

# BEING LESS STRESSED



# **Table Of Contents**

Chapter 1:

Stress Resolutions Basics

Chapter 2:

Understand What Stresses You

Chapter 3:

Understand Who Stresses You

Chapter 4:

Get The Acceptance Mindset

Chapter 5:

Practice Breathing Exercises

Chapter 6:

Use Reminders

Chapter 7:

Make Sure To Network

Chapter 8:

Get The “I Will Be Calm” Mentality

Chapter 9:

Use Affirmations To Stay On Course

Chapter 10

The Benefits Of Your Stress Resolution

# **Chapter 1:**

## *Stress Resolutions Basics*

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### **Synopsis**

There are lots of things that individuals need to learn about stress resolutions but it would be best to familiarize themselves first with the basics. The following information can help individuals suffering from stress to get out of the trap.

## **The Basics**

There is no exact measure or definition of stress but it is generally defined as the physical and normal response of body to things that makes them feel worried and bothered. Stress affects individuals differently same as individuals view stress in different ways. It is true that stress is already part of life and it can strike at any point in one's life.

Though stress can happen inevitably, many individuals still desire not to allow stress rule their entire system. It is for this reason that individuals make stress resolution to finally get over this unwanted feeling. Before individuals make resolutions they tend to look back the previous years and determine if things went out the way they should be. Individuals start to make resolutions to resolve weight problems, eliminate stress and more.

Stress resolutions are made by individuals who no longer want to be tied with this bothering feeling. When one makes resolution, they begin to envision a new year where things will fall into places. Embracing these resolutions is synonymous to making commitments and doing the very best to succeed. If you are looking forward to a different and stress-free year, stress resolutions can serve as your guide and inspiration.

These resolutions also help you in living a happier and healthier life. It is true that making changes in life requires effort and dedication and starting this journey to change by making stress resolutions are brilliant step to take. No one ever desire to live a life full of chaos and stress therefore making stress resolutions becomes a top priority of many individuals from different walks of life.

Individuals aspiring for big change on their life must be familiar with the stress resolutions basics. The first step to take is planning and taking down notes on paper. Many individuals remain stressed because they failed to make a list and try to things at the same time.

Create resolutions and write these down and determine the best ways to fulfill all your goals. You are also tasked to make periodic assessments to determine where your resolutions are taking you. If you are living stressful life, the first resolution should be identifying where majorities of stress are coming from and the rest will follow.

# **Chapter 2:**

## *Understand What Stresses You*

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### **Synopsis**

Stress may affect individuals in many ways and these may pose effect on their personal and professional life. Regardless of the things or event that stresses you, it is more important to have the willingness and determination to overcome them. It is essential to understand what stresses you because it is only then that you will be able to move forward and avoid these stressful things or events completely. The following might be one of the causes of stress affecting many individuals these days:

## ***Causes***

- **Work**

Heavy workloads are just one of the many things that cause individuals' stress. Work stress and pressures are common these days and experienced by many employees and working professionals. Doing tons of work on longer period of time, meeting deadlines and many other work related issues can trigger stress.

Work can cause stress if you are already unhappy with it or you are give heavy workloads and too much responsibility. Other factors that can cause stress in work are poor management, unclear work expectations, lack of right and involvement in making decisions and more. Working under pressure and complicated conditions and experiencing discrimination also trigger stress.

- **Money Matters**

Financial issues are what stresses man y people and these are one among the many factors that can really cause headaches if not properly addressed. In some instances, individuals are left in stressful and hopeless situations because they are left with no means during the time that they are desperately in need for money. In other cases, limited budget is also what causes stress. There might be source of income but the amount of money earned may not be enough to cover the growing needs.

- **Family Problems**

Problems and conflicts within the family are also what cause stress. Living in one roof where harmony and strong family ties no longer prevail can really be stressful and devastating. Having arguments with your parents and siblings does not just stress you out but also affects you emotionally. Family problems can also interfere with your normal and usual function at home or in the workplace.

- **Complicated Relationship**

One of the most common things that trigger stress is complicated relationships. Unfaithful partner and many other relationship issues tend to break couples apart and these leads to never-ending stress.

There are more other real-life scenarios that cause stress and hopelessness to individuals. The things that generally stop individuals from living happy and satisfying life that they are dreaming of are the following:

- Loved one's death
- Heavy financial obligations
- Divorce
- Marriage
- Lack of job
- Relocation
- Injury or chronic illness

- Emotional problems such as anger, grief, anger, depression, low self-confidence and guilt.

