance to unwind, relax, reconnect with life, and strengthen your bond with loved ones.

Do not worry that you don't have the time or money to go to an exotic destination. Just take a day off and spend it by yourself. Don't answer the phone or turn on your laptop. Put up a "Do not Disturb" board on your main door, relax, and let the stress pour out of your body. You will soon get rid of all the stress in your life.



## **Managing Stress At The Workplace**

Employers and employees alike have to face stress at the workplace; no working individual is free from it. The success of your career depends on how well you can manage stress at the workplace.

Stress can be positive if it motivates you, provides you with a sense of purpose and urgency, and has a positive outcome. On the other hand, stress can be negative if it makes you anxious, restless, and lowers your productivity at work.

If you are facing the problem of negative stress, you have to learn certain techniques of stress-management that can help you manage stress at the workplace and make your life easier.

Here is a list of ways to get rid of stress at the workplace. They are guaranteed to make your life easy, comfortable, and stress free.

### **Get Organized**

An organized worker does not suffer from as much stress as a disorganized worker. For example, hunting through a pile of papers to find a single important document when you need it in just a few minutes can be an extremely stressful task. If you organize your desk better, you won't have to suffer this fate. Remember to spend a few minutes a day putting your desk in order even if it means that you have to start for work early or leave a bit late.

### **Minimize Personal Chats**

Keep personal chat chats with your colleagues to the minimum, especially during working hours. You will save valuable working hours if you stick to socializing with your colleagues only during the lunch hour. This simple practice prevents you from falling behind schedule. Struggling to keep up with deadlines causes a great deal of stress, which you can prevent if only you socialize wisely.

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You can reduce further stress by taking a short walk during the lunch hour or simply sitting in the sun at break.

### **Have a Relaxed Morning**

An important stress-management technique begins before you leave for work. Wake up a bit earlier to give yourself ample time to prepare yourself to leave for work. Enjoy your morning cup of coffee, eat a hearty breakfast, and take some time to relax before you leave for work. The last-minute rush for work, along with the worry that you might reach late and have an unpleasant session with your boss, causes more stress than you can imagine.

### **Spend Time Away from Work**

Strike a healthy balance between work and your personal life. If your life comprises work and only work, you will have to face more stress-related problems. Spend time with your friends and family, forget work for some time, and enjoy life.

You achieve a sense of peace, happiness, and well-being if you engage yourself in activities such as taking the dog for a walk, cleaning your car, watching a movie, or even indulging in a hobby, such as gardening. These activities go a long way in relieving stress.

The use of these simple techniques can help you get rid of stress at the workplace. No longer will you feel exhausted and stressed out. These simple ways will help you live a more balanced and happier life.

## Relieving Stress Through Stress-Management Websites

A lot of Internet-users consider it to be a boon not only because it is a vast reservoir of information, but also because it is a great reliever of stress. No individual is free from stress; everybody has to face it in one form or the other. The Internet offers a number of stress-management websites where people can obtain a certain degree of relief from the stress they face in life.

For instance, a stress-management website, such as Stress Less, teaches innovative methods of managing stress. On Stress Less, you can contact qualified professionals on the subject of stress, communicate with them privately, and obtain solutions to your stress-related problems.

Besides offering professional help in dealing with stress, several stress-management websites organize online anxiety- and stress-management programs that will help individuals deal with stress in an effective manner. These programs usually comprise modules that provide information on the fundamental cognitive behavioral techniques of stress management, reduction, and elimination. If you follow the tips and techniques that these stress-management websites offer, the quality of your life will improve, and you will develop a sense of peace and well-being.

Stress-management websites also teach users how to deal with stress with the help of techniques such as relaxation, deep breathing, progressive muscle relaxation, and meditation. You can purchase and download information on stress-management techniques at one of these stress-management websites. In addition, they comprise facilities such as tracking diaries, quizzes, inspirational emails, and many more not only to encourage you and provide you with the necessary inspiration to live life productively and fully, but also to help you get rid of the stress in your life.

You can gain relief from stress by making use of the instructions available at stress-management websites. Stress is usually the result of wrong thought patterns. These sites, therefore, teach you to develop a positive outlook on life.

