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Wrapping Up

Foreword

Nowadays, all of us are experiencing stress at different levels. That is why it is important that we understand how these common strains and hassles affect us big time. I know for sure that you have so many questions on how to deal with these stresses and avoid it. All you have to do is to increase your understanding on stress management and how it will benefit you.



Stress Soothers

Tips And Tricks To Using Exercise To Beat Stress

Chapter 1:

Everyday Stress Basics

Synopsis

Like they say, everything happens for a reason, including stress. It needs to be experienced for us to learn something out of it. When we are facing difficult situations, we become more adept in resolving issues that other people are not capable of doing. It pushes us to our limits and causes us to respond either proactively or passively. Therefore, it is how we respond to a certain situation that makes a good difference.



The Basics

Stress and other forms of excessive pressures in school or in the workplaces will definitely make a change in our lives. It is our decision if we make it a good or bad change. You have to understand though that these are necessary for us to grow personally and professionally. However, when can you tell that the stress and pressure that you are undergoing is already destructive? You can say that stress and challenges are unhealthy if it is already causing you too much fatigue, depression, illnesses and other negative signs that destruct your wellbeing.

Your first step in dealing with unhealthy stress is to recognize what it is that causes you anxiety and strain. Once it is known to you, you can focus on how to eliminate it. Next is, decide what is necessary and what specific actions you should take to control the situation and eventually stay out of it.

Once you're done doing all the possible things that you can do to avoid stress, let go of the thought and continue moving on. Of course there will be blockages along the way but it should not stop you because if you cannot move forward, for sure you cannot continue taking the right path.

Take care of your physical health because no one can take care of it more than you can. Take time to exercise regularly and be careful of what you eat. It will be difficult at the beginning but once you get used

to it, everything else will just follow. The key is to just start doing it and the other how to's will follow.

However, if after you have done your best to improve your situation and still you are drowned with too much stress, it is time to ask for help from someone you can trust, or better yet ask for professional help. You should know how much stress has affected you because being aware of it can greatly help the person who will help you in the process of coping with stress.



Chapter 2:

What Causes Everyday Stress

Synopsis

In our daily lives, we experience different kinds of stress. It can be experienced at home, school or at work. Knowing what causes your stress can help you eliminate stress in a more effective way. Therefore, you need to better understand the concept of stress and how to avoid it.



Know Your Causes

Stress can be felt when you are given a situation you can't handle. Although it is not always a bad thing, it is still more of a negative feeling than a good one. Stress becomes stress when the person involved cannot cope with it. But when you are good at handling stress, it can become a good way to discipline and challenge yourself to do better.

When you are at work, you feel pressure if you are given a job that is not within your expertise, skills and knowledge. In some cases, because of the good intention and dedication for work, we try to do something we know is way beyond our capacity.

We do it because we want to prove what we are capable of doing things, even those that are outside of our scope. While this can be possible, the majority of the cases like this fail. They fail not because they are incapable, but because they strive so hard they lose their health and eventually become unmotivated to work.

In a usual situation, the most common cause of stress is too much work. If you are overworked, you easily get irritated and become a magnet to all negativity. Once you hold on to that feeling, there is a big possibility that you pass that ill feeling to your co-workers, friends or family members and voila! You just started a new level of stress.

Your way of life can also be a great source of stress. For instance, if you are not living according to your means, you will definitely run out

of cash and your expenses will become higher than your earnings. Sooner or later you will come to realize that you are broke and worst, you have a mound of credit to settle.

Another example is when you try hard to get on to the newest hip in fashion or gadgets but you are way below capable of buying it. On the other hand, things that we deal with every day like heavy traffic, allowances, annoying co-workers, bad neighbors, difficult bosses and other things alike will add up to your daily stress.



Chapter 3:

How Exercise Helps Stress

Synopsis

We all know that exercise is good for our body and can improve our life. When we exercise, we feel better and we gain more energy to withstand a day. On that note, can we also regard exercise as one good means of relieving stress? The answer is YES



Exercise To Relax

We can reduce and get rid of stress by performing a regular exercise. The reason behind this is that exercise can burn away harmful chemicals such as norepinephrine and cortisol which causes stress. On the other hand, by doing active exercises, you are helping your body to release endorphins, a morphine-like hormone that causes the feeling of excitement and joy. Furthermore, it also helps release serotonin and dopamine to the brain causing it to produce a feeling of security.

