

Strategies for Relieving Stress

Your Complementary Guide...

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Distributed by B.J. Stringham...

Thanks!

STRESS!!

What is Stress?

Regardless of who you are, whether you live in the lap of luxury or camp out in your car, every person alive must deal with both good and bad changes in their life.

Good or bad, these events can have any effect on a person both physically and mentally, and at the fact is commonly described as stress.

There are as many different kinds of stress as there are people. Work, Home Life, extended family, friends a Pers, yes, but also that he and external events we have no control over. Disasters, threats of war, medical emergencies, lack of credit, and that unexpected computer crash that destroyed your data.

For the sake of getting to the strategies for dealing with the stressors, it might help to distill them down into a more comprehensive list:

*Acute: short term related to a specific cause.

*Non personal: can't be controlled or avoided.

*Personal: holding a grudge, having an illness or disability.

*Unknown: when the lack info and must navigate situations anyway.

*Traders: something that bothers you specifically, like bad memories or a traumatic event.

*Long term: daily events, chronic illness, relationships.



Too much stress can hurt

Stress affects bodily functions, specifically the bowel, gut, muscles and nerves, and sometimes even your mental health.

Lots of people with too much stress develop pain in the face, head, jaws or neck. It might manifest as aching shoulders or back, and can even Ray E. Payne down your limbs. And let's not forget about angina, stress related breathing issues, or even some heart conditions.

These are all issues most people would much rather do without. Stress relief techniques are no guarantee that any or all of them will be avoided, but they could be a real help.



A Few Ways to Relieve Stress

One of the most useful tools in a person's arsenal for combatting stress is mindset. A person is more than capable of deciding what sort of an attitude they will have throughout the day, even if they'd have to force it at first. A positive mindset can become a habit with time and practice even for the most crusty curmudgeon. Even if you have to scold yourself in the mirror each morning, the average person can retrain themselves to look on the bright side and remind themselves that everything that's happening now will be in the past tomorrow.

Combatting the stressors you can

When talking about daily stress and mood, there are a few things that could be the root cause.

- *Lack of sleep.
- *Illness or health issues
- *Menstruation/menopause
- *Relationship issues
- *Poor diet
- *Lack of exercise.
- *Toxin overload.

To kill that stress, you might try getting more sleep, eating a proper diet, and getting some exercise. If there's something toxic going on, be it an ingredient or a bad situation, try to fix it or eliminate it. Maintaining healthy relationships goes a long way toward enhancing your mood, so try talking things out if you and a loved one are having some trouble.



Essential Oils

Mindset alone just not cutting it for you? Maybe a bit of aromatherapy will help. Below is a comprehensive list of a few stress-relieving and mood-uplifting or stabilizing scents you might enjoy:

*lavender: calm, balance, relaxation, sense of well-being

*orange: uplift, sooth, foster a positive mood

*peppermint: energize, refresh, stimulate mental clarity

*sage: induce euphoria, relieve anxiety, antidepressant



A few suggested blends:

*stress relief: orange, lavender, vanilla, sandalwood and basil

*combat sadness/disappointment: sage, grapefruit, jasmine, rose, peppermint and basil

*boost mood: peppermint, rose, vanilla, sandalwood, jasmine, and basil

Okay, I admit it. If I don't have any other smell and I'm stressing out, I'll be looking for some basil...

A few other possibilities...

There are a few other tools in my arsenal that I have used to good effect. Perhaps some of them might help, or you might discover a few with a similar purpose but which come in a different form. With a bit of experimenting, it's certain you will be able to discover the right tools to help you...



If you have a fireplace or other safe containment area, light a fire and sit watching it while taking deep, calming breaths. The idea is to reach a sort of meditative state and try to quiet your mind.

Or you could do the same thing with a candle. You can “scry”, or use the flame to help you think of positive changes or solutions to your current stress, while allowing your body to wind down and relax.



You might relax near a source of water you can watch or listen to, which can be just as calming or hypnotic and give you a similar result.



If no source of natural elements...earth, air, fire or water...are available for you to commune with, you could pick up an audio with nature sounds. I find the best ones employ happy birdsong, moving water, distant boats or trains, rain, or even storms that don't sound frightening because you know you're safe. As long as the sounds relax rather than rile you up, you could even use jazz, soft rock, or some other sound to get the job done.



Remember how exercise was mentioned for enhancing your mood? Don't feel obligated to go out and run a marathon when just a simple walk will do. Go somewhere peaceful to clear your mind, like a trail or even just an easily traveled sidewalk, and just soak in the freedom of time that you've given to yourself.



