

STRESS SOOTHERS

Abolish Stress From Your System
And Think With A Clear Mind

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Foreword

This *is* an eBook that gives you an insight on how you can abolish stress from your life. Stress is the number cause for unhappiness. It makes one live a very unsatisfying life. In addition, research shows that there are so many illnesses that occur as a result of being stressed.

In this eBook, you will get to learn more about. This includes what it means and how it affects a person. There are so many people who are undergoing stress but they don't even know it.

In addition, you will learn some of the symptoms of stress. This will help you in identifying stress in advance and being able to get rid of it before it gets worse.

There is a general assumption that stress is a bad thing. Many people thinks of it as frustrating and bringing about feelings of discomfort and general unhappiness. However, not all stress is bad.

There is a category of stress that is actually highly recommended for every person. In this eBook, you will learn about the different types of stress and how they occur. Try and establish which kind of stress you are going through or are likely to go through in future.

In this eBook, you will also learn what exactly causes stress. This will help you in identifying areas in your life that are likely to bring you stress. If you are currently feeling stressed, you may be able to point out the stressor. It is very important to know what is stressing you. This is the only way that you can manage to get rid of the stressor.

Stress normally has very negative effects on individuals. It can affect one's mind and also body. It can also affect the people around. Stress generally affects an individual's ability to be happy and live a quality life.

In this eBook, you will learn about the effects that stress has on you. This will give you good reasons as to why you have to abolish stress in life

immediately. You may be surprised to know just how much your life has been affected by stress.

It is possible to abolish stress from your life. No matter how bad things may seem right now. You can get rid of stress. This will enable you to enjoy your life better. It will also help in improving your mental and physical health. You just have to make a few changes in your life and you will be able to live a stress-free life. In this eBook, you will get some good tips on how to abolish stress. You can use this tips for your own situations or even give them to someone else who is having a hard time in their lives.

If you aren't stressed out, you can learn how to stay this way. It is possible to avoid being stressed and keep living a good satisfying life. These tips can also help people who have managed to abolish stress in their lives. It will give them tips to avoid getting stressed again. In this eBook, you will learn how to stay away from stress.

There are times when individuals are convinced that things will never get better. For instance, a person going through tough times like a bad divorce maybe so stressed out. This stress may last just a few months until the person adjusts to being single again. However, this stress may also be chronic. There are people who spend most part of their lives being stressed. This definitely robs them of the opportunity to live a good quality life. This eBook is meant to give readers tips on how to get control of their lives. It tells them how they can live life without ever being stressed out.

This eBook is written in very easy English that can easily be understood. This simplicity makes it very fascinating and at the same time informative. You will benefit a lot from reading this book. By the time, you put it down; you will have learnt how to get rid of stress in your life. If you apply the tips given, this will be the start of a good stress-free life for you.

Stress Soothers

Abolish Stress From Your System And Think With A Clear Mind

Chapter 1:

An Overview of Stress

Synopsis

Every day in our life has factors and events that can be stressful. We are constantly surrounded by stressors. In this chapter, you will learn more about stress. This will give you a deeper understanding of this issue.

- What does it mean to be stressed?
- What brings about stress?
- How can I know that I am stressed?

If you are constantly ill, unhappy or feeling frustrated, you could be stressed. Stress can occur even when you least expect it. Understanding this issue will help you know to avoid it or abolish it from your life.



Stress

Life is so full of ups and downs which make it very difficult for a person to always be upbeat all the time. There are events or circumstances that can make one feel overwhelmed or stressed out. All areas of life present opportunities of stress. However, not all stress is bad. There is stress that is normally good. It helps one to get motivated and better prepared to effectively handle different tasks.

Stress may easily occur if a person is pushing themselves too bad. It doesn't matter whether they are doing this mentally or physically. The strain can bring about a feeling an unhappiness and of being overwhelmed by responsibilities. People who find they are not getting enough rest due to any given factors are very likely to be stressed.

Pushing yourself too hard can cause you to breakdown in stress.

To avoid getting overwhelmed by stress, you need to learn the symptoms that can alert you about being stressed out. These symptoms will alert you that you need to take action to alleviate the stress in your life. You also need to learn how stress occurs. This will help you learn how to avoid stressful situations. There are many people who are living with stress; they have come to accept this as the norm. However, this is very dangerous. Stress can harm a person and greatly have a negative impact on the quality of their lives.

Understanding stress

Stress signals are normally send to the brain by the nervous system. These signals may be as a result of a stressor such as fear or even a threat. These

signals alert the brain that something is amiss. These signals or hormones will then be transmitted to the body. They will present themselves in form of high blood pressure, rapid heartbeat rate and breathing, tightening of muscles and heightened alertness.

Stress can easily occur at anytime, sometimes you may not even be able to tell when a stressor is about to happen. For instance, receiving bad news such as the death of a loved one can be very stressful. This may happen unexpectedly and therefore cause you instant acute stress.