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Stress-management websites also use music as a major stress-relieving factor. You can get rid of a great deal of stress simply by listening to music. However, listening to any type of music won't relieve you of stress. You have to listen to a genre that you truly love and enjoy. Listening to sentimental music can help some people relax. Others can relax only if they listen to classical and instrumental music. Discover the genre that can help you relax and listen to it on a regular basis. This can help you get rid of stress.

The Internet offers myriad ways of getting rid of stress, and the sheer variety of it could confuse you a great deal. Ultimately, you have research the various methods and find out which stress-management website works best for you.

## Impacts Of Stress On The Mind And Body

The impacts of stress on your mind and body are several. They could be categorized into emotional, mental, and physical impacts. The effects that stress has on the psychological conditions of an individual include behavioral and mental symptoms of stress. The emotional impacts of stress are those that are related to emotions or relationships.

People suffer a number of inconveniences due to the impacts of stress on their mind and body. The worst symptoms of stress are the physical symptoms, which include a rise in heart rate, muscular tension, backaches, chest pain, sleep disorders, nausea, frequent colds, and headaches. These symptoms might appear to be minor; however, if they are neglected, they could also lead to death.

The impacts of stress on a person's mind or behavior patterns can be dangerous unless they are taken care of immediately. In addition, the impacts of stress on a person's mind can also cause physical symptoms. The mental symptoms of stress include anxiety, loss of memory, poor judgment, indecisiveness, and loss of objectivity. Due to these symptoms, people under stress could develop eating disorders and eat lesser or more than they require. This could, in turn, result in obesity, high blood pressure, and ulcers. The impacts of stress on a person's mind can also lead to drug abuse or alcoholism, which could be the result of poor objectivity or lack of judgment.

The impacts of stress on a person's emotions could also lead to physical symptoms. For example, symptoms such as moodiness, loneliness, depression, irritability, restlessness can lead to several health disorders. Nervous and agitated people stand a greater risk of developing ulcers because their agitated condition gives rise to enhanced acid activity in their bodies. People who cannot relax due to stress and are, therefore, excessively restless also suffer from headaches that result from the constant stimulation to their brains caused by restlessness. Depression can drive people to suicide or at least force them to attempt suicide.

If you don't take the required steps to manage stress properly, these symptoms or a mixture of some of these symptoms of stress can cause great harm to you.

## **Post Traumatic Stress In Children**

You might be aware of terms such as "battlefield flashbacks," "shell shock," and "combat stress." All these are synonymous with post traumatic stress. However, they do not relate the complete story of post traumatic stress. Children can also suffer from the terrorizing effects of post traumatic stress.

### **Causes of Post Traumatic Stress**

The causes of post traumatic stress in children as well as in adults are similar in nature. A number of factors such as psychological, physical, and even genetic are responsible for post traumatic stress. The triggers of post traumatic stress are often very violent. For example, the following events could result in post traumatic stress in children:

- Sexual abuse
- Acts of violence such as the death of a family member
- An accident that involves a number of deaths or a natural calamity that destroys everything

Children who have experienced the above-mentioned traumatic events usually suffer from post traumatic stress.

### **Symptoms of Post Traumatic Stress**

The symptoms of post traumatic stress in case of children as well as adults are similar. Children could, however, suffer from certain other typical symptoms.

Post traumatic stress could have the following impacts on both children and adults.

### **Flashbacks**

Flashbacks are a common symptom of post traumatic stress, which manifests in both children and adults. A flashback is a condition in which the victims relive the traumatic condition that is responsible for their post traumatic stress.

### **Fear of Flashback Triggers**

Both adults and children are terrified of any event that might trigger a flashback. These flashback-triggering events could be certain television programs, geographical locations, sounds, or even smells that remind the victims of their traumatic past experiences.

### **Clinging to Another**

While adults have a tendency to withdraw within themselves after a traumatic experience, children get very attached to a caregiver or parent and cling to them constantly. Children simply cannot bear separation from a person in whom they have found comfort and safety.

### **Treatment of Post Traumatic Stress**

Therapy is the best option for adults and children alike. The Mayo Clinic, for example, has a very good reputation for successfully treating a number of cases of post traumatic stress through psychotherapy and medication.

