

*The
Little Book
That*

BEAT STRESS



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Chapter 1: Introduction

The Little Book That Beat Stress

What is stress?

Stress is our body's natural response to situations and circumstances that are difficult or challenging.

Stress often occurs when a person feels mentally, physically or emotionally pressured. When you feel strained because of what you are presently experiencing, your body sends out chemical signals to trigger the “fight or flight” response.

Stress is an instinctual, physiological response to a perceived threat or danger in the environment.

When a person feels stressed his body becomes ready to combat whatever it is that is causing the stress. Thousands of years ago, the stress response was useful for our nomadic ancestors because it allowed them to become stronger and faster when they were in danger. When the danger passed, so did the stress response.

Why are toxic levels of stress common nowadays?

Modernity brought many conveniences to us humans, but it also brought its own set of problems. We may now be living in the age of the Internet and modern technology, but our bodies have yet to fully adapt to modernity. We are still genetically designed for the nomadic, hunter-gatherer way of life.

And now, due to the drastic demands of modern living, people are now stressed by circumstances that cannot be fought or escaped, like work, family life, bad colleagues, etc. We are continually faced with stressors or stress triggers on a daily basis.

What happens when a person is always steeped in stress?

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When a person's stress response is prolonged, he begins to suffer from a host of stress-related symptoms and maladies.

A person may develop powerful migraines, hyper-acidic reactions, insomnia and even muscle pain in various parts of the body. Prolonged stress has also been associated with the development of chronic diseases such as high blood pressure, diabetes and even cancer.

Can stress affect our health?

Scientific studies now reveal that we were wrong to believe that stress couldn't make us sick.

When I tell people that stress can have a direct, negative impact on their health, I often hear responses like "unbelievable" or "impossible!" I don't blame them for these misconceptions because for the longest time, it was believed that stress was merely a state of mind and had absolutely no impact on our bodies.

For example, the American Heart Association recommends regular stress management to control periodic spikes in blood pressure, which can put hypertensive patients at risk for stroke or heart attack.

The American Diabetes Association on the other hand, warns us that excessive stress can actually increase a person's blood glucose level and impair one's eating habits.

What's the next step?

If you want to live a fuller and more rewarding life free of the many inconveniences and health risks brought about by stress, you have to make a conscious effort to manage your stress levels.

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Managing stress isn't rocket science: anyone can do it!

So whether you're a student, teacher, carpenter or engineer, you can begin improving your life by lessening the impact of stressors on your mind and body by employing stress management techniques.

Assumptions:

This eBook assumes the following:

1. That you are interested in stress management techniques and would like to know more about how you can actively reduce stress in your life.
2. That you are not using this book as a substitute for medical advice even if from time to time, health-related concepts may be mentioned to enhance the knowledge presented.
3. That you are willing to modify your current lifestyle to improve your chances of beating excess stress permanently.

Chapter 2: The Smart Way of Dealing With Stressors

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What are stressors?

Stressors are the different circumstances in your life that make you feel pressured, fatigued, angry, etc. Stressors are unique for each individual. The things that cause you extreme stress may not be stressful at all to the person who lives next door.

Stressors are unique to each of us because our minds are responsible for determining whether a circumstance or occurrence is stressful or not.

The **modern stress model** indicates that actual, physiological stress is actually the final occurrence in a long chain of interrelated events:

1. Person first experiences a circumstance or event.
2. Person perceives the experience as stressful.
3. Negative emotions are triggered by the experience.
4. Negative emotional arousal triggers psychological tension.
5. Psychological tension triggers physiological/systemic stress response.

How can you manage the stressors in your life?

We each have our own ways of dealing with stress.

If we didn't, we wouldn't be able to function because almost every aspect of modern life can be deemed as stressful. We also have to contend with continuous challenges that we encounter in daily life.

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Some people seem to have a natural talent for managing stress. However, these people are few and far in between. The majority of people around the world generally have a lot of difficulty managing the stress in their lives.

The following guidelines will help you manage your stressors so you can have happier, more relaxed and more productive days ahead of you:

1. Remember That *You* Are In Control

How much control do you have over your life?

This is the most important step in stress management. You have to remember that the most powerful person in your life is you. You always have the choice to be in control of what you feel and how you experience life itself.

Do you remember the last time that you were extremely stressed because someone didn't do what he/she was supposed to do? You may have said something like "I hate _____! He stresses me to death all the time! I'm so angry right now!"