Since we know that exercise can be an effective and inexpensive way of reducing stress, we must make use of it every day. We can develop a simple routine of exercises that we can easily perform on a daily basis. It will be hard at the beginning but continue doing it anyway.

Here is the thing, in order for us to benefit largely from exercise, we need to do it regularly. Stop making excuses about not being able to exercises because if you really decide to do it, there is always time. You can make use of your break time to exercise. Simple activities like brisk walking and stretching will do. It doesn't need to be rigorous, it only needs to be done properly on a regular basis.

Another good thing about exercising regularly is that it maintains a meditative mind. A clear mind can bring out fresh ideas that can resolve difficult and stressful problems. It can also help you to feel good about yourself since regular exercise will keep you fit. When

your body is in great shape, your confidence level also increases which in result will help you eliminate stress caused by low self-esteem.



Chapter 4:

Using Yoga To Beat Stress

Synopsis

Yoga is defined as physical, mental, and spiritual discipline that's been originally practiced by Hindu in ancient India. Since it is a complete exercise program, many people use it as physical, mental, and emotional therapy routine. So if you are experiencing too much stress right now, do not get overwhelmed by your situation, just do some simple yoga to cope with stress effectively.



Yoga, An Effective Method

We have to accept that stress is our constant partner as we go along with our changing environment. Therefore, we must be ready to experience and pass through it when it comes. Also, our response to stress will greatly define our condition as it is only us who can make things better or worse.

One of the best ways to fight stress is to identify your stressor. By doing so you will become more aware of the things that cause you stress and therefore you will be able to apply appropriate solution. Yoga can help you in this phase. It will help you reflect on which things are giving you stress. Also, it will help discipline your mind to achieve complete serenity which can alleviate anxiety and stress. Hatha yoga is considered as the best choices to relieve stress although any types of yoga can be of great help in terms of stress management. Hatha yoga is characterized by specific postures and series of movements that can increase flexibility and strength of the body.

Furthermore, its breathing technique can dramatically help you control your breathing which in effect gives you a strong control over your body and mind. Your body will then respond positively by producing constructive moods that alleviate stress and overall well-being. Below are simple yoga procedures that can help you control stress.

1. Sit and rest against the wall to relax.
2. Position your hand and legs in your most comfortable sitting position.
3. Be still and feel the tranquility brought by silence.
4. Focus your concentration on a sound with soft and gentle rhythm like that of a watch.
5. Stay passive and concentrate more on the sound until you are completely captivated by it. Remain in that state for about 10 minutes.



Chapter 5:

Using Martial Arts To Beat Stress

Synopsis

Are you feeling stressed, deprived, and depressed? Do you want to alleviate your condition and become more productive? Maybe martial arts is the awesome answer! This is because the set of skills and techniques taught in martial arts are similar to the skills and techniques applied to get rid of stress from your body.



Rid The Stress

What exactly is it in martial arts that can help reduce stress? It is the ability of balancing your body and your mind while controlling your emotions. Once you acquire that skill, you will then be able to manage and control any stressful occurrences in your life.

One of the skills that you need to develop is good balance and proper breathing. Meditation and proper breathing will help you interconnect your body and your mind and have a strong control over it. This is the reason why martial arts can effectively reduce stress and anxiety as these are all mental condition that manifests visibly through the body.

To understand more about this interconnection between mind and body, it is made possible by strong meditation and proper breathing. As your mind becomes more sensitive and responsive to your body it is likely for you to notice small signals that your body is sending for you to be mentally aware that your body is not in good condition. That way you can do something to eliminate the destruction.

Below are the steps to develop your breathing and meditation skills.

1. Breathe air through your nose and expel it past your mouth.
2. Take a deep breath.

3. When you expel air from your mouth, place your tongue at the crest of your mouth to allow vital energy to enter and circulate in your body.
4. Once you get used to the concept of proper breathing, begin counting your breaths as you meditate. Start taking short breathes and progress.
5. Make sure to take short and deep breath in then slow and long breath out.