This is the body's way of responding to the event. You may also get a threat that can get you stressed out. The threat may be real or even perceived. However, your body will naturally react to this, telling you something is amiss. This is commonly referred to as the, stress response.

Stress response is not necessarily a bad thing. Sometimes it helps a person stay upbeat about life. It can also help a person to get motivated and give their best performance in a given task. It can also help a person to get their defences up in case of danger. For instance, when being attacked a person will be able to react faster and get themselves away from the attacker. However, this only happens when it is working well. Negative stress response works in the opposite. It can get a person feeling very down and overwhelmed by life.

You always have to keep your stress levels in check. If you let the stress overwhelm you then this can definitely be dangerous. Sometimes, stress can get into your life without you even realizing it. You will only be aware of it when things get out of hand. In other instances, it can get into your life and without realizing it you accept it and therefore make it part of your

daily routine. This is how people end up living with chronic stress for a lifetime.

Common responses to stress

Stress can get someone on edge. There are people who react to stress by being very angry. They will be overly frustrated to the point of being unable to do anything else. This will affect how they relate to their family members and even to their friends and colleagues. This people will seem highly irritable and sensitivity. They will have a very strong emotional reaction even with just a little provocation.

One of the most common responses to stress is angry outbursts.

There are also people who react to stress by becoming very withdrawn. This is sometimes referred to as, “feeling down”. A person will no longer be excited about anything in their lives.

They may even stop doing the things that they used to previously enjoy. Such a person may appear to be sad and gloomy. They will not open up about their problems and instead they may actually alienate themselves from other people.

Other people react to stress seemingly very calmly on the surface. They may seem quiet and not really doing anything out of the ordinary. However, inside there is no calmness. This is like a combination of the above two responses. They shut down and at the same time, experience turmoil internally. Their minds may be restless although this may not show in their actions.

Symptoms of Stress

Psychological Symptoms

These may include forgetfulness. It may also include the inability to concentrate on any given task even for a short period of time. A person may also start making irrational judgement and poor choices in life. This can happen to even the people who normally appear to be very level headed. A person may also appear to be constantly worrying and sad. They will have a very negative attitude and may be pessimistic about life. This person will also be constantly in thought. The mind will not be getting much rest due to the racing thoughts.

Emotional Symptoms

Stress will also affect person's emotions. They may start having regular mood swings, being quick tempered and very irritable. They may also be constantly agitated and un-relaxed. A person will start feeling overwhelmed by life and their responsibilities. This person may also start feeling lonely even if they aren't. They will also feel like other people have alienated them. A stressed person will be very unhappy. They are also likely to be depressed.

Being constantly irritable can be a symptom that you are stressed out.

Physical symptoms

Stress usually takes a toll on someone's body. Some of the likely physical symptoms include random or chronic pains and aches. It can also bring about frequent common colds. A person may also have constipations and diarrhoea. They are also likely to experience dizziness and nausea. Stress can also make the heart beat much faster

and make someone experience some chest pains. Stress makes a person lose interest in sex.

Behavioural symptoms

Stress will definitely bring changes in a person's behaviours. It may make them lose or gain appetite. It can also bring about insomnia although other people tend to sleep a lot when stressed. A person may consciously or unconsciously start isolating themselves from others. Stress may make a person start neglecting their responsibilities either at work or even at home.

A person may also turn to drugs, alcohol or cigarette smoking as an escapism strategy. Stress can also cause nervousness and anxiety making a person paranoid or unable to sit still.



Chapter 2:

An Overview of Different Types of Stress

Synopsis

In this chapter, we look at the different categories of stress.

- What are the different types of stress and what do they entail?

By looking at the different categories of stress, you can easily identify the category that is most likely to affect you. This will help you be more prepared in avoiding or dealing with the stress.



Basically, stress is classified into four main categories and they include the following:

Eustress

This is one type of stress that is actually not bad. It is commonly referred to as “good or positive stress”. It normally has a positive impact on an individual and can get one excited about life for a period of time. Eustress is normally short-term. This type of stress comes during specific events and may go away once these events are over.

This is a type of curative stress and may occur prior to physical activities that require high performance such as sports to. For instance, an athlete may experience this kind of stress right before a race. This may actually work towards motivating the athlete to perform very well in their race. Eustress may also occur during instances when creativity is required. For instance, a writer may experience this kind of stress when faced by a major writing project. This will help them get the creativity and motivation required to complete the project successfully.

Eustress may also occur when one is enthusiastic about some things. This kind of stress can actually help one to sum up their energies and give their best effort in trying to achieve something. The most important thing though is to keep this stress in check to avoid being overwhelmed by it. In addition, it only occurs for a short period of time and may actually give one a false sense of contentment that maybe confused for real happiness.

Research shows that people are capable of experiencing eustress over long period of time. This can ensure that the individual lives a very content and fulfilling life. The key is to find out what brings out that feeling of excitement in you. For instance, if painting gives you that thrill, consider doing this more often.