# Chapter 3:

## *Understand Who Stresses You*

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### **Synopsis**

There are individuals that cause you stress and can give you a really terrible headache. Living with people who are also stress entails higher possibility of being stressed too. It is essential to know destructive people who stress you and as much as possible let go of them. The following are the individuals who cause you stress:

# **Who**

## **Viral People**

They are termed as such because they seem to appear like bad flu. These are people who always cause discord in your life. Viral people are those who cannot manage to be happy unless there are things and events to hate. These types of individuals can really be stressing. After visiting or hanging out with them, you certainly feel drained as if you are having a terrible cold.

## **Attention Seekers**

Individuals who are always messing around and destructing your routines can also cause stress. These are the types of people who wanted the world to revolve on them as much as possible. What can really be stressing and bothering is when they tend to demand all your time and attention and get mad when you fail to give them what they want.

## **Victim Players**

Victim players are those who put the blame on themselves when something wrong happens to life. Some individuals might view life's ups and downs as normal events but for victim players see dark phases of their life as the end of the world. Hanging out with these types of people can cause stress and can bring life with negative vibes. As much as possible, get rid of these individuals for they will just interfere with your normal and happy life.

## **Mental Abusers and Bullies**

Bullies are not just dominant during your childhood years because even during adulthood you can still encounter bullies and mental abusers. These types of people are anywhere to be found. They may be present in the

neighborhood, at school or in the workplace. Mingling with these individuals can cause you stress and other worst effects. Aside from being stressed out, bullies and mental abusers are the reasons while others are living in fear. Having to deal with them can upset a person and this is what seems to be stressful on their part. Mental abusers can be your ex wife or husband, significant other or worst, they can be your parents. Studies revealed that increased numbers of younger children are living stressful and complicated lives because they are suffering from mental and physical abuse from their own parents.

### **Floater**

The reason why floaters fall under the “Who Stresses You” category is that they would just surprisingly come out when they are in need of help. They may appear right in front of you if they are in need for food or shelter. Of course it is great to help others however it can start to be stressing and annoying if these attitude and behavior become a way of life for these types of individuals. When floaters are no longer welcome they start to find another who can help them.

In general, who stresses you are those who got negative behavior and influences. These are people who exclude or ignore you, give you unachievable tasks and setting you up just to see you fail. Stressing people are also those who spread malicious gossip and rumors about you, make offending and insulting remarks, underestimate your talents and potential and undermine your integrity.

Who stresses you are those who deliberately withhold information that you deserve or need to know, make you look so stupid in public and fail to give

you due credit for your essential contribution. Let go of these people or else you will notice yourself eventually drowning in pessimistic life with them. Getting rid of them completely entails a stress-free life, the type of life that you deserve.

# Chapter 4:

## *Get The Acceptance Mindset*

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### **Synopsis**

There are inevitable instances that individuals are frustrated and stressed out. Stress is a natural response and having such feeling is normal. Experts revealed that stress is of two kinds, the good stress and the bad stress.

The former is said to be the type that is motivating and beneficial while the latter is causing health problems and anxiety. Little doses of stress is good for it motivates individuals to be better, energizes them and inspires them to be more productive and efficient.

However, there starts to be a problem when stress is recurring and is staying in one's life for longer period of time.

## **The Right Mindset**

The key to overcome the worst scenarios caused by stress is to get the acceptance mindset. When you are up to something, you have to accept that there are really things that are not meant for you.

The more you insist, the more things get complicated. What matters is you do your best and achieve results. Simple as they maybe, they are considered to be the fruits of your hard work and perseverance.

Do not be stressed out when you failed to achieve the peak for you are always given all the chances to grow and be better as a person.

The acceptance mindset can make you feel at ease and relieved. You do not have to occupy yourself asking why things did not happen the way you want them to be because this can really be stressful on your part.

You also have to accept that you are not an exemption because somewhere along the way, you might experience stress the way others are experiencing this. The best approach for this is to determine the major sources of your stress and deal with them the right way.

You have to accept that stress is already part of life and chances are you might be one of the victims. It is all up to you if you wanted to stay on the trap or get out of it completely.

Cultivating the proper mindset is an essential part of your stress management. Achieving your goals and desire for a stress-free and happy life takes plenty of effort, determination and ideal mindset.

However, there are some individuals who will be sabotaging your effort by means of bringing distorted thoughts so you have to be very careful.

To completely eliminate stress from your system stop resisting and believe in the power of acceptance mindset. You might observe others stuck in the most stressing scenarios of their life without even thinking that these may also happen to you. But in case, you have been victimized by stress, you have to accept this and convince yourself that unpredictable things happen and these are all part of life's beauty and complexities.