At that exact point in time, you weren't only angry and stressed – you also relinquished control of the situation to someone else. Why? You allowed the other person's actions to anger and stress you.

Why are some events more stressful than others?

Your mind determines which circumstances and situations are stressful. This is the main reason why we have unique "stressor sets" and the levels of stress we experience on a daily basis are unique to our situation in life.

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Your mind has to process events and experiences before they can be perceived as stressors. That's why when you feel stressed by something, you are consciously allowing that circumstance to get the best of you.

To regain control of any situation, you must actively resort to thoughts and behaviors that will not trigger stress.

This can be difficult at first but as you continue managing you're your stress response in different circumstances, you will soon find out that you always have a choice and you don't have to be stressed all the time.

Should you just ignore your stressors?

Many of life's common stressors cannot be ignored with consequences.

For example, if your kids are loud and boisterous and they stress you almost every day, you can't resort to ignoring them because they still need your attention and care.

However, you also have to change your common responses when you feel stressed because of your kids' behavior. It's not fair for a person to go through life experiencing toxic levels of stress every day.

So the next time that you feel angry because your kids' noise is bothering you, respond more constructively by telling your kids to keep it down or by letting them play in another part of the house.

2. Commit to Stress Management

How can you make a commitment to beat stress?

People who have been suffering from extreme levels of stress for many years often feel that stress is part of their lives and “it’s impossible” not to have stress.

This is a completely false notion, as illustrated by the modern stress model. If a person is chronically stressed, it’s because he chooses to let stressful situations get the upper hand.

Can a person unknowingly commit to becoming stressed?

In a way, a stressed person can unconsciously commit himself to responding to different situations by being stressed all the time. If you feel that this was the case for you then it’s time to make a new commitment to yourself: you will now commit to managing and stopping stress whenever possible.

Chronic stress can easily make a person very ill so it is essential that you make this commitment today; not tomorrow, not next month but right at this moment.

Make a commitment that you will no longer allow stressful situations to dominate your waking hours so you can lead a more fruitful and relaxed life.

Commit to the idea that you are 100% in control of your actions, thoughts and emotions and you can change how you respond to stressful events at all times.

To keep yourself motivated with this new commitment, I recommend that you reward yourself every time that you make a conscious effort to manage your stress.

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Small, consistent rewards are much more effective in motivating you to move forward with this commitment than large rewards.

To make this new commitment official, make a stress management contract with yourself:

I, _____, have now realized the harmful effects of stress on my body and mind and no longer want stress to continue in my life. I will now make a conscious effort to change my thoughts and behaviors when I encounter different stressors.

If I have accomplished a significant level of stress management by (date), I will reward myself with the following: _____, _____, _____, _____.

In the event that I did not consciously take the time to manage stress and I reverted to my old stressful habits, I agree to deprive myself of the following: _____, _____ and _____.

3. Identify and Gauge Stressors In Your Life

After making a commitment to manage your stress regularly from now, it's time to determine which circumstances and experiences cause you least amount of stress and which ones really push you into the "stress zone".

Some situations cause more stress than others so it would be best to compare the general level of stress that you experience with each one.

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Create a list of known stressors in your life and grade each on based on the stress scale below:

1 - Somewhat stressful

2 - Mildly stressful

3 - Stressful

4 - Very stressful

5 - Extremely stressful

When you're done writing and grading your list of stressors, focus on managing the items marked with 5's and 4's first, before moving on to stressors that are marked with 3's, 2's and 1's.

You can manage stressors by:

1. Changing your response to the stressor.
2. Removing the stressor from your life.
3. Changing the stressor so it causes less stress.
4. Removing yourself from an environment that stresses you.

Chapter 3: Food and Stress

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What is the relationship between food and stress?

For many years, both natural health advocates and conventional medical practitioners have warned the world about the connection between stress and the food that we eat.

Since stress itself can trigger a variety of health conditions or make them worse, it's imperative that you focus on evaluating whether the food that you eat is making your stress worse or if your stress is causing you to eat very poorly.

Here are some nutritional guidelines that will help you shift to a diet that will fully support your stress management efforts:

1. Eat a Well-Balanced and Nutritious Diet

What's in a person's diet?

A person's diet is often a reflection of his ability to manage stress.

If you tend to consume sodas, candies and junk food more frequently than healthy, whole food, it's possible that you are experiencing a prolonged state of stress.

