

Stress PDF

As we know there are many reasons for stresses in our lives. These can be with us from being in utero, passed on through our ancestral family line and literally plague us all of our lives.

Adrenalin-the cave man flight or fight syndrome if you will I believe creates some of the biggest 'habit' and patterns' of stresses in our lives.

We are often told that before we can begin managing stress, that we should understand what it is.

And the accepted version is that:

'Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. The human body responds to events that provoke stress (stressors) by activating the nervous system and specific hormones, releasing more of the hormones adrenaline and cortisol into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism.

The physical changes prepare you to react quickly and effectively to handle the pressure of the moment. This natural reaction is known as the stress response. Working properly, the body's stress response improves your ability to perform well under pressure.

<http://au.reachout.com/managing-stress>

Now if you're like me that's all fine and good! However it doesn't tell me how to deal with or alleviate the situation. OK you can click on another link and it will give you ideas on things that are aimed to help you relax at wxyz.....

E.g. If you're feeling stressed out and it's getting in the way of everyday life, the sooner you start doing something about it the better you're going to feel!

And this link is going to talk to you about things like your breathing, meditation, sleeping more and so on.

So let's look at what you can actually do about the stress!

Here I am going to ask you to co-operate with me. Yes, I know that sounds a lot like school or something similar, probably one of our early 'stresses or stressors', however here you have a choice. It's entirely up to you. You can for example stop reading right now, or you can choose to see what 'this woman' may have to share with you.

A little levity into the situation

As a long term scribbler, (that could be poet) I wrote a 'Stress Poem' some years ago

Stress

Stress they call it, I wonder why

Is it because you often cry

Or is it then a man made word

That describes something often heard

If we take the letters true

Why then they may explain to you

S, big and bold italic too

Does this mean anything to you?

T and then the T well it may mean

Temper tantrums more frequently seen

RRRR indeed now there's a fellow

For times when you may not feel mellow

E now for emotion E does stand you see

For a shoulder to cry on then come to me

S is a letter rounded so

Where is this stress then meant to go

S another S and rounded too

Is this stress mine or does it belong to you

For often children if you will

We take on thoughts that do us ill

As well as worries problems too

So ask yourself do they belong to you?

And if not yours why then to ask

Please someone else take on this task.

So, Is the stress actually yours?

And that can be a Yes, a No, a Maybe or even all of the previous / above

- It may be a habit or pattern
- An unconscious response to a specific thought or word
- Something passed on to you by a family member, situation or expectation
- A way of behaving
- A form of protection
- A form of holding yourself back
- Another rock for your mental backpack

So what can I suggest to assist YOU to deal with your stresses other than the Sound programs that we offer?

I am going to show you 3 individual areas that may be of benefit to you, and that you can take charge of yourself.

Suggestion 1

Around February of 2014 I wrote a blog post titled 'Are you setting yourself up to fail' Now although this was directed more at New Year's Resolutions it also fits very well with 'Stress'

<http://www.soundsfromsource.com/are-you-setting-yourself-up-to-fail>

Suggestion 2

Then the Christmas / New Year period of 2014 / 2015 another blog post with a very useful download that again may assist you with the 'stressors' in your life.

<http://www.soundsfromsource.com/reflecting-on-2104-and-creating-intention-statements-versus-goals>

Suggestion 3

Many people will suggest Meditation if you are stressed. It's honestly not my favorite form of dealing with life in general and I much prefer an interactive approach.

One of the tools I have shared with clients for many years is a short and simple way of letting go of the issue of the day, and that doesn't matter whether you are an experienced meditator or not.

I suggest a quiet place either sitting or laying down and ten minutes or so of time to yourself.

Not everyone can visualize or see pictures in their mind, and that's ok. Even if you are not a visual person this process or technique may be of benefit to you.

It's like telling yourself a story, and you are the main character in your story.

So, I suggest you read the process to yourself first and then allow it to unfold in your mind...

The story

You, have had a busy or a long day, and you know that the best way to end your day is by letting go of the things that are no longer required. The thoughts, feelings and emotions that you have carried with you.

See or feel yourself walking along a pathway on a river bank, the river is flowing gently and the path is safe and secure underfoot. It's very quiet and peaceful and you can enjoy this special time to unwind and relax.

As you walk along the pathway you become aware of a wicker basket sitting on the edge of the path, it attracts your attention and you stop beside it.

The wicker basket is full of rocks, rocks of all different shapes and sizes and you feel drawn to pick one up.

As you hold the rock you have chosen in your hands you realize that it is a representation of one of the stresses in your life.

Having identified it, you can let it go, and just drop it into the river beside you

Pick up another rock and identify which stress in your life that this rock represents, and just drop it into the river beside you

Continue reaching into the wicker basket and removing the rocks and as you identify them let them go.

It doesn't take long to get to the bottom of the basket and all that remains are the small gravel like pieces of rock littering the bottom.

These are all of the small petty things that have been the basis of the much larger rocks that you have already let go.

Pick up the wicker basket and drop it into the river, watch it sink and know that being wicker that it is biodegradable and will return to nature.

Feel the difference in your body as you are not carrying the weight of all of those rocks, brush your hands together and let go of any last remnants of those rocks.

Recognize the areas of your body where you had stored those heavy rocks, shrug your shoulders, open and close your jaw, release the stresses and tensions, and smile.

Allow yourself to walk back along the pathway, feeling lighter, feeling free.

And know that you can unload those rocks any time that you need to.

Peace Love and Light

Sheila