



MAGIC 7
STRESS BUSTING
TIPS

NEW OCEANS

Stress Busting Series

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INTRODUCTION

How much stress do you have in your life?

How much stress do you want?

Sounds like a funny question, doesn't it? "None!", you might answer. But we need a certain amount of what New Oceans calls empowering stress, as opposed to the limiting kind.

Empowering stress is that adrenaline rush just before a big meeting, or event, or performance etc.

And if you didn't realise that, then this 'Magic 7 Tips To Make Stress Work For You' will also tell you a whole lot more - not only facts about stress, but also how to de-stress from the limiting kind, and use the empowering stress to maximum advantage.

"And always look on the bright side of life....." We call our New Oceans stress programme 'The Brighter Side':-

B	BREATHING
R	RELAXING
I	IMAGINEERING
G	GOAL SETTING
H	HARMONY & BALANCE
T	THINKING DIFFERENTLY
E	EMOTIONAL FREEDOM
R	REFRAMING
S	SLEEP
I	IVF TREATMENT
D	DIET
E	EXERCISE

Now, in this book, you can learn how these elements are essential for you to put stress under YOUR control!

So let our 'MAGIC 7 TIPS TO MAKE STRESS WORK FOR YOU' be your guide to fast stress management, and re-discover the Brighter Side of life!

Believe it or not stress is a good thing for us to have. It helps to drive us towards our goals and helps us to get out of trouble, but sometimes we might just have to much to be able to enjoy life fully.

Stress is also the cause of many physical and mental illnesses. In today's society, stress is almost a part of life what with working long hours, living life in the fast lane and sometimes a poor diet this can all lead to a stressful life.

In some cases stress can stop us from doing many things because it just feels to uncomfortable.

Sometimes stress is triggered by something happening and for no reason, you start to panic and feel uncomfortable. Hypnosis can really help with stress and relaxation, it can also help to boost your self confidence, so that you can manage you stress and live a health stress free life.



Using this book you will be amazed just how quickly you will see the benefits!

ASSESS YOUR STRESS-LEVEL

Check the Stress-O-Meter to Find Out.

Check each statement that applies to you.



yes no

I have difficulty relaxing.

I feel tired and lifeless most of the time.

I have frequent severe headaches.

I have trouble sleeping at night.

I eat and snack excessively.

I generally feel anxious and unsettled.

I feel stuck in a daily grind.

I have trouble concentrating.

I have tightness in my neck and shoulders.

I have stomach or digestive problems.

NOW FOR YOUR SCORES

If you answered "Yes" to

0 questions. Green Light. **"You're A-Okay!"** You're doing a pretty good job of staying stress free.

1 questions. Green Light. **"You're A-Okay!"** You're doing a pretty good job of staying stress free.

2 questions. Green Light. **"Not Bad!"** Stress doesn't have you in a mess. Keep doing what you're doing, and eliminate pressure when it builds up.

3 questions. Approaching Yellow Light **"You deserve a break today!"** Stress doesn't have you overloaded, but you might want to take a break from your routine and schedule time to rest and relax.

4 questions. Yellow Light. **"Slow Down!"** Stress may be creeping up on you. Schedule time to do something just for you!

5 questions. Yellow Light. **"Proceed with Caution!"** Stress is knocking at your door. Think of one thing you can do today to reduce the pressure you feel. Make it your goal to rest, relax and have fun.

6 questions. Yellow Light. **"Red Light Ahead!"** Take time to evaluate your priorities, and ask for help to discover areas where you are overcommitted. Let go of part of your stress by saying "No!" more often.

7 questions. Yellow Light. **"Don't Ignore the Signs!"** Ask a trusted friend to help you identify one thing you can do today to make your life more positive.

8 questions. Red Light. **"Stop!"** The red light of stress is in front of you. Concentrate on recharging your emotional and spiritual batteries. Be proactive about setting boundaries!

9 questions. Bridge Out Ahead. **"Don't Delay!"** Your emotional and spiritual tank is dangerously low! Seek wise counsel to help you structure positive change. Be encouraged. Don't be afraid to ask for help.

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STRESS SYMPTOMS & EFFECTS

Do you suffer from any of following symptoms:

<i>Physiological Response</i>	<i>Cognitive Response</i>	<i>Emotional Response</i>
Heart Palpitations	Can't Do It	Fear
Rapid, Pounding Heartbeat	What If I Make A Fool Of Myself?	Keyed Up / On Edge
Tightness Of Chest	People Are Looking	Panic
Butterflies In Stomach	I Could Faint	Excessive Worry
Hyperventilation	It's A Heart Attack	Uneasy
Weakness All Over	Get Me Out Of Here	Feelings Of Doom / Gloom
Tremors	No One Will Help	Trapped-No Way Out
Dizziness	I Can't Go Alone	Isolated-Lonely
Dry Mouth	I Can't Breathe	Loss Of Control
Sweaty All Over	I'm Going To Die	Embarrassed
Confusion	I'm Going Crazy	Criticized
Speeded Up Thoughts	I'm Trapped	Rejected
Muscle Tension / Aches	I'm Not Going Out	Angry
Fatigue	What If Someone Is Hurt, Sick, Fired, Etc.	Depressed

Effects of stress: Short Term

Short term stress is useful and gives you the impetus to act and respond to life's problems. When the stress system is on, many chemical changes occur in the body to prepare you to deal with exciting and challenging events. This is a good thing. Learn to recognise them each time they happen. Learning to cope with stress begins with self-awareness.

When the action is over, your short term stress symptoms settle down to normal again and no harm will have been done.

In the short term the body adapts to normal stress and you remain balanced and healthy. If you notice any of these symptoms continuing when the stressful situation is over, you could actually be damaging your health.