A well-balanced diet can definitely help stressed individuals by improving the overall physiological function and balance of the body. Regularly consuming fruits and vegetables can help you develop a more balanced and relaxed mindset as they provide the trace nutrients needed for normal mental function.

If you feel mentally fatigued and physically exhausted all the time, you will have a more difficult time managing your stress. You can help your body fight off stress by improving its efficiency in carrying out its various tasks.

Also, if your body is stressed from all the chemicals and preservatives in food, it may take longer for you to fully control your body's natural stress response.

2. Reduce Your Consumption of Cola Beverages, Tea and Coffee

Why should you avoid drinking tea, coffee and cola products?

Popular beverages such as cola softdrinks, coffee and tea all have one thing in common: caffeine.

Caffeine is a natural stimulant that can produce physiological effects in the body that mimic or copy the stress response. Examples of these effects are elevated heart rate, a highly reactive nervous system and increased alertness.

People who are not dealing with excess levels of stress probably rely on these pseudo-stress effects of caffeine so they can work more efficiently. Caffeine acts upon the nervous system and is commonly used to “wake up” in the morning.

The problem with caffeine and other pseudo-stressors such as nicotine (from tobacco products) and theobromine (from tea) is that they not only mimic the natural signs of stress but they also make the nervous system more reactive than usual.

A highly reactive nervous system can cause a person to feel stressed out more frequently and at the slightest provocation.

So if you're already stressed out from something, it is not a good idea to smoke, drink coffee or drink tea as these substances will not actually relax you – **they will actually make you feel more stressed!**

3. Avoid Foods and Beverages That Contain Flour, Refined Sugar and High Fructose Corn Syrup

Why should you avoid flour, sugar and HFCS?

These three ingredients are almost always added to commercial processed food because they're relatively cheap to acquire in bulk and they "get the job done".

However, current research suggests that these three ingredients can actually harm your body by causing imbalances in your nervous system.

It appears that when the body metabolizes these ingredients, the body uses up far more vitamin C and B vitamins to successfully break down flour, sugar and HFCS into a usable form called glucose.

When the human body doesn't have sufficient B-vitamins and vitamin C, its nervous system begins to malfunction.

The human stress response is intimately connected to the nervous system because it is a sympathetic or automatic response to perceived threats or dangers.

We have no direct control over the stress response - we can only influence it indirectly through stress management techniques. Ask your doctor if further vitamin supplementation would be helpful in reducing your overall stress levels.

4. Cut Down on Salt

How can salt aggravate the effects of stress?

Salt has a profound effect on the human body: once ingested, it automatically increases the body's ability to hold on to water. Salt's natural aftereffect sounds fascinating but it's actually a very harmful side effect that can damage your cardiovascular system, especially if you have high blood pressure.

When your body has an excess store of fluids due to high sodium intake, your blood pressure will have a tendency to go up.

If you are stressed all the time, your blood pressure will increase even more because as an effect of adrenaline which is naturally released in moments of severe stress.

Uncontrolled blood pressure can easily cause heart attacks or stroke in individuals who have cardiovascular conditions. It's important that you control your sodium intake so you can maintain a healthier blood pressure level.

The upper limit for salt intake in healthy adults is 5,000 milligrams per day. If you have high blood pressure your doctor may have already advised you to shift to a low-salt diet to decrease your risk of exacerbating your condition.

5. Boost Your Fiber Intake

Why is dietary fiber important for stress management?

When a person consumes sufficient amount of dietary fiber per day, he automatically gains two distinct health benefits:

a.) Dietary fiber cuts down your body's absorption of fats, particularly "bad cholesterol" or LDL (low-density lipoproteins) by coating the walls of the small intestines, which is the site of nutrient absorption in the digestive system.

b.) Dietary fiber also acts as a "broom" that sweeps away solid and semisolid wastes stuck to the large intestines. Since fiber cannot be digested by the body, it also acts as a rolling sponge that carries waste out.

Can fiber help cut your risk of developing cancer?

Medical studies show that you can reduce your chances of developing several types of cancer by consuming whole foods that are rich in dietary fiber.

Having more fiber in your diet means you will have a cleaner colon and wastes containing cancer-causing compounds and byproducts will no longer stay in your colon for long periods of time, where they can do the most damage.