Neglect of post traumatic stress can have dangerous consequences. It could have an adverse effect on the life of a child, and the child may never ever be able to live a normal, fruitful, and happy life. For this reason, the condition has to be treated effectively at the earliest possible. This will enable the child to deal with flashbacks and to overcome the traumatic experience he or she has suffered. Therapy will enable the child to live a happy and fruitful life in spite of the traumatic event he or she has endured.

## Understanding Posttraumatic Stress Disorder

The Vietnam War has created more post traumatic stress than any other event. The media has given this mental disorder a great deal of importance. In spite of the media coverage, people still don't realize the seriousness of post traumatic stress and the impacts it can have on human life.

Post traumatic stress, an anxiety disorder, is associated with those in the military, who have experienced the horrors of war. However, people in the army are not the only victims of this disorder. Any person who has suffered extreme pain or trauma can suffer from post traumatic stress.

Post traumatic stress equally affects children, men, and women. People who have faced traumatic situations such as war, accidents, natural calamities, sexual abuse, terrorist attacks, and so on usually suffer from post traumatic stress.

People are naturally terrified, stressed, furious, or even confused during a traumatic event such as a war or a natural calamity. Sometimes, these feeling refuse to go away even after the traumatic event is a matter of the remote past. If these feelings persist beyond four weeks and have an adverse effect on a person's life, the person is said to be suffering from post traumatic stress, and the condition should be treated at the earliest possible.

The following are the other symptoms of this disorder:

Victims of post traumatic stress experience the events of the traumatic past again and again. This phenomenon, called flashback, is very real and terrifying to people who suffers from post traumatic stress. For example, a military man might feel he is back at the front again, and a victim of rape might feel that he or she is being raped again.

People who suffer from post traumatic stress usually avoid a trigger than might lead to a flashback. Examples of triggers are movies, geographical locations, and so on, which could remind the person of the traumatic past event.



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People suffering from post traumatic stress usually find it extremely difficult to have healthy emotions.

Some people who suffer from post traumatic stress live in a tense condition, always prepared to face the traumatic condition should it occur again.

Victims of traumatic experiences cling to people they love and trust. Children suffer from this tendency to cling more than adults. After a traumatic experience, they could cling continuously to caregivers or parents and don't want to be separated from them. This tendency could continue a long time after the incident.

Post traumatic stress is a serious disorder than can leave lasting scars on a person. Fortunately, many people successfully overcome this problem. Some people who suffer from post traumatic stress have to take therapy in order to overcome their trauma and lead a normal life once again.

## Symptoms Of Separation Anxiety In Children

Separation anxiety is often observed in adolescents and children. It occurs due to an event that separates children from a person or thing to which they are very much attached. The symptoms of separation anxiety might last for as long as four weeks. In some rare cases, the symptoms of separation anxiety do not go away even after four weeks. Instead of subsiding, they increase in intensity.

Usually, the symptoms of separation anxiety in adolescents and children include anxiousness, sleeping disorders, tantrums, separation-related nightmares, and homesickness. In some cases, the symptoms occur at a physical level and manifest as nausea, headache, dizziness, and stomach ache.

The symptoms of separation anxiety manifest when the people who are closest to the child are absent for long hours and no longer spend as much time as they once did in the company of the child. Separation anxiety, therefore, strikes when children start going to school or when they change their school. Separation anxiety can even occur if a child has to shift to a new house, country, or city. The child could also suffer from separation anxiety in case of a divorce between its parents, when it misses its absent parent badly.

In case your child is suffering from separation anxiety, observe him or her carefully and find out the time taken by him or her to get over the symptoms. You might have to accept help from medical professionals if your child's separation anxiety symptoms show no sign of subsiding or if they turn worse than ever.

A medical professional will be able to determine exactly what sort of help your child needs by asking you a few questions and conducting a few tests. If your child is withdrawn and refuses to mix with the people in the new environment in spite of the long span of time that has passed since its separation from his or her old environment, he or she might have to undergo an evaluation.

