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Stress and Anxiety

6 Steps to Relieve Stress

We get over-stressed now and then. It's a natural response under certain conditions. We need to be concerned when our stress is getting out of hand and interfering with our lifestyle. What problems can too much stress cause? High Blood Pressure · Colds and the Flu · Allergies · Diabetes · Damaged Relationships · General Bad Health · The list goes on.

Getting over the stress is what we want to strive for. How can we go about this? Taking the natural approach is probably the best way to start. Here are a few ideas to begin with.

Exercise: It may be difficult to begin an exercise program but once you start it will become easier. Exercise helps to blow off steam and gets rid of excess stress. So you benefit by reducing your tension and obtaining a workout as well. Of course talk to your physician before beginning an exercise program.

Relax: Yes it is hard to relax when you are stressing. Try taking in a deep breath slowly. Now as you breathe out picture all the stress leaving you. You may find that doing relaxation techniques on a regular basis when you aren't stressed out will be beneficial.

Learn relaxation techniques such as: · Meditation · Yoga · EFT · Z-Point · Bio- Feedback · Listening to some soothing music. · Prayer · Asking for Assistance · Joining a Support Network

Look into what causes your stress: You may not know what is inducing you stress. Try to understand where the source is coming from if possible. Once you understand what is causing your stress you can try to modify these problem areas. If you can't, can you substantially reduce them? Maybe you can look at these stressors in a different way.

Have a Positive Attitude: Always look on the bright side of things. Don't think about what may go wrong. Take positive steps to improve yourself, your business and your spirit. Work on your ambitions. Find methods to enhance your routine activities. At the end of the day understand that you have done all you can to maintain a healthy outlook on life. Now you can relax and enjoy the remainder of the evening either by yourself or with family and friends.

Nutrition: A healthy diet with the proper nutrition is one key to balancing your physical, mental and emotional health. Frozen TV dinners or Big Macs are not good choices. You need to consume as much unprocessed food as possible. Try to eat as much organic products as possible to eliminate pesticides from your diet. Eat plenty of fresh vegetables, raw if possible, and some fruit. Drink plenty of clean water to keep those brain neurons communicating.

Get Enough Rest: Getting enough sleep at night is crucial to keeping stress at bay. Try to relax the best you can in the evening. Exercise early so that you aren't all wound up. If you watch a movie, ensure it's not too violent or exciting. It may be better to watch a comedy, read something soothing or listen to soft pleasant music. If your stress is so severe and you can't seem to find relief regardless of what you try then you may desire to request professional help.

So there you have six ideas that will help you reduce stress and enjoy life more. Don't delay. Start on these recommendations right away. Don't stop there. Keep looking for new ways to manage your stress and genuinely enjoy life once more. Lambert Klein is the owner of Think Healthy supplements and products.

<http://www.coral-cure.com>

What Your Anxiety Symptoms Are Really Telling You?

Are you suffering from the gnawing nagging feeling of overwhelming unsettled emotional discomfort? Is it affecting your self-esteem and motivation?

Most are familiar with the general anxiety disorders that can be triggered by fears, impending doom, obsessive-compulsive, post-traumatic stress and more. But what about other not so obvious things that raise apprehension and uneasiness that you can't explain?

What is at the root of your anxiety symptom? It may be buried deeply in your subconscious, but most likely you are just not currently aware of the cause. There are many possible things that can be the source of the disharmony leading to undesirable emotional feelings. What do you feel that you can't cope with? Does it relate to the general condition of your life?

What if you are feeling anxious because deep inside you know that you are not thinking and acting in ways that support your core self? You may not even be consciously aware of what is truly important to you, but your incongruent behavior is causing internal friction that your emotions are responding to. Not being aware of why you feel the way you do supports the anxiety, you feel powerless and unsure. But why are you uncertain?

It is normally based on your perception and subsequent interpretation of something. There can be some subtle things that are the cause of stress and anxiety.

Here are 5 places to look for some possible root causes of your anxiety symptom:

1) **Personal integrity is compromised** -- Are some of your thoughts and behavior not in alignment with your most important values? This situation can be tough to detect until you look for it, as you may not be clearly aware of your deep values. If there is a conflict between your behavior and your deepest core values you will feel emotionally unsettled. Your thoughts and actions must be congruent with your deepest values in order to feel harmonious.

2) **Less than honest interactions** -- Are you less than honest and forthright in your interactions with others? If you are living even small lies you may be fooling some of the people some of the time, but never yourself. Deep within, you know what's going on and your inner self will let you know when something is not right. However, if you are not aware of your inner thoughts and feelings you may not be sure what your anxious feelings are based on.

3) **Cheating Your Potential** -- Are you not utilizing all of your potential? Do you make excuses for not using all your potential? Are you full of reasons and justifications in an attempt to feel right about your less than full effort? You know this inside; you can't cheat yourself and get away with it. When you are consciously not aware of it you can feel out of control without knowing why. Not utilizing your full potential can be stressful and anxiety symptoms will come from your feeling not in control.

4) **Stuck in the Procrastination trap** -- You know that you are not getting done what you want to get done and what you are capable of doing, but can't seem to do anything about it. Also you become unsure that you can do anything about it since you have not been able to up to this point. When you get stuck in this cycle the frustration with yourself can turn into anxiety, as you don't know what is behind it, plus worrying whether you can ever change it.

5) **Fearing your future without knowing why** -- This relates to the first four items, in that if any of the above conditions are present you can easily feel unsure of your future. Facing the future with self-confidence requires that you be well grounded in who you are and in touch with your potential. Not being secure and feeling unsure whether you can do anything about it is stressful and can lead to anxiety. Stress and anxiety can go hand in hand as you are continuously aware of your feelings of uncertainty and the resulting fears. It can even be the cause of depression if the situation seems like it's hopeless.

The key is to root out these base causes of your emotional feelings, reassess them and change your perception to better align with the life you want.

Anxiety symptoms are red flags your inner referee is throwing up to notify you that something is not right, out of balance. If you let it go, just like a physical ailment, it gets worse and becomes more and more established. These self-concepts originated from some perceived need to protect or satisfy in some way. Since you are feeling unsettled, they are likely no longer supporting your best interest. Your inner self is making you aware of an opportunity to change for the better.

To discover what the sources of your stress and anxiety are and what were the benefits, ask yourself some probing questions to peel open your thoughts. Once your thoughts are revealed, then reassess and establish a new perception and interpretation of the situation or idea. Asking questions of yourself may not be easy at first, as your mind is not accustomed to thinking in this fashion. But with diligence, you will learn to allow your thinking to open up revealing much more about yourself than you were previously aware of, but it's there.

Also useful method to help to reveal your inner thoughts is to meditate on it. Meditation helps to calm and quiet the surface chatter that keeps you distracted and separated from your inner thoughts, allowing for their rediscovery.

Another beneficial self-improvement activity is to clarify, establish and define a solid foundation for yourself. For example, just as a tall building cannot be stable without a strong foundation, neither can a successful life. You can solidify your place in the universe, discover your purpose, align with intention, and establish a vision and a personal mission. You can clarify your core values, your potential, your strengths and how you will support your purpose.

In establishing a solid foundation for yourself you will elevate your self-concept, self-esteem, self-confidence and self-motivation --it's how to relieve stress, anxiety and depression. You will be able to grow and change without excessive fear, doubt and worry.

Continuous self-improvement with a positive attitude leads to happiness, positive thinking and unlimited possibility.

John Halderman
Design A Life System