Fiber can help with your stress management efforts by naturally detoxifying your body and thereby reducing the physical stress that you may already be experiencing because of a poor or imbalanced diet.

6. Minimize “Emotional Eating”

What is emotional eating?

Emotional eating occurs when a person consumes food to gain mental comfort from stress. Emotional eating is associated with a person’s appetite and is directly connected to his chosen diet.

The problem with emotional eating is that people often seek out high-calorie junk food to ease their stress.

Over time, an emotional eater becomes so accustomed to his habit that not being able to carry it out can actually trigger stress.

Another disadvantage associated with emotional eating is the guilt that a person feels after consuming large quantities of comfort food. To some people, comfort means chowing down on a large chocolate bar. To others, stress can melt away if there’s a large vat of ice cream ready while watching TV.

The guilt that a person feels after he indulges himself in food that he knows is unhealthy can exacerbate stress and can lead to even more emotional eating in the long term, thereby creating a vicious cycle.

7. Prioritize Protein

How can eating protein help quell excess caloric consumption?

People often consume carbohydrate-rich food first before proceeding to whatever protein source is available.

Nutritionists recommend reversing the sequence: eat your proteins first, greens next and carbohydrates last.

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When you consume protein first, the body releases chemicals that accesses stored fat and turns it into energy. As you continue eating, your brain gradually receives a signal that it is full and so you feel fuller more quickly.

This can be extremely helpful for individuals who routinely consume large quantities of potatoes, bread or rice when they are stressed out because of the “rush” associated with eating these common comfort foods, which are also incidentally rich in carbohydrates.

Eating comfort food isn't limited to emotional eating alone. A person can subscribe to the idea without being an emotional eater per se. However, the result is almost always overeating, which isn't good for your overall wellbeing or your stress management efforts.

Chapter 4: The Golden Rules of Stress Management

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What are the best practices in stress management?

As we continue our collective battles against the ravages of stress, it would be best to cap off our conversation with our very own “Golden Rules of Stress Management”.

These gentle reminders will serve as guideposts as you create your own effective techniques in combatting the individual stressors in your life.

Always remember: it’s impossible to get rid of all the stressors in one’s life.

It’s simply impossible because our minds will always find ways to see situations and circumstances as stressful. However, you will no longer be trapped by your own stress cycle. Stress will now be siphoned out of your life whenever it rears its ugly head.

Are you ready to beat stress? Here are the new rules of the battle against stress:

1. Choose to Relax

Do you consciously choose to relax or be stressed?

I’ve heard this countless times from family and friends: *“How can I relax? I can’t relax now! I’m so stressed!”*

I’m often at a loss for words when I hear such statements from other people because they seem to forget that they actually just made a choice **and that choice was to be stressed.**

Again, everyone has a choice when it comes to stress. You can choose to bathe in the aftereffects of your body’s stress response and feel like

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a wrung piece of cloth or you can choose to manage your stress so it won't bring you down.

What are your options for relaxation?

There are countless ways to relax without having to resort to emotional eating, smoking, drinking alcohol and other destructive habits.

For me, the most effective method of relaxing is through my daily exercise routine. I wake up at 6 AM and I do cardio and I lift a few weights before showering. At around 8 AM, I feel so refreshed and happy that I stay positive and relaxed for the whole day.

I'm not saying that you should do exactly the same things that I do because that might not work for you at all.

Some people may actually become even more stressed because they have to wake up early to exercise. But what works for me, works just fine and so I continue with my morning exercise routine.

Try to find out what relaxes you the most and try to make it a daily or weekly routine.

David, a close friend of mine, finds extreme pleasure and relaxation when he goes to the spa for deep tissue massage. He usually disappears a few times a week to get massages when the demands of his work stress him out. Some people find his frequent spa sessions strange, but he's happy and relaxed all the time so it seems to be working for him!

2. Get Sufficient Sleep Every Night

Are you getting enough sleep every night?

Many teenagers and adults develop a most unhealthy habit of staying up late every night even though they know they have to wake up early the next day, either for work, school or family-related activities.

Eventually, these folks believe that 4 or 5 hours of sleep is enough to function throughout day. Usually, these sleep-deprived individuals begin to feel sleepy after lunchtime or right before dinnertime.

They struggle to stay awake and they are actually more stressed than usual because their bodies are protesting against the lack of sleep.

How can you have better “sleep hygiene”?

