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**FRONT COVER:**

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# Foreword

Do you ever feel down, stressed, or anxious? Millions of Americans struggle with stress, anxiety, or mood problems. They can wear and tear on your body leaving you feeling tired, drained, and empty inside.

Over time, stress and anxiety can build causing you to be less productive, anxious, tense, and even unhappy. A poor mood can make you irritable, impatient, and hurt your relationships. You may find it tough to focus, stay motivated, or accomplish tasks.

Your mood and mental well-being affects every part of your life for better or worse. While poor feelings can negatively impact your activities, relationships, and work. A happy balanced mood gives you the tools you need to be successful and enjoy life.

Gaining and maintaining a positive mood can be tough. Until recently, there have been few options for those looking to boost their mood. Some people suggest exercise, breathing routines, or careful diets.

## ***Simplify And Destress***

Changing Your Habits To Cut The Stress And Be Happier

# Chapter 1:

## *The Basics*

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### Synopsis

Is it possible to exist without stress? No! Thinking about stress in terms of "defeating" it is beating the beast with the wrong stick. Stress is frequently handled as an unwelcome guest. Let us set the record straight. Stress is an inseparable part of life.

Simplifying may some of the times be overwhelming. The sum of stuff you have in your life and the sum of things you have to do may be too huge a mountain to undertake.

However you don't have to simplify it all at once. Do one matter at a time, and take little steps. You'll get there, and have fun doing it.

As a matter of fact, you are able to do small but important things today to begin living the simple life.



## **The Basics**

Is it possible to exist without stress? No! Thinking about stress in terms of "defeating" it is beating the beast with the wrong stick. Stress is frequently handled as an unwelcome guest. Let us set the record straight. Stress is an inseparable part of life. Stress is what drives you. Stress gives you that push and motivation when, say, you're gearing up for an important exam, or working on a vital project, or going to give a significant presentation, or preparing to appear in a job interview.

Stress, by and of itself, isn't bad. It turns good or bad depending on how you perceive it and how adequate you think you are to cope with it. Confronting stress is a skill and an art. If you prefer to live a happy and productive life, you have to learn how to cope with it.

### **Stress Facts**

Stress is energy: if you do not process it the correct way, it will devour you. Coping with stress is a science. Anybody who prefers to live a happy and rich life needs to learn it. It's worth committing some time and effort to controlling something that has so many extensive consequences for the tone of our lives.

Accompany me on this energizing journey, which can bring a modification in your life, and determine how you too can make your life stress free or with significantly less stress.

## **Let's get started!**

How come stress happens?

Tension is an inevitable part of life. Your stress can develop out of any of the following three emotions-

1. Frustration - it's a state of dissatisfaction arising out of unrealized needs or unsolved troubles. It's characterized by feelings of tension or anxiety. For instance, you may be frustrated due to the very much deserved promotion that you didn't get, a disagreement with your boss, mounting up debt, or something as simple as arriving tardy to the office. Aside from outside circumstances, frustrations may be due to a few personality traits, like unrealistic expectations, unwillingness to change, maybe it's or lack of accomplishments.

2. Conflicts - This is a circumstance when you're caught between suitable but incompatible desires. For instance, you want advancement in the work place, but are not willing to relocate to a fresh and new city; you desire a penthouse but must get rid of other luxuries that you're capable of savoring right now.

3. Pressure- This is the requirement that the business of living gets to you and it is definitely inevitable. Job requires more time, kids

need some more money, and your wife needs more attention. Sound familiar doesn't it?

A big percentage of our energy use comes from the gas we utilize to drive our cars. With gas prices surging higher by the day, driving is costly not only in terms of energy utilization, but likewise personal and family budgets.

Bicycling makes a simple and healthy alternative to driving and may help save energy, which not only better our country's energy use problem, but may also help you hold onto your income in the bargain.

Decide which errands you execute close to home. A lot of our daily errands occur within a couple of miles for matters like grocery store shopping, dry cleaning and banking. You are able to easily execute these errands by bicycling rather than utilizing a car, which will preserve energy and add a little fresh air and physical exertion to your life in the bargain.

You could bicycle to work. If you live within bicycling distance of your line of work, the advantages may be tremendous. You are able to avoid the tension of expressway commutes and furnish a good opportunity to better your health. What is more, the average American drops \$3,000 a year to drive and keep up his car. You are able to save on these expenses by bicycling to your job.



Encourage your small fry's to bicycle. Rather than driving them wherever they require to go, let them pedal there. You are able to go with them to guarantee that they remain secure and ride home with them whenever they're finished. This works particularly well in reference to daily trips to school and assisting them in burning up excess energy on the way home.

Search for local bicycle paths and scenic routes in your area. Bicycles may go into parks and additional spaces that cars can not. By utilizing them as part of your ride to work or on errands, you are able to trim back substantially on travel time.

Utilize bicycling in conjunction with public transportation systems. Subways, buses and train services are a fact of life in a lot of big cities, but even the finest won't take you a hundred percent to your door. A bicycle may make that last leg of your trip go more rapidly, and a lot of public transit services have conveniences for bikers (like racks on buses) to assist you.

# Chapter 2:

## *Why We Get Stressed*

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### Synopsis

The primary reasons of stress and depression in our societies are the following – Money, stress at work, input overload and relationship stress.