The adults around the child can help the child overcome his or her separation anxiety. With time, the intensity of the symptoms can be lowered. Remember that the child needs the

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encouragement and support of his or her family, friends, teachers, and the doctor who is handling the case.

## Severe Anxiety Symptoms In Women And How To Treat Them

Although both men and women are affected by severe anxiety, studies have revealed that cases of severe anxiety in men are much lesser compared to cases of severe anxiety in women. The reason for this could lie in the variety of birth control techniques that women make use of, the hormone-related changes that take place in their bodies over the years, and the treatment they take when affected by hormonal changes.

Symptoms of severe anxiety arise due to certain birth control pills that women use. These pills comprise harmful substances that can impact the hormonal cycles of a woman. Hormonal changes also occur when a woman is pregnant or when she is at the menopause stage of her life. Hormonal changes can have tumultuous impacts on a woman's body, leading to severe anxiety.

In order to find out if you have developed severe anxiety or not, you have to know about its symptoms. The symptoms of severe anxiety can be categorized into mental and physical. If you recognize these symptoms when the severe anxiety is in its early stages, you can easily overcome the problem. Severe anxiety is usually associated with depression; therefore, people with severe anxiety should take the required steps to overcome the problem at the earliest possible.

The physical symptoms of severe anxiety include hot flashes, chills, chest pains, headaches, palpitations, dizziness, twitches, frequent urination, shortness of breath, jitters, and diarrhea. Physical symptoms are usually associated with mental symptoms such as uneasiness, feelings of insecurity, confusion, withdrawal from human company, and restlessness. The use of substances harmful to the body, unfavorable events, or medical conditions might aggravate severe anxiety and cause untold stress in the person.

Take medical help at the earliest possible should you recognize the symptoms of severe anxiety in yourself. This is important because people having severe anxiety could even attempt to harm themselves.

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Severe anxiety is treated by a combination of techniques such as the taking of anti-depressants, making lifestyle changes, and therapy. Lifestyle changes include eating healthy and sleeping better. Exercise has also been found to be extremely successful in battling symptoms of severe anxiety. People having severe anxiety could also try alternative methods such as meditation, acupuncture, herbal remedies, and hypnotherapy.

### Stress Management Tips

Tension is very familiar and something which most people cope with day by day. People frequently feel tension in sites that concern them, like acquiring a divorce, concern about losing their work, or worry over a kinsfolk being sick or undergoing a surgery. Worry and stress go well together. Day-after-day, people generally experience some sort of tension, which has both over emotional and forceful effects, producing either an affirmative or an antagonistic reaction. Although there's no such matter like a stress-free life, all people should find ways to aid them cope with tension, which fixes life gentler in the long run. Acquiring some tension management ways include working on changing your mindset so rather than worrying about such things you've no hold over, like losing your job, practice something affirmative such as sitting and doing up a job hunt. Besides panicking and worrying over things you can't change, tension management aids you read to solve problems.

Tension management may help all to learn to cope with pessimistic tension in their own lives. Affirmative stress is really beneficial and includes results that make you concentrate, such as having an exam. Though nobody savors this, positive tension is what which makes a person study, and learns. Negative or prolonged tension is destructive and may cause physiological, psychical, and emotion troubles. Studies have associated antagonistic stress to hypertension, cardiopathy, depression, and many such problems. People who don't use stress management frequently address self-medication like, alcohol, overeating, drugs, fits of uncontrollable anger, excessive sleeping, and other such things, which makes things even worse. Tension management aids people find fit ways to contract chronic stress like living a better lifestyle and finding affirmative ways to deal with problems.

Tension management makes you to focus on the affirmative, important affairs in your lifespan and not to concern about things you've absolutely no ascendance over. Rather than sitting and worrying, practice something physical like going for a nice walk, which would release endorphins and will make you feel good, aids in keeping you fit, and discards away stress. Do learn something new which will help you to relax like yoga or meditation. Also, Join a yoga union which meets 2 or 3 times per week so you will not only learn yoga but see fresh people and bask the cultural interaction. Tension management involves memorizing to forgive yourself of some of the errors you've made, spoiling yourself disregarding how engaged your life becomes, and having a affirmative outlook even while matters are not even liked by you.

