STRESS

God will never give you anything you can't handle, so don't stress" quoted by **Kelly Clarkson**.

For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

WHAT IS STRESS?

1. It is pressure or tension exerted on a material object.
2. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Thoughts Affect Your Health:

Prolonged stress has been shown to cause numerous health problems, including:

- **Weakening of the Immune System,** making you more likely to have colds or other infections
- **High Blood Pressure**
- **Upset Stomach,** ulcers and acid reflux
- **Anxiety**
- **Increased Rapid Heart Beat** and heart palpitations
- **Panic Attacks**
- **Cardio-Vascular Problems**
- **Increase in Blood Sugar** levels
- **Irritable Bowel Problems**
- **Backaches**
- **Tension Headaches** or migraines
- **Sleep Problems**
- **Chronic Fatigue** syndrome
- **Respiratory Problems** and heavy breathing
- **Worsening of Skin Conditions**, such as eczema

Life won't change but we have to change how we approach life.

Andrew Bernstein says "*The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances.*"

Tiger Woods says *"Well, you know, a lot of people look at the negative things, the things that they did wrong and - which I do. But I like to stress on the things I did right, because there are certain things that I like to look at from a positive standpoint that are just positive reinforcement."*

6 SURPRISING WAYS TO INSTANTLY LOWER STRESS

1. **Laugh**— Laughing for one minute is the equivalent to 15 minutes on an exercise bike or 10 minutes on a rowing machine. Laughter can reduce stress hormones, boost your immune system and lower your blood pressure. Get a comedy movie or go to Comedy Central, call a friend who makes you laugh or pull out old photos albums. Go ahead: laugh out loud!

2. **Reinvent your vocabulary** — Learn how to say "no." Know your limits and stick to them, whether in your personal or professional life. Words have a powerful influence over our mind. Think positive thoughts and use positive words. Saying things like "I can't do it anymore" is a defeatist attitude that is a recipe for failure. And with failure comes stress. So don't say "I can't." Say "I'll try."

3. **Talk slower**— Whenever you feel overwhelmed by stress, practice speaking more slowly than usual. You'll find that you think more clearly and react more reasonably to stressful situations. Stressed people tend to speak fast and breathlessly. By slowing down your speech you'll also appear less anxious and more in control of any situation.

4. **Embrace routine tasks**—Instead of rushing through the day on auto pilot, elicit the relaxation response while you're doing simple household tasks, like folding laundry or washing dishes. They may seem tedious and tiresome, but the repetitive quality of activities like these can actually have a soothing effect by short-circuiting stressful thought patterns. The key is to focus your attention on a particular aspect of what you're doing, such as putting a crease in your pants as you iron them, which will keep your mind from drifting to more stressful thoughts. Focusing on relaxation while doing chores doesn't take any longer, but it does take away from stress.

5. **Get a haircut or get hair your done**— Beautify! Invest in a good haircut, adopt a 5-minute makeup routine or get out of those sweat pants. Looking good makes you feel better. Even if you just do a quick swipe of blush, mascara and lipstick, you'll feel better. A jazzy necklace or a great pair of earrings can quickly lift your spirits – even if you're not leaving the house.

6. **Stop counting calories**— Counting calories every single day can be a very tiring, stressful that makes you even hungrier! Instead, focus on making healthy food choices. A diet rich in fruits, veggies, beans and whole grains, is high in water content and fiber, you'll feel full and be less inclined to overeat or eat unhealthy foods. And in turn, this will reduce the stress connected with weight gain and self-blame.

http://www.agingcare.com/Articles/managing-your--caregiver-stress-143093.htm

"Getting stress out of your life takes more than prayer alone. You must take action to make changes and stop doing whatever is causing the stress. You can learn to calm down in the way you handle things" by Joyce Meyer

Quotes from
http://www.brainyquote.com/quotes/keywords/stress_2.html