# Chapter 5:

## *Practice Breathing Exercises*

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### **Synopsis**

Stressed individuals are on the lookout for the effective means of relieving stress without even realizing that they naturally has one of the best stress reliever and that is breathing. Breathing exercises do not just relax your mind and body but these are also proven to boost your immune system. Experts even suggest that individuals should take a deep breath whenever negative thoughts and feelings strike in.

## **Breathing**

It was found out that breathing exercises have profound effect to health. Individuals who take time to perform these types of exercises especially during stressful times feel a lot better than those who do not do breathing exercises.

Studies were conducted and it was found out that breathing exercises alter the blood's PH and change blood pressure. Most importantly these exercises can be utilized as methods of training the reaction of the body towards stressful situations and dampen and reduce the production of risky stress hormones. Rapid breathing is said to be controlled by the human sympathetic Nervous System. This is part of flight or fight response, the part which is activated by stress. To relieve stress, deep and slow breathing is necessary.

Breathing exercises are crucial for ultimate recovery from stress and depression. Making deep breaths stimulate the PNS or Parasympathetic Nervous System which is responsible for various activities occurring when the body is at complete rest. The following are the most suggested breathing exercises that individuals can try to relieve anxiety, depression and stress and the surprising benefits that individuals can get should they decide to perform these exercises:

- **Coherent Breathing**

This is basically a type of breathing exercise in a rate of 5 breaths every minute. This is said to be the middle of the rate range of resonant breathing. This is done by making five inhales and five

exhales. This breathing rate aids in maximizing Heart Rate Variability or HRV, which is defined as the rate of performance of PNS.

A change in pattern and rate of breathing can alter HRV causing shifts in the nervous system. The higher the Heart Rate Variability or HRV is better because this entails healthier cardiovascular system and stronger response system for stress.

- **Resistance Breathing**

Resistance breathing exercise is breathing by creating resistance to the ideal flow of air. Resistance can be made by pursing your lips, placing your tongue's tip against the inner and upper teeth and hissing to your clenched teeth. You also have to tighten your throat muscles, close the glottis partly and narrow spaces between your vocal cords with the aid of an external object like straw.

- **Breath Moving**

This is when breathing moves complementary to your imagination. An expert compared this breathing exercise to a deep internal massage. It is as if allowing your breath to take a short journey to your entire body. As an example, when you are breathing, imagine that you are able to move your breath to your head, spine, sit bones and other parts of the body. This can somehow give you relaxation and relieve the stress you are feeling.

Individuals got the power to change the pattern and rate of their breathing deliberately. Scientific studies proved that controlling breaths helps in managing stress and all other stress-related

conditions. As a matter of fact, breath control and breath exercises are not just used as stress reliever. These are also utilized in other practices like tai chi, yoga and meditation.

Many individuals these days are embracing breathing exercises to reduce stress and promote relaxation. Aside from these, breathing exercises also play essential role in getting rid of chest tightness, fatigue, light-headedness, faintness, panic feelings, heart palpitations and more. The following are the benefits you can get when you perform breathing exercise to reduce and completely eliminate stress:

- Breathing exercises to relieve stress work quickly.
- Individuals who feel exhausted and stressed can perform these exercises anytime, anywhere.
- No professional skills and intense practice are required to master these exercises.
- One of the most amazing benefits of breathing exercises is that that these are absolutely free.
- Individual who are stressed can perform these exercises even in the midst of stressful scenarios to stay relaxed and calm.
- Breathing exercises can efficiently reverse individual's stress response avoiding the unwanted effects and impacts of chronic stress.

# Chapter 6:

## *Use Reminders*

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### **Synopsis**

When individuals are stressed and confused, the tendency is for them to lose focus on things and events that they are attending to. There are actually many ways on how to rectify this issue and using reminders is one of them. There are instances that individuals tend to look for great solutions without knowing that by just simply using reminders, they are getting closer to a happy and stress free way of living. The following are simple yet powerful reminders that individuals should think about especially if life is throwing little doses of difficulty and stress:

## Reminders

- **Happiness is not constant**-You have to remind yourself that you will certainly have to overcome bad and stressful days because not every day is a happy day. You are not guaranteed lifetime happiness because this is believed to be only series of great moments that adds sweetness and beauty to life. However, it is your choose if you wanted to stay happy or stressed. You still have to keep in mind that there are still inevitable instances in life that can happen beyond your control and these can interfere with your happiness.
- **Failures are considered as temporary scenarios**-Failure to achieve or accomplish something is not a reason to be stressed out and devastated. You have to be reminded that failures are only temporary and these are meant to teach you with necessary lessons in life. Remember that the best lessons in life are learned from worst mistakes and from darkest hours of life. It is true that individuals fail at times but the quicker you accept your failure, the better person you become. Individuals are never hundred percent sure about the things waiting in line and this makes committing failures and mistakes naturally occurring things.
- **Though you cannot notice it now, you are actually making progress**-You may not be in the position or place that you wanted to be yet but if you practice patience, determination and personal effort, you may likely reach there. Never allow stress and negative emotions stop you from doing what you have always wanted. You got lots of reasons to dream and believe that you can fulfill all those dreams.