## Stress Management Tips Help You Cope Better

People all over the world will, at a time in their lives, cope with tension either in their own life or in the job. In today's high society, tension has become a common trouble and rather than reaching for medicine, there are a lot of tension management tips that aid persons cope with this. Although it's impossible to dispatch tension from your every day life, it's imaginable to acquire to boil down tension or deal with it utilizing tension management tips. The 1st of many tension management tips you would need to infer what is inducing the tension in your own life and overpowering you. Each day, people call their physicians as they feel disabled by their high tension levels, which would actually head to physical troubles and sickness. It's not merely people in the manpower searching help but other people like care givers looking after family members, individual parents, and couples who are trying to balance a family, responsibilities and work. Here are numerous tension management tips to aid people abiding from stress and their related problems.

- Don't make your work the centre of your life but rather, find a fit balance between your work, your family, entertainment, responsibilities and things which you enjoy. People blank out how to enjoy life and relax, which makes them more inclined to depression, anxiousness disorders, tension, and other troubles. Taking a holiday without any cell or laptop is fantastic but in middle of the holidays, you should find something you enjoy doing and so make an aggressive effort to do so, specially during nerve-wracking times. You deserve to relish yourself and should have fun, which many people appear to blank out. If you relish golfing, parks, museums, knitting, playing cards, jogging or taking walks on the country side, make a calculated attempt to admit these in your life.
- Employ biofeedback or speculation to lower your tension level and have mental relaxation. Brush off antagonistic thoughts and focus on only the affirmative things in life.
- Tension management tips aid people infer that they don't have to experience guilty spending an relaxing day when your doing nothing. It's all right to turn off the pager, cell, or computer and take a break from everything. Whether you barely sit quietly and learn, get foul in garden, take a good bubble bath, also play with puppy, or see a movie with your family, just blanking out about your own problems awhile affords you altogether afresh outlook.

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If tension management tips aren't aiding, particularly if you've no idea of what's inducing you to experience depression or stress, you should seek a master's help.



## Absolutely Free Stress Relievers

Since people mature and concern about cardiopathies and additional life-threatening medical troubles arise, the demand to reduce tension frequently creates a bit of tension of its own. As this is very natural response to stress can cause a few rather unsavory medical disciplines if it's left uncontrolled, about everyone may profit from checking tension relievers that act upon them.

While a couple of people may believe the only tension relievers which come inside an prescription bottle or in an psychologist's office place, This is merely not the case involved. There are simple tension relievers anybody can put into act in daily life. Though they may not take on the source of tension itself, these tension relievers can lower tension levels and helps people reload and concentrate on what's really crucial. As a matter of fact, a few among the best tension relievers don't cost.

### **Tension Relievers which Cost Nothing**

Tension relievers need not come in the kind of costly prescriptions or busting your budget holidays. There are a lot of things which people might do to comfort the affects of tension without dropping more than a couple of dollars at most. A few of the dearest include:

- **Laughing.** Mayo Clinic indicates to this as among the best stress busters in the Earth. The effects of expressing joy relieve stress, amend the resistant system and may even amend mood. Good, aged fashion belly laugh is first-class for the mind, body, heart and soul.
- **Exercise.** Something simple as a walk around your neighborhood at the end of an each day may help an individual unwind let go of and relax. Workout in any variety is great when tension relievers go and they don't have the need to cost a fortune.
- **Mental vacations.** It may be hopeless to afford a holiday south of France, but none say that an individual can't go there in their mind. Visualizing relaxing sites can almost be good as feeling them.
- **Quality time.** Cutting out even a couple of minutes per day to spend with people whom actually matter, can work marvels. Playing with kids, seeing TV with your better half, playing a game are all first-class thoughts for relinquishing tension and focusing the mind on the thing which matters.

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- **Bubble bath.** There's something to be told for taking a blistering bubble bath and if possible even light some fragrant candles. This is a first-class way to transfer tension from our body and aid in easing ideas that race by the mind.

Tension relievers are anything which may help an individual relaxes let go and unwind. They need not come in as a prescription to be efficient. As a matter of fact, a few of the best are worth nothing at all.

