
FRONT COVER:

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Foreword

There are various levels of stress that is generally suffered by anyone at one point of their lives or another. Unfortunately stress levels have increased in current times and almost everyone at any age seems to go through this condition more frequently. Get all the info you need here.



When Stress Is Over Your Head

Great new discovery that helps to reduce stress effectively

Chapter 1:

Responding to stress

Synopsis

Responding and being able to cope with stress is what most people today are looking for and thus it would be worth exploring how to respond to stress in the quest to gain some control over this negative effect and get back some semblance of peace in the everyday life cycle of the individual.

The body naturally reacts to any indication of stress, and most times this response is not healthy and often fatal. When the body is challenged by any condition that it considers being under stress, it will kick in the natural responses that would require it to sort out the problem as quickly as possible in order to normalize the overall conditions.

The hormones and cortisol from the adrenal cortex and adrenalin from the adrenal medulla go out on its usual synchronicity patterns.

The Basics

In the quest to normalize the body, many of the various systems will pit itself against each other; this most often will cause even further damage both mentally and physically. The initial ways the body responds to the mounting stress levels is through very visible conditions, one of which is skin inflammation or irritation.

Cortisol also contains immune system responses, and is particularly useful when the responses are harmful as then the symptoms can be treated as opposed to being a silent problem. Among the more visible sign are usually allergies and autoimmune disorder.

The responses are described as allostasis which is actual the stability of the body being maintained or the homeostasis through the various stages of change. The body actively copes with the challenge by expending energy and attempting to put right the situation.

For the most part is usually succeeds but if left unchecked the stress situation can eventually prove to be too much for the body to handle.

Chapter 2:

Where does stress come from?

Synopsis

It is perhaps an accepted fact that stress is usually brought on by outside forces. This is so ingrained in most people's mindsets, that the slightest inconvenience or signs of being pushed out of the comfort zones will get some negative reactions from the body, and that would be considered stress. Generally outside forces are blamed for the internal turmoil that stress is supposed to cause.



Where Is It

When life in general does not unfold the way we perceive it should, determines the stress levels we experience. The element that needs to be controlled is becoming too attached to the acceptance that this disturbs the usual pattern in the daily life cycle and that any changes in the current cycle are not so easily accommodated.

Therefore conditioning the mind to cope and overcome the circumstance that are perceived to contribute to the stress will then allow the individual to better help both body and mind to avoid any unnecessary conditions.

Stressful thinking leads to stressful feeling is the most simplistic way of putting the condition into some prospective. Most studies tend to show this conclusively, and it does seem to be true that on some unconscious level, the extent of the stress felt is connected to the circumstances experienced.

We can actually cause stress to be a condition within the body as our worries; fears and anxiety level are elevated by mental perceptions. Negativity and the mind is closely connected to the onset of stress and most individuals somehow have the ability to convince the mind of things that have actually not unfolded not will it be possible to be so, but with this conditioning the mind and body will work almost hand in hand to bring out the stress levels from within.

Therefore getting into the habit of negative thinking will spark this response and the more it progresses to be a common reaction the lesser the chances are to enable the body to cope with the onslaught.



Chapter 3:

Your first step in managing stress

Synopsis

Managing stress adequately would require the need to first be able to identify the main causes of the presence of stress within the confines of the individual's life. When this has been identified then the relevant steps can be taken to address the stress inducing circumstances.



1st Step

Some of the more common signs of stress are nervousness, withdrawal, constant tiredness, frequent headaches, increased use of alcohol, smoking and other unhealthy habits, an unexpected loss or increase in the diet intake or body weight, restless sleep and irrational emotional outbursts and behavior patterns.

There are all indications of an individual suffering from high level of stress. In recent times, the stress levels of most people have been so alarming, that more often than not, hospitalization has to be recommended, where complete rest and medication is prescribed to normalize the body systems. Research has also been able to show that life expectancies have reduced drastically due to the presence of stress.

Therefore, the idea behind managing the stress is all about gaining control over the stress which should be to identify and address the possible causes of the stress, and then work towards ways to overcome it effectively.

Once the symptoms can be identified and linked to stress condition, then the proper approach can be matched to the symptoms to improve the situation.

This would require the individual to have a clear plan drawn up which would be based of combating the stress occurrences with very

practical and proven methods. These methods may include the use of a proper diet, exercise or the actual physical change of environment.

Being able to focus on a holistic view of the situation that causes the stress rather than the one particular action that triggers it, will help the individual better understand and seek ways to avoid or improve on the circumstances that spark the onset of stress.



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