Always be reminded that trusting yourself can make you feel more confident not because you have always made the right decisions and choices but because you have successfully survived all setbacks and challenges. It would not harm to cry in the event of failure but make sure that after you have released your stress and let go of your negative emotions, you will be more optimistic and determined.

- **The level of stress is not a real and exact measure-**Being afraid does not always mean that you are in danger and being alone does not also mean that nobody cares and loves you. Always look beyond all your doubts and search for the truth. The best way to overcome stress is to get rid of negative thoughts and actions and develop positive ones for these are more powerful. Go for a stress-free life and always remember that you have to let go of how you unpleasantly feel, look forward to what you truly deserve and keep moving forward. Never ever let stress and fears rule and define you.
- **Your life now is not what has been in the past-**No matter how stressful and chaotic your life has been in the past the future remains fresh, clean and open and wide slate. You are not your previous habits, past failures and not the old person that others have treated before. You are what you are at the moment and you are special.
- **Failure to get what you want is a blessing-**Some individuals feel stressed and frustrated if they fail to get what they want. This should not be the case because this may sometimes be an amazing stroke of better opportunities. This scenario encourages individuals to re-evaluate things and go with the best choices.

# Chapter 7:

## *Make Sure To Network*

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### **Synopsis**

When you are stressed, it would be best to reach out with people because this is an excellent means of getting support from network of friends, families and colleagues. Make sure to network whenever you are into stressful situations because this helps ease your troubles and allow you to view things differently. Experts revealed that connecting with people give you the support you need. The activities you do with families, friends and loved ones can help you relax. Even a simple laugh with them can be a fantastic stress reliever.

## **Network**

Making network is synonymous to making connections and this is essential in terms of relieving stress and establishing better relationships. Getting an ideal social support system from family, peers and friends provides the feeling of comfort and security, knowing that you are not alone in your stressful struggle. The following are the benefits you will get when you make sure to network and create connections:

### **Feeling of Ideal Security**

Social network provides individuals with access to guidance, pieces of advice and assistance that they need. It is quite a relief to know that you have someone to count on in times of needs.

**Increased Self-Confidence-** Having many people around you is an implication that you are such a nice person to spend time with. Having enough support from individuals who matters a lot to you make you feel more confident of overcoming stress and all other problems.

**Sense of Belong-** Reaching out and spending time with others ease stress and loneliness. Whether it is with your siblings, buddies and friends, knowing that you are not alone can help you cope with stress.

To eliminate stress, make sure to network and create ideal connections in order to reap more benefits such as feeling less isolated, judged and lonely,

gaining sense of control and empowerment, improving coping skills and adjustment, talking honestly and openly about feelings and lastly reducing anxiety and stress.

Networking is getting to know other people more. It might be unknown to you but you are already doing networking every single day. You are networking when you start conversation with others or introduce yourself to groups, meet a friend, catch up with former workmate and more. Your attention is being diverted to positive things leaving no room for stress.

# Chapter 8:

## *Get the “I Will Be Calm” Mentality*

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### **Synopsis**

Stress can affect individuals in varying ways but they are fortunate enough because there are many things they can do about this. Embracing the “I Will be Calm” mentality is one effective way of coping with stress. There are several ways to calm down instantly when you are overwhelmed and blindsided by stress suddenly. The following are easy and quick ways to regain calmness during stressful situations.

# **Getting Calm**

## **Taking a Walk**

Exercising is an excellent stress reliever for the reasons that this helps in blowing off steam and releasing endorphins. Taking a walk when you are stressed out can provide you with the benefit of both long and short term exercises. This takes you out from stressful situation and provides you with new perspective and frame of mind. Walking with a close relative and friend is also a helpful way to get support. However, walking alone is also good because this gives individuals time to reframe and reevaluate things.

## **Taking Deep Breath**

As part of embracing calmness mentality, taking a deep breath is essential. Doing breathing exercises when you are trapped within stressful situations can help you feel better. Getting more amount of oxygen in the body and releasing tension are just few of the many benefits you can get when you do breathing exercises.