## 10 Stress Management Tips

Almost all people get to cope with stress at a point in their own lives so here is 10 tips for tension management that help boil down stress and strain.

1. Getting adequate sleep every night is exceedingly important as when rested you're fresh, alerting, and ready to accept a fresh day's challenges. When you're tired, troubles always seem bigger than they're and because you miss energy, it's almost unacceptable to catch up or to stay on top of matters you need should do. Get to bed and do get up during the identical time every day, even during weekends if it is possible, keep your sleeping room dark, cool, quiet, and get some work out early on the evening.
2. Second of 10 tips for tension management is administration, by making a schedule and prioritizing, so you recognize precisely what meetings, activities, projects, and works you've to do. Being unionized and handling your time with wisdom makes such a difference in people's level of stress.
3. Third of 10 tips for tension management is by learning to take a break when you begin feeling flooded by the site you're dealing with. Even 10 minutes which is spent by taking a walk, by putting the feet up, drinking a coffee, consuming something fit, or hearing to a easiness tape will relieve tension, brush up you, and afford you revived energy.
4. Procrastinating is what many people will do, and so the 4th of 10 tips for tension management is to learn not to put off things. Spending time concerning about a deadline rather than functioning towards meeting will merely cause more tension. Tilt the things which you prefer to do in order by importance, deadline, and so begin at top of the tilt. Adjust yourself a destination of encountering or baffling the deadlines, remain focused, and work toward this.
5. Laugh and sense of humor can acquire you through very hard times, relieves stress, and bears healing calibers. At some point every day read comics or something laughable, watch a program which makes you to laugh, or share pranks with friends or colleagues.
6. Live a fit lifestyle is the 6th of 10 tips for tension management. Exercise, consume healthy, proportionate meals, and avoid practicing alcohol, food, or doses to reduce the stress.
7. Learn making fun yourself and not to take it too seriously.
8. Don't dwell on mistakes of the past or things which you can't alter nor have any hold over.
9. Make scripted tilt of your troubles, which adds focus and structure.

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10. The last but not the least, of 10 tips for tension management is guiding a holiday without your cell or laptop computer. Even a short holiday like a weekend escape will relieve tension.

All of the time have realistic anticipations and dreams.

## Stress- Definition And Symptoms

The dictionary defines stress as a force or an influence which stiffens. Although this is a short and crisp explanation, that's precisely what dangerous or addicted aroused stress does. It tightens life, the delectation of it and also the health. For those who sustain it daily or on a very regular basis, its definition can be purely personal.

What stimulates tension and how an individual responds to that does count very much on the individual at issue. A few things which drive a person to uttermost distraction may be brought in pace by some other. It wholly depends upon personalized influences, abilities and experiences to deal tension as it comes.

However an individual explains defines tension to them in person, this specific physical and emotional response can have a great impact for the lifetime. If stress's definition involves indications that come on everyday or a regular basis, the short effects alone might be ravaging. The long-term burdens of tension, however, can be deadly.

Regardless of the stress's definition, the short-run impacts are broadly detectable by the individual aching from tension and those close to them. For instance, in the short-run, stress might cause sleep interferences, muscle aching and pains, stomach complaints, headaches and even swing in mood. Those who abide from chronic tension are famous for being unstable, irritable and quite oftentimes angry. It's not impossible for tension sufferers to be some what forgetful and confused too.

The long-run impacts of tension are even more difficult. If tension is given to control one's life over a great time period, it can result to cardiopathies, depression and death too.

Stress may be rather generalized, but nailing its exact reasons and acting to facilitate them might aid an individual recover control. Although it's true that getting rid of all roots of tension from one's life is virtually unfeasible, decreasing the quantity is not. It's also quite possible to alter one's reaction towards stress. The sooner a person cares with tension, the less likely it's to abide from its negative affects.

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Living with tension is art of life. But living with immoderate tension isn't normal, nevertheless. Learning to control all reactions reduces tension and find serenity with matters that can't be altered may greatly affect a life in a better way. If tension is a worry, obtaining a style to face it might be very critical.