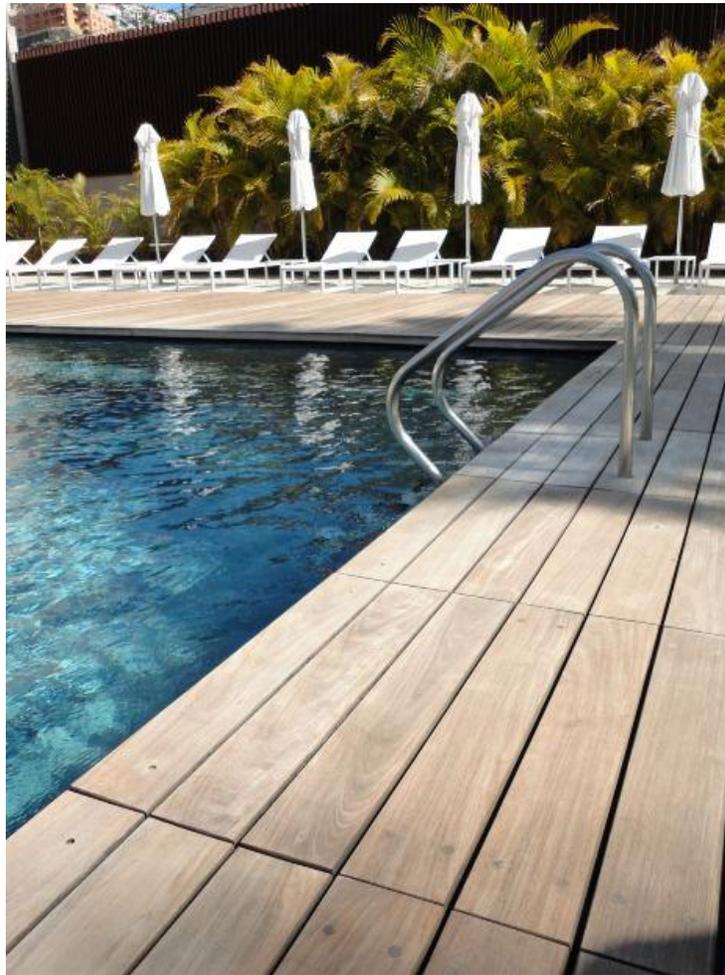


Chapter 6:

Using Swimming To Beat Stress

Synopsis

How is swimming beneficial in reducing stress? Swimming can be a good way to eliminate stress because it is fun and at the same time calming. Slow pace glides are a good and relaxing form of work-out. Your mind will be freed from any stress when you swim, thus giving your brain cells a chance to refresh.



Take A Dip

To understand better why swimming can help reduce stress here is one good example. If you notice, the moment when you are trying to recall a title of a song you heard in the mall, nothing will pop out. But when you let go of the thought and do something else, it will just dash out from your brain and voila, you remember it.

The same concept is applied when you swim. The moment you plunge into the water, it's like your mind breaks away and lets loose from the stressful body. When this happens, your mind is fully rested and is ready to rejuvenate. Stress is a mental state and therefore can be relieved by mental therapy. The idea is when you allow your mind to focus on nothing you are preparing it to revitalize so that clear thoughts will arrive.

Studies show that any vigorous exercise such as swimming can greatly reduce stress because it causes your body to release endorphins which are responsible for feeling that naturally good sensation. Furthermore, the skills and techniques applied in swimming are similar to Hatha yoga which is also known as a good stress eliminator. Therefore, you can expect that when you get out from the pool, you will feel a whole lot better compared to when you arrived.

Chapter 7:

Using Walking To Beat Stress

Synopsis

Basically, all sorts of exercises will help reduce stress. However, when you only have short period of time you can opt to walk instead of doing cardio or any other form of exercises that involves a considerable amount of time. You may want to try combining other helpful activities like boxing as you walk for a more valuable and fun physical activity.



Take A Brisk Walk

Walking while tuning your mind to relax can greatly reduce stress. According to the experts, walking in slow pace when combined with simple meditation can give off dramatic result. Studies show that people who incorporate meditation in their walking activities experience a dramatic change in their moods from feeling depressed to feeling more positive about themselves.

There are evident results of studies revealing that walking combined with meditation will give you the same result of brisk walking. On the other hand, walking without meditation will not give you any significant results. Therefore, you must engage in a mindful exercise while walking to experience stress breaking benefits.

Conversely, if there is something that is bothering you that cause you to not able to concentrate add dashes to your walking. You can run until you get exhausted then stop and walk again. This will allow you to expel negative vibes out of your body. Also, this can be a good cardiovascular exercise for a day.