## **Taking Mental Break**

If you are given the chance escape from a busy and stressful world, grab it. This can give you genuine moments of visualizations and peace of mind. Taking a mental break is also an ideal means of relaxing mentally and physically. Get access to happy place and be ready to enjoy a calm of stress-free life.

## **Finding Pleasure**

When stress bothers you and make you feel worst, engage in activities that will make you feel good. Find pleasure in simple things to help you get rid of stress. You can plan an art project, find new hobby, read books and magazines, play favorite sport, listen to beautiful music and many more.

### **Reframing Situations**

Sometimes, individuals complicate things because they view stressful situations as things that are difficult to deal with. Reframing situations is therefore a helpful way of regaining calmness. Look at your situations differently to gain new perspectives and with that you are getting closer to stress-free life. As much as possible, practice the act of calmness and patience and avoid pessimistic things that sabotages you from fulfilling your goals.

### **Relaxing Muscle**

Relaxing your muscle can also be an effective and helpful technique that helps in releasing tense in your muscle groups making your body feel more calm and relaxed afterward. By using the right approach and means of relaxing your muscle, you can completely release all the stress and tension you are feeling.

Once you have already calm down, you will noticed that you will be in better position to deal any stressful situations you will encounter. It is also a brilliant idea to implement and adopt regular stress slayer and healthy habits for the over-all reduction of stress so that you will be less bothered. Embracing the “I Will be Calm” mentality is a crucial addition to your resolution list.

# Chapter 9:

## *Use Affirmations To Stay On Course*

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### **Synopsis**

Using positive affirmations to let go of stress is a winning option. With the help of positive affirmations, you will surely become more calm and all the tension and stress in your body will completely melt away. Using affirmations can be facilitated in two ways. First is to use this and immediate solution to stress and next is to create positive and long term changes to the body and mind. Releasing stress starts in your mind.

Affirmations are positive and these are specific statements that can help you overcome, stressful and self-sabotaging thoughts. These help individuals visualize what they are affirming to themselves hoping to make significant changes in career and life. Following are the affirmations you can use in breaking free with stress:

# **Affirmations**

## **Affirmations (Present Tense)**

- You certainly free from tension and stress.
- You are now letting go of fears and worries.
- Your body and mind are calm and at peace.
- You are peaceful and positive.
- You are in strict control the stress levels.
- You spend time everyday to reduce stress.
- You are at peace even if life gets complicated and crazy.
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## **Affirmations (Future Tense)**

- You will let g of your tensions and stress.
- You will live a life that is stress free.
- Begin to live a life that is more balanced.
- You find it easy to release other worries and tensions.
- Your mind is becoming clear and calm.
- Every day becomes more satisfying and peaceful.

## **Natural Affirmations that Can Help You in Relieving Stress**

- Releasing stress and tensions is easy.
- You are stress-free naturally.
- You are feeling relaxed and calm.
- You live healthy, calm and balance life.
- You unwind at the end of every day as part of normal life.

There are various affirmations that individuals can use and these are specially designed to increase personal power, reduce stress and awaken the mind to chances of change. Affirmations help individuals live the life that they feel they deserve to live. Individuals can establish positive affirmations and incorporate these in their lives.

Positive affirmation is an excellent tool in transforming negative emotions and thoughts into motivational. It is therefore highly significant to use affirmations to overcome stress and stay on course. Results of studies proved that using affirmation is effective not just in reducing stress but also treating individuals suffering from depression, low self-esteem and other mental conditions.

# Chapter 10:

## *The Benefits Of Your Stress Resolution*

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Making resolutions and changes is a good way to achieve ideal life. These things take lots of effort and determination before you can finally say that you have done your part to the best of your ability and succeed. Stress resolutions create positive impact and influence in your life and these serve as your greatest weapon to defeat stress and all other negative things affecting your life. The following are the benefits of your stress resolution:

- Your stress resolutions become your reflections regarding experiences and thoughts making you more determined and motivated in terms of overcoming stress.
- This also summarizes all the things and goals that you wanted to accomplish making it easy for you to deal with them one by one.
- Stress resolutions serve as inspiration and motivation to keep you stay on course with the endeavor you are in.
- These are positive and excellent tool to reduce stress.
- Stress resolutions, if properly followed can yield to positive and long-lasting changes in your life .
- These help individuals stay focus and these creates awareness about many issues and aspects on stress management.

Stress might attack you anytime but having stress resolutions seems to be a great shield against the worst effects that stress may bring. Making stress resolutions is therefore highly beneficial for a life well lived.