

If you are someone who is undergoing extreme or frequent bouts of stress and anxiety that is affecting the quality of your life, stress management can help you gain secure footing on the stress and anxiety in your life.

While stress affects us mentally, physically and emotionally, it's actually a rather complex process and an interesting phenomenon. It means different things to different people.

What we each individually consider to be stressful is largely a matter of our perception. Indeed, our perceptions are realities, and so what we think is posing a threat is actually doing so by virtue of our established belief system. Moreover, there are many kinds of stressors—physical (the response to being frightened), emotional (loss of a loved one), psychological (obsessive thoughts), spiritual (loss of faith) and psychosomatic (the need for attention). Our world is driven by fast-paced deadlines and loss of employment, and painful medical conditions. While individuals are taught how to apply for jobs or heal immediate wounds, dealing with stress and anxiety is rarely taught in any setting. This can leave you feeling as if you are about to be completely overwhelmed and unable to cope with what is happening in your life. The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes.

STRESS



There are 7 different types of stress:

PHYSICAL: intense exertion, manual labor, lack of sleep, travel

CHEMICAL: drugs, alcohol, caffeine, nicotine and environmental pollutants such as cleaning chemicals or pesticides

MENTAL: perfectionism, worry, anxiety, long work hours

EMOTIONAL: anger, guilt, loneliness, sadness, fear

NUTRITIONAL: food allergies, vitamin and mineral deficiency

TRAUMATIC: injuries or burns, surgery, illness, infections, extreme temperatures

PSYCHO-SPIRITUAL: troubled relationships, financial or career pressures, challenges with life goals, spiritual alignment and general state of happiness

Stress can put you at increased risk of numerous health problems, including:

- Heart disease
- Sleep problems
- Digestive problems
- Depression
- Obesity
- Memory impairment
- Worsening of skin conditions (i.e., eczema)
- Asthma
- Diabetes
- Higher Blood Pressure

The physical symptoms of anxiety are caused by the brain sending messages to parts of the body to prepare for the "fight or flight" response. The heart, lungs and other parts of the body work faster. The brain also releases stress hormones, including adrenaline. Common indicators of excessive anxiety include:

- Diarrhea
- Dry mouth
- Rapid heartbeat or palpitations
- Insomnia
- Irritability or anger
- Inability to concentrate
- Fear of being "crazy"
- Feeling unreal and not in control of your actions, which is called depersonalization
- Headaches
- Indigestion

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- Palpitations
- Breathlessness
- Nausea
- Muscle twitches
- Tiredness
- Vague aches and pains
- Skin irritation or rashes
- Susceptibility to allergies
- Excessive sweating
- Clenched fist or jaws
- Fainting
- Rapid weight gain or loss

Mental Signs

- Indecision
- Memory failing
- Loss of concentration
- Tunnel vision
- Bad dreams or nightmares
- Bad dreams or nightmares
- Worrying
- Less intuitive
- Less sensitive
- Persistent negative thoughts
- Impaired judgment
- Hasty decisions

Emotional Signs

- Irritability
- More suspicious
- More gloomy, depressed
- More fussy
- Feeling tense
- Drained, no enthusiasm

- Feeling under attack
- Cynical, inappropriate humor
- Alienated
- Feeling nervous, apprehensive, anxious
- Feelings of pointlessness
- Loss of confidence
- Less satisfaction in life
- Demotivated
- Reduced self esteem
- Job dissatisfaction

Behavioral Signs

- Unsociable
- Restlessness
- Loss of appetite or overeating
- Loss of interest in sex
- Disturbed sleep or insomnia
- Drinking more alcohol
- Smoking more
- Taking work home more
- Too busy to relax
- Not looking after oneself
- Lying
- Anti-social behavior
- Unable to unwind
- Low productivity
- Accident prone
- Bad driving
- Impaired speech
- Voice tremor
- Increased problems at home
- Poor time management

Stress Management Coaching™ is a custom-tailored program designed for individuals and corporations whose employee or employees are overwhelmed with stress and would like to offer options that include phone consultations and/or private individual sessions. Indeed, this program will provide participants with an opportunity to maximize their productivity while improving his or her health and mental well-being.

This comprehensive stress management program uses a three-tiered approach in which education, self-awareness, and experiential exercises help the individual take a proactive role in managing their stress. Participants are educated as to the latest research on the causes and solutions of stress. Numerous opportunities are provided to practice stress management techniques in class to reinforce a positive lifestyle change.

We will work with you to find the techniques that are best for you. Here are some of our techniques.

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| <i>Meditation techniques</i> | <i>Listening to certain types of relaxing music</i> |
| <i>Autogenic</i> | <i>Spending time in nature</i> |
| <i>Biofeedback</i> | <i>Stress balls</i> |
| <i>Imagery</i> | <i>Natural medicine</i> |
| <i>Transcendental meditation</i> | <i>Progressive relaxation</i> |
| <i>Relaxation response</i> | <i>Prayer</i> |
| <i>Progressive muscle relaxation</i> | <i>Autogenic/Cognitive Coping</i> |
| <i>Time management</i> | <i>Conflict resolution</i> |
| <i>Organizational skills</i> | <i>Exercise</i> |
| <i>Support systems</i> | <i>Deep breathing</i> |
| <i>Health living</i> | <i>Journaling</i> |

If you or your employee(s) are exhibiting some of the problems associated with stress, including decreased productivity, low morale, poor decision making, missed days at work, or other stress-related issues, let us assist you.

For more information please call

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