It might seem strange to do, but here's another stress-relieving trick I'd actually tried. Sometimes your stress might come from bottling too many things up inside. You could always go somewhere you won't be overheard and yell at the top of your lungs, or perhaps visit a sporting event or concert where you can get away with screaming and nobody would think you were weird.



Write it down and let it go...

Want to dump some of the stress in your mind? If you write it down, you don't need to keep it locked inside your brain for fear you'll forget it. Naturally, as a writer of fiction I myself might go one step further and turn it into a story element, but you certainly don't have to. Just write or type whatever it is that's got you worried or riled up, and then start to write down ways you could solve the issue. You might even come up with a way to work a few of those stressors out.



Sometimes you can't change the issue...

Chances are, there are some stressors that you can't do anything about, like medical issues, the loss of a loved one, or even the news that you have your own unavoidable problems.

If your anxiety comes from trauma, illness, loss, or is the result of an unavoidable disaster, maybe your only solution could be to find a good book and immerse yourself.

Non-fiction might help a little, but the real way to break free of the here and now and transport yourself into another place is in the fictional realm...



Reading fiction...the best fix?

This little booklet was built with the aim to help you destress, and ironically so was the fiction that appears below.

I hope that you will take a moment to get it and enjoy a little “me” time.

Like what you read? Please remember that authors only find readers because other kind and helpful readers chose to review their work. Hopefully, I can expect the same help from you!

B.J. Stringham's The Perfect Man...

Not Everything is as it Seems...

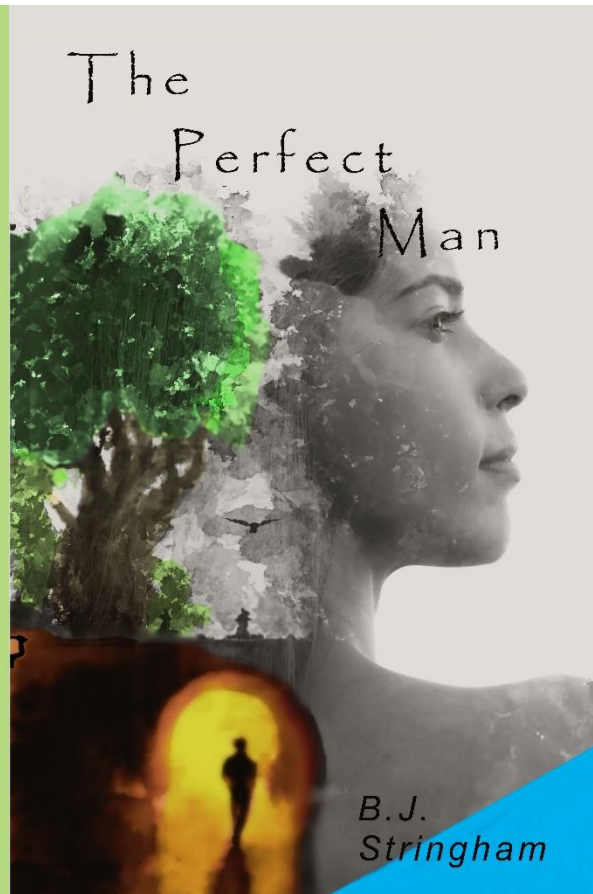
Tabitha was NOT suicidal, yet somehow she found herself being held in a mental ward for violent behavior and supposedly trying to kill herself. Could her husband be behind this somehow?

More importantly, her children are in danger because they've been left with Nathan alone, and she's very worried that he's probably started to abuse them instead now that she's gone.

How could things have gotten to this point? And, more importantly, will she ever get out of here so she can set things right?

The Perfect Man

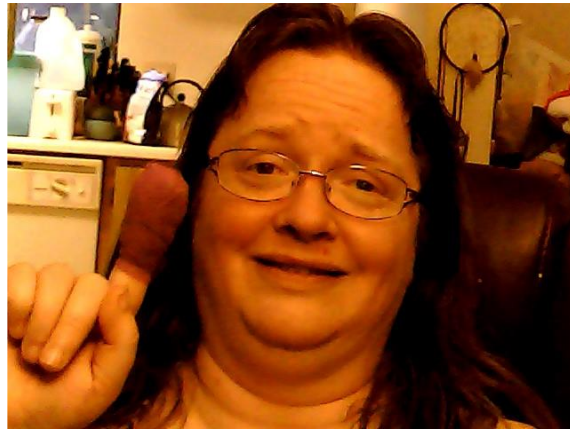
B.J. Stringham



<https://www.amazon.com/dp/B0CBL6CLFC/>

This content was created by Robin Joy Wirth...

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