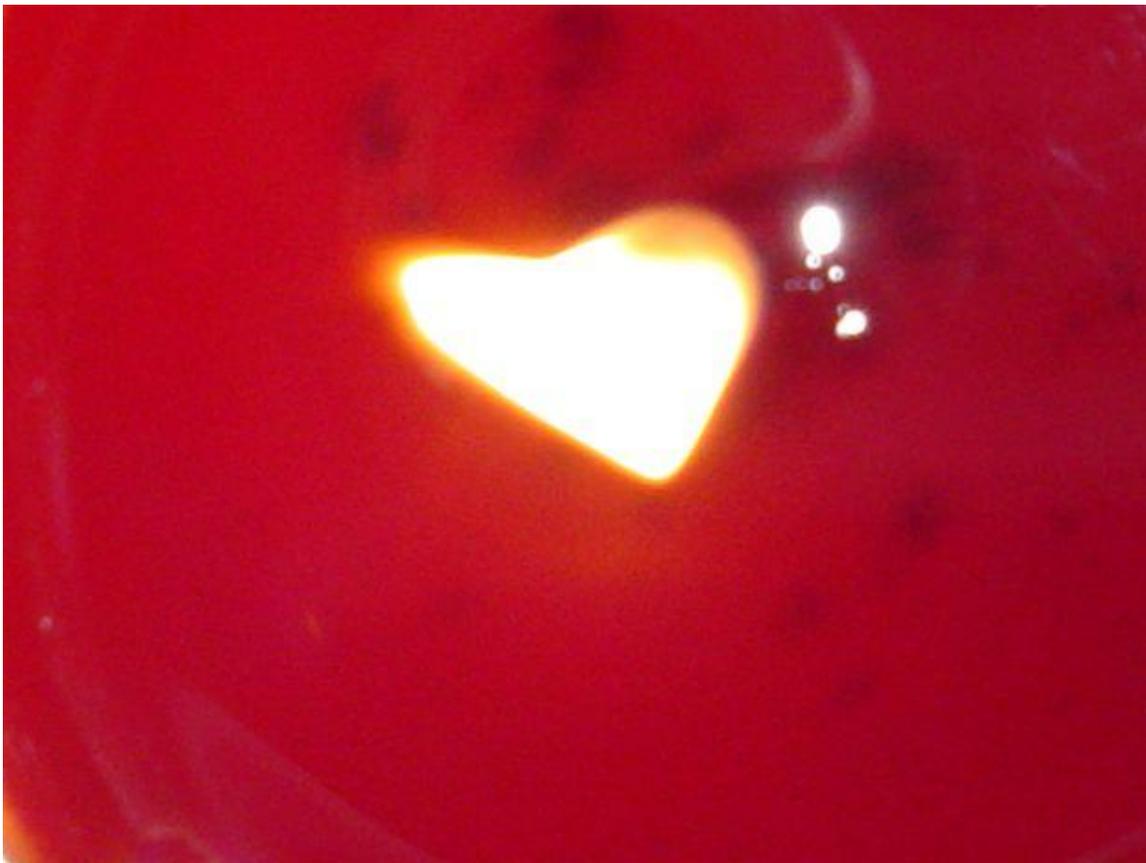
To conclude, you must stroll toward relaxation. Clear your mind to let good thoughts arrive. This activity can offer a great sense of calmness that stimulates relax mind that could last for a day. You don't need to push yourself too hard on rigorous exercises to achieve peace of mind. In fact a slow and comfortable stroll is more beneficial than strenuous exercises when it comes to achieving a clear mind and reduce stress.

Chapter 8:

Relieving Stress With Cardio

Synopsis

We all know that cardiovascular exercises can significantly improve one's health. However, what we do not know is that it is actually a good stress reliever as it can train us better in enduring stress. This is because cardio exercises can quickly stimulate the parasympathetic nervous system which is responsible for normalizing our breathing, allowing us to calm down after an instance of increased heart rate due to stress.



Cardio For Stress

Having a well-developed aerobic system can help you recover faster from unhealthy stress. Conversely, being constantly stressed and being incapable of coping with it can greatly affect you in many ways like being susceptible to many serious illnesses. This is the reason why it is very important that you should start doing cardiovascular exercises to be able to deal with harmful stresses in your daily life.