Stress's definition doesn't make it sound awfully worse. Over the long run, this stipulation might lead to some very dangerous complications. Taking complete charge over stress and eradicating it is possible.

## Burnout And Stress Symptoms

The life which people live all the time is frequently troubled with effects that make people to feel normal stress levels at work place, at home or to anywhere else. When regular tension symptoms are common for people to adjust or ignore because of a sense of casualness or being accustomed it, feeling lengthened tension signs symptoms might lead a person experiencing what is called as a burnout. While stress signs become a bit much to behave or makes you experience desensitized to the Earth, it's possible which you may be burnt-out.

An individual who's burned out might experience like the troubles she or he is carrying out have no imaginable solutions. The belief of weakness is among the more prevailing stress signs of blow out and this perhaps accompanies indifference and even cynicism, amidst others. Recognizing the commencements of blow out can really help you keep it or find know-how to acquire yourself away of it or minimize the effects you might come across because of them. Knowing or realizing that you're guiding for a possible blow out due to tension might very well assist to spare you from damaging your own life, your job and your relationships.

When an individual is perpetually bombarded by daily tension signs and symptoms, it may make an individual experience both emotionally and physically drained. The tension in every day life is common adequate an occurrence yet, whenever an individual doesn't do anything to sporadically relieve herself or himself of such, she or he might finish up feeling the galore stress symptoms of a stress blow out.

When stress and blow out might seem interlinked in a way, they're also 2 various troubles which may be cleared with alike solutions. Example of the disputes between tension and blow out include the following: tension might make you experience emotional, blow out could make you experience under-emotional or not caring; tension may make an individual overactive though blow out can make an individual feel very hopeless and dreamy; tension may involve an individual's physical wellbeing while blow out can affect an individual's gushy well-being.

In spite of these deviations, stress and blow out may really be cleared the same way. Tension management is unidirectional that an individual can try to apply to abolish the hoarded tension which might lead to burnout. You will be able to acquire to relieve tension now and then to help

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regenerate yourself so as to forbid a blow out. Any of these 2 solutions which are used for tension may be used to aid an individual to delete the antagonistic touches that these 2 problems might bring to her or his life.



## Mental Stress - Indications And Relaxation Techniques

Problems people feel with tension are frequently shared into physical and the psychological. Mental tension symptoms that people might feel as they're abiding from excessive tension might include indications that strike both the conduct and the cognitive regions of their brain. A few of the mental tension indications that's affiliated with the cognitive region of an individual includes troubles with memory holding, lack of appropriate judgment, constant negativism, being a fussy, irresolution and even uneasy thoughts. The mental tension indications that cope with an individual's conduct include neural tics or practices like frantic pacing or nail biting, short temper that might end in picking by battles and making apologies for not requiring accomplishing duties.

Mental tension indications sometimes can cause physical stress indications. Lessons of such physical indications that root from these psychological stress indications include headaches, ulcers, weight gain or, migraines or even loss in weight. These physical indications might end from mental tension indications because of domino set up. If you're to analyze why an individual might acquire weight or reduce when strained, it is frequently due to the modified thinking that food may provide ease or that food isn't attracting. These are part of the tilt mental strain symptoms, deficiency of appropriate judgment or the departure of an individual's objectiveness.

However an individual can ease the troubles that stress may lay on his / her brain is something which can be chose from a couple of possibilities. The usage of easiness techniques to aid relieve stress besides as the mental strain indications and the physical strain symptoms which advance with it's gaining popularity. A relaxation method that people utilize while dealing with strain is yoga. A different possible strain reliever which uses relaxing as its significant agent is meditation. These 2 frequently come together and possibly used in alignment with the, or as replacement relaxation technique.

A different kind of relaxation that aids facilitate an individual from the effects which mental stress indications may add is Tai-Chi. This old Chinese military art accepts the fluid motions of the dissimilar Tai-Chi postures and utilizes these to produce the affirmative energy that accompanies the moves to help comfort the dismissive effects of tension.

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Using some of the relaxation techniques given above and also other stress busting remedies will act as a welcome lifestyle change, sleeping habits and also the things which you eat might help ease an individual of the adverse issues of the psychological tension symptoms and physical tension symptoms.