To avoid this scenario, **aim to get at least 6 hours of sleep every night**. Six hours of sleep should be the minimum, not the maximum. It would also be helpful if you establish a healthy sleep routine every night so you will be able to turn in early at the same time every night.

This will help train your body to rest early and wake up early as well. Avoid “clock counting” or the habit of counting the hours left until you have to wake up in the morning. This will not help you establish a healthy sleep routine – it will only encourage you to stay up late even if you don’t really have to.

Does sleep affect the quality of our days?

Sleep can have a huge impact on your stress levels at work and at home.

You will have a more positive and happy disposition when you have enough sleep and you won't feel so angry when someone irks you at work. Again, being stressed is a choice. If you purposefully don't get enough sleep every night, you're making a conscious choice to be stressed when you wake up because you lack enough sleep.

3. Stop Worrying

Why is worrying harmful and stressful?

Worrying, like stress, is a natural response to the presence of perceived issues or problems. The purpose of worrying is to help you prioritize problems that need to be solved urgently. However, many people develop a chronic worrying habit that can cause severe stress for many, many years.

Chronic worrying doesn't help solve problems: it actually prevents you from setting goals and actually creating solutions to your problems. When you worry too much, your body readily reacts with stress and the stress can make your mind foggy and unreliable in terms of formulating solutions.

When you worry, you don't focus on solving the current problem, you just focus on the problem itself.

If you catch yourself worrying often about a problem you have, tell yourself to stop worrying because you're going to sit down and think of a solution.

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Write down all possible solutions and pick one that appears to be a good option for your current problems. Think of the resources that you need to implement the solution and take action as soon as possible.

4. Start Being Organized

Are you organized enough to be relaxed at home or at work?

One of the most common sources of stress in the modern world is clutter and disorganization. Disorganization, especially at home, can continuously trigger the stress response and this much stress can drive anyone crazy.

If your house and office are in shambles and you don't know where to start, try contacting a professional organizer so you can have someone to consult with regarding the clutter at home. Seeking help is a good option if you simply do not know the first step in getting organized.

5. Spend Your Time Wisely

Why is time management vital to stress management?

Time has turned out to be one of the most valuable resources that a person can ever have.

Stressed homemakers, students and professionals all have a collective dream: to have 2 - 5 extra hours per day for everything that needs to be done.

If your daily schedule is hectic and you feel that there's never enough time for all the things that you need to accomplish, it's possible that you are not managing your time wisely. Time management is the

foremost and probably the most important productivity strategy in human history.

I am able to manage my time judiciously by using digital to-do lists (they're on my tablet and smartphone) and by writing down things I have to do on my annual journal. I also plan things weeks or months ahead of time and I try to accomplish them earlier so I can buy some "free time" in the future.

Finally! A 60-year-old, scientifically proven way to release negativity, stress and tension from your mind, body and soul in seconds from now...

(... and see life through a brand new lens!)

What if you could truly accomplish any goal, big or small, be 100 x more effective in your work, become a more energetic and fun person to be around, be consistently happy and positive day after day, let go of crushing addictions, handle tough situations with calm confidence, and ultimately, become a master of your life...?

It sounds like a distant, almost impossible dream, doesn't it?

But what if it were true?

I mean, really true.

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Have you ever felt like a walking zombie, drained and almost crushed by the weight of life on your shoulders?

Ever felt paralyzed by fear, with clouded judgement and constant uncertainty?

Have you ever wondered why you can't stick to your plans, see things through, and achieve any real goals in your life?

Then you could be suffering from subconscious blocks in your brain that are stopping you from living the life that you deep down desire, and deserve.

Now there's a proven, scientific method to break down these blocks, and create a neurological shift that can change your world, and open doors that were previously locked shut.

In 1952, physicist Lester Levenson discovered a technique that would change the way people think, act and achieve in the world... a system that remains below the radar in mainstream society... that can be applied anywhere, at any time, to identify and eliminate negative feelings, assumptions and limiting behaviors, right on the spot.

No months of counselling, or endless hours of self-help study. Just one simple solution, known today as the "Release Technique," that has been proven, countless times, to eliminate stress, fear, limiting beliefs and behaviors, in just minutes from now.

Just like an anti-virus program instantly zaps malicious threats from your computer's hard drive, the Release Technique eliminates stress, negative thoughts and feelings and limiting beliefs from your brain, at the most critical of times.

[To find out more, visit: HERE](#)