## **The Causes**

The three primary reasons of stress and depression in our societies are the following:

1. Money troubles - Without any doubt; this is the top issue that consumes just about all of us at one stage or another in our lives. Your wants are stroked by alluring ads, easy accessibility and an unabashed display by other people. Where are the means to snatch up all that the heart desires! The consequence: rising debt, overdrawn charge cards, lawsuits and heartaches.

2. Stress at the your place of business - Your unhappy with your workplace conditions, and they're far from ideal.

The competition is extremely tough, and expectations are high. Along with all of that, the price of living is rising day by day. Your workplace stress and anxiety are substantial grounds to be concerned.

3. Relationship stress - This is the type of tension that follows humans all over and it's always present within our life in one form or another. Nowadays a fast life and faster changing values and morals make it even harder to cope with day to day stress.

### **Signs and Symptoms of Stress: Consequences on Your Health**

1. Physical symptoms - Headache, back ache, dizziness, hypertension, frequent colds, rashes, itches, shaking, heartburn, etc.

2. Psychological symptoms - tension, anxiety, insomnia, difficulty in decision making, insecurities, lack of concentration, or a feeling that you're worthless.

3. Behavioral symptoms - socially withdrawing, unreasonable use of alcohol, taking drugs, gambling, lack of social interaction, ignoring appearance or ignoring whether or not you are prompt.

While a few individuals can simply manage the demands directed at them, other people are more likely to break down under the pressure.

What are the kinetics involved which grant one group to rally through emotional angst, while the other group sinks when stress enters their life? In seeking how stress and tension affects one's welfare, we'll explore numerous avenues and techniques on how to relieve stress and tension. Furthermore, we'll talk about how to break away from the cycle of stress-induced conduct; and to establish that stress, while constantly present, can be contained and tackled.

#### Stress & Resiliency:

Individuals who come across stressful situations handle them in different ways. While some individuals can dismiss it and progress in life, untouched, other individuals become totally consumed by their symptoms. Resilience is the technique of adjustment in the presence of threats, and even the good news is that it can be learnt. Majority of the people show resilience in the face of stressors.

Being resilient does not mean that you don't feel the stress. Pain, anxiety and emotional distress are the imperishable facts of life: It can't be avoided. The trick is to defeat it and find pleasure and happiness in life. You are able to learn Resilience: anybody can. There are a few crucial elements that go into building one a resilient individual.

Following are some of those factors:

Supportive relationships: It seems to be the most crucial factor:

Having loving and supportive relationships assists you in building resilience in the face of hardships. Relationships that offer love, trust and encouragement boost your resilience.

Taking critical action: It helps a good deal, if you set goals for yourself and take steps based around to a realistic plan. If you're used to just responding to the situations and are unable to look beyond the stressful position you face, it's definitely going to add stressors in your life.

Thinking positively: A resilient individual searches for opportunities in difficulties. Anticipate a favorable result and take concrete steps to reach the sought after outcome. If you can't do anything, hope and pray for the positive result. Worrying and fussing wears, you out and reduces your fighting capability, besides making you boring, indecisive and unappealing.

Effective communication: Being capable to communicate clearly, without concern and inhibition, being capable to voice your opinions appropriately, letting other people recognize your expectations- this is terribly crucial in being capable of surviving difficult situations.

Containing and handling emotions: Being capable to know all your emotions, acknowledging when to tolerate stress and when to hold back. In essence, knowing yourself better is a requirement of being a resilient individual.

Probabilities are there's a TV in your household you feel you can't live without. A lot of individuals flip on the TV daily without fail, and in a few cases watch hour after hour of programming. Switching off the TV may have quite a few advantages. There are ways to break loose from the television set and spend more time engaging in other, more productive, interests.

Record your preferred shows. Rather than sitting through commercials, recording gives you the alternative to skip them all in all. Additionally, if the show is atrocious in the first place you are able to fast-forward to see if it's going to become any better, instead of having to sit and wait through the total show.

Think to see if the shows are worth it, or if you're just looking on out of tedium. For one week, bring forward the self-control to give up viewing the shows that you watch on a regular basis. You will know at

the end of the week which shows to go forward watching and which shows were not significant enough to watch over again. Chances are you will have at least one or two shows to do away with from your viewing schedule per week.

Discover a fresh hobby. If there's something you are passionate about doing, there's a probability you would be willing to switch off the TV in favor of working on that hobby.

Schedule dates with other people for times when you are normally watching TV. Whether it's having a fellowship night at home or going to a weekly dinner with acquaintances, you are less likely to be in front of the TV if there's someplace else to be and a commitment you've made to others. Think about enrolling in a work out class or a different type of course that will make sure to keep you out of the house.

Get out and exercise. The advantages of health, possible weight loss and being active far outbalance sitting in front of the TV. Get into a work out routine during the time when you'd commonly be watching television programs. Exercise may be rather addictive; you might wind up getting so involved with it that TV could become a remote second when it comes to picking out something to do.

Watching too much TV may make you feel a little brain-dead says a new study and it may also take years off your life.

The more time you spend watching television, the higher your risk of dying at an earlier age -- particularly from heart conditions, researchers found.

The subject area followed 8,800 grownups with no history of heart condition for more than 6 years. Compared to those who watched less than 2 hours of television per day, inhabit who watched 4 hours or more were eighty percent more probable to die from heart conditions and forty-six percent more probable to die from any cause. Altogether, 284 individuals died during the study.

Each extra hour spent in front of the television set expanded the risk of dying from heart conditions by eighteen percent and the total risk of death by eleven percent.

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