Cardio exercise is an important physical activity as it can help you maintain a strong heart and a good circulatory system that is responsible in sustaining the many different functions of your body. Not only that, it helps you to achieve clear, focused and responsive mind.

Generally, most people go to the gym and engage in cardio exercises purposely to lose weight and develop a strong, youthful and impeccable physique. However, what most of us do not know is more than good looks, we are also protecting ourselves from different kinds of diseases while we are helping our body to control our daily stress.

Studies show that in today's world, a lot of people are suffering from different levels of stress, even if they are just sitting on their chair at the office. This is where cardio exercises become relatively important as it is proven very effective in reducing stress because it

provides good effect to both mind and body. This is the reason why people who are doing cardio are more relaxed and free from tension most of time as they are likely to have more positive perspective than those that don't exercise.



Chapter 9:

Learn How To Work Exercise Into Your Busy Day

Synopsis

Most of us are aware that exercise can help us in staying fit despite of the many different stresses that we encounter every day, may be it be personal or professional stress. The question is do we have time to exercise considering the things that we have to finish at the end of the day? Although the intention to exercise is there, the problem is on how much time you can spend on physical activity or will you ever have time for this?



Make Time!

To answer this question, there is always a time and you will also find a way to exercise when you decide to really do it, despite your crazy schedule.

Normally, we take some time to wash ourselves before going to work. You can use this time to do some exercises. While you are in the bathroom, practice stretching your neck, back, arms and legs while you are putting some liquid soap on your body. And while you are soaking your hair for a good hair conditioning, you may incorporate deep breathing and meditation. This activity will help you to clear your mind before going to work. This is beneficial in a sense that your mind is fully rested and refreshed for a better comprehension for another long day at work.

Another way of linking exercise into your busy schedule is walking at least 10,000 steps per day. Of course it will not happen in constant, you need to walk your way up until you achieve 10,000 to 15,000 steps each day. Use a pedometer in measuring your daily progress as it will give you precise figures.

At the office, you may opt to use the staircase instead of taking the elevator and take a longer path to your desk as it will help you burn some calories and fats. Also, try to place office equipment that you usually use like photocopying machines, printers, scanners and the

like at the other end of your office so that you can accumulate a few more steps at the end of the day.

Lastly, when you get home and you still have time to do the laundry, you may opt to do so as it insinuate physical activity. Also, folding and hanging your clothes can be a good idea of exercising as you can stretch your back while you are sorting, folding and hanging the clothes.



Chapter 10:

The Benefits Of Cutting Down Everyday Stress With Exercise

Synopsis

Generally, the benefits that we get from our daily exercise is a healthier body, clearer mind and fewer instances of stress and depression. Studies show that people who exercise daily will experience less stress at work because they develop healthier spirits and clearer minds. Not only that, they are also likely to have good absorption and healthy heart.



Positive Outcomes

What's good in getting rid of stress through exercise is that you will not only gain a healthy body but also achieve a certain level of calmness that will help you dispel stress. How does this happen? The clinical explanation to this is, when you do physical exercises your body emits cortisol and adrenaline which can reduce the level of stress in our body. Also, it increases endorphin production which is known as a natural painkiller of the body and a good mood elevator.

Another great benefit is gaining self-confidence. This happens because when you exercise you are improving not just your health but also your physique. Once you achieve a lean and sexy body you will soon develop high confidence.

On the other hand, your renewed energy will help you succeed in doing your tasks and achieve your goals. As a result, you will have a positive outlook that will reflect to your way of life. Hence, you gain more friends and a bigger network.

However, you have to be careful though in choosing the method of your exercise. There are cases where a wrong exercise was practiced and the result turned out to be damaging. We all have different health and body conditions, that is why it is important that we ask the expert's advice.

Wrapping Up

So there you have it. I hope you have received some useful information about relieving stress from this book. Although stress is not completely avoidable, there are measures that can be taken to limit stress' affect on us. It is very important if you wish to be a success in life to learn how to properly handle stress. All you need to do is take some time to integrate some of these tips into your daily life and you will soon see the stress begin to fade making life more enjoyable. I would imagine that you would like to live life with as little stress as possible. If so, begin practicing these techniques today and everyday from now on. Good luck and start enjoying life!