Eustress can motivate and encourage you to give your best performance in an event or task.

Distress

Unlike eustress, distress is negative stress that has bad impacts on a person's body and mind. It may be brought about by changes in life. For instance, if a wealthy person suddenly loses their wealth and is forced to adjust to their new status, they are likely to be distressed. Having to adjust to a new lifestyle or routine maybe overwhelming to the point of getting one stressed. The loss of a loved one may also cause this type of stress. Distress normally brings about feelings of discomfort. It also brings the fear of the unknown. Uncertainty about what will happen in the future and the effect it may have on an individual.

Distress can be further classified into two main categories. These are acute and chronic. Acute distress normally occurs over short periods of time. This kind of stress may be mild or very serious. However, despite its intensity, it is bound to disappear just as fast as it appeared. For instance, a bad incident may get someone very stressed out. However, as soon as the incident is resolved, the stress is likely to go away.

On the other hand, chronic pain usually occurs over a long period of time. It may be intense or not. For instance, terminal instance may bring about

chronic stress. A person may be concerned about their wellbeing. They may also be worried about the effects of the illness. This is may bring around some stress for a long period of time. Chronic pain normally occurs if a person doesn't find a way to manage it. It also occurs in instances where it is not possible to get rid of the stressor.

Chronic stress is one of the most serious types of stress. It can have very serious negative impacts on person's health. It can bring about mental problems such as anxiety and depressions. It may also bring about stress related illnesses. In case a person is ill, the stress may actually make their illness much worse.

Distress is negative stress that can affect a person for a short or long period of time.

Hyperstress

When a person is pushed beyond their limits, they are likely to suffer from hyperstress. Every individual has a maximum level of stress that they can handle. Trying to push this person beyond this level will make them breakdown. Many professionals normally suffer from this type of stress. For instance, if one is overworked and unable to get enough stress they will breakdown. It can also happen when one is overloaded with a lot of tasks to do. Panicking about their ability to handle the assignment and complete it on time will definitely become a stressor.

Hyperstress may also occur when one is overwhelmed by many responsibilities at the same time. For instance, if someone who is looking for a job finds out that they are pregnant, this can be stressful. This is

because; they are faced by two huge responsibilities that bring a lot of uncertainties about the future.

One of the main symptoms of hyperstress is increased irritability. A person is likely to have a strong emotional reaction even to very little things. For instance, an executive experiencing this kind of stress is likely to yell a lot and even fire any juniors who make the slightest mistakes like spilling coffee or even just a simple grammatical or mathematical error.

Hyperstress is commonly referred to as “being stressed out”. This is a phrase that describes the condition of having to deal with more than you can handle.

Hypostress

Many people don't know this but boredom can actually bring about stress. In hyperstress, individuals are stressed by having too much to deal with. On the other hand, in hypostress, individuals are normally stressed by having nothing to do. This kind of stress is likely to occur to people who are unemployed and unable to find a job. This is because they may have nothing that even motivates them to wake up in the morning. They may also have a lot of free time on their hands with no idea on how to spend this.

This kind of stress may also occur to people who lack challenges. For instance, it may occur to someone who is tired of having a routine at work. This person may require new challenges that get them excited and keep them busy. This may happen to young executives who rise up the corporate ladder so fast and then end up hitting a flat line at the end of their careers at a young age. Being bored or having nothing to do can also be stressful to an individual.

Chapter 3:

An Overview of the Factors that Cause Stress

Synopsis

In this chapter, we look at the factors that bring about stress in different people. We will also look at some of the situations that can make one stressed out.

- Is stress normally caused by specific factors?
 - What avoidable situations are likely to be getting you stressed?

Many people are stressed out unnecessarily. They find themselves in stressful situations that are actually avoidable. If you can identify your stressors, you can learn how to manage your stress.



Life events

There are so many things that can happen in life to get someone stressed out. For instance, loss of employment may be stressful. Other events that can be stressors include, a divorce, death, health problems, being a victim of a crime, sexual frustration, and new distressful environments such as a new job, school or even going to jail.

Money is another big factor that can bring about stress. It can be stressful looking for money, losing money, not having it, owing it or even investing it. Verbal or physical confrontations may also cause stress.

Life events such as the death of a loved one can be very stressful

Relationship problems

It is very easy to be stressed when you are in a relationship that is not working out. For instance, an abusive relationship may easily take a toll on the physical and mental health of an individual hence making them stressed.

Fights whether minor or major can also be stressful. Relationship problems don't just affect romantic relationships. An estranged relationship between a father and his children may also cause problems. Friendships can also bring about stress.

Perceived or real threats

Any kind of threat can be stressful. Sometimes these threats may be real whereas in other circumstances they may simply be perceived. Some of these threats include financial threats, physical threats, verbal threats or even social threats. These can be stressful to an individual especially if they

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