- Furrowed brows
- Edginess
- Clenched or grinding teeth
- Wide eyes
- Tense muscles
- Pale face
- Cold, sweaty hands
- Flared nostrils
- Faster heartbeat
- More sensitive to touch
- Biting nails
- Clenched hands
- Less sensitive to pain
- Need to pass water
- Cold sweaty feet

Effects of stress: Long Term

Do you ever have difficulty sleeping at night? Or find it hard to concentrate during the day? Do you feel you are too busy to get anything done or to enjoy life? I so these may be signs that you are suffering from ongoing, 'long term' stress.

Why can't you sleep? It may be because you are living life at such a fast pace and are unable to switch off and slow down as you should towards bedtime. Your mind continues to work when you should be sleeping, and worrying about sleep stops you from sleeping.

This type of long-term, prolonged stress is harmful to your body and can soon lead to a variety of other physical disorders. Not to mention a variety of familiar emotional problems:

physical disorders:

- Appetite loss
- Skin conditions
- Headache
- Backaches
- Ulcers and indigestion
- Stomach problems
- Neck and shoulder tension
- Neck ache and leg ache
- Chest tension
- Constipation or diarrhoea
- Heart problems
- High blood pressure

emotional problems

- Being on edge
- Withdrawal
- Feeling guilty
- Aggression
- Depression
- Marital problems
- Worry
- Blame
- Fear
- Boredom
- Insomnia
- Sexual problems
- Hyperactivity
- Excessive drinking
- Drug abuse
- Eating disorders

EFFECTS & COSTS

EFFECTS OF STRESS IN THE WORKPLACE

increase in absenteeism

- a reduction in performance
- apathy from staff
- complaints from clients
- and for some, serious mental and physical ill-health.



COSTS OF STRESS

- 80% of all modern diseases have their origins in stress.
- In the UK, 40 million working days per year are lost directly from stress - related illness.
- Costs in absenteeism to British industry is estimated at £1.5 billion pounds per year.

Studies have linked stress to

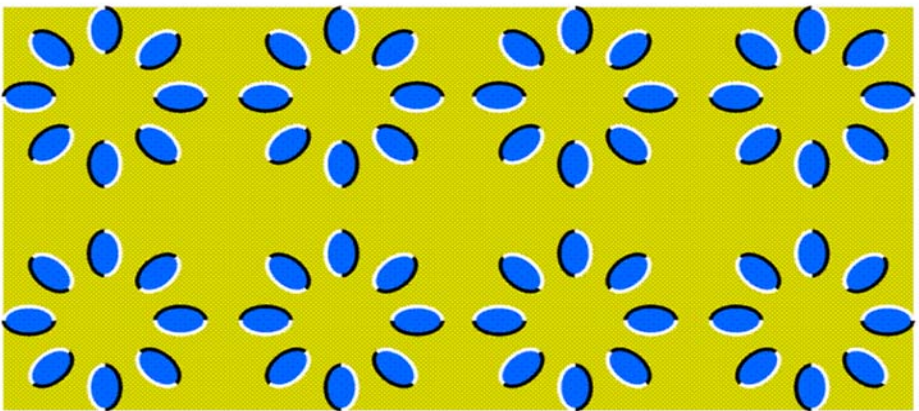
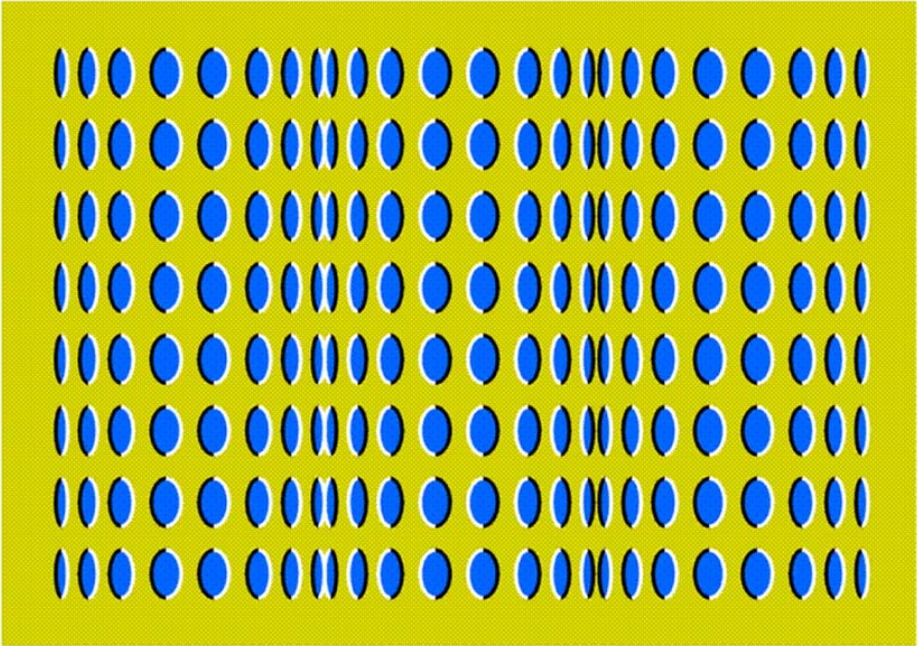
- cancer
- high blood pressure,
- blood clots
- heart attacks
- back pain
- migraines
- digestive disorders
- weakening of the immune system
- muscle deterioration



CAN YOU HANDLE STRESS?

The 2 pictures that follow are used to test the level of stress a person can handle. The slower the pictures move, the better your ability of handling stress.

... Look at it again and check your level of stress...



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STRESS BUSTING TIPS

Too much to do - not enough time to do it? Do you want to find a better way to deal with the pressures of work? Out of balance, rushed and frustrated with keeping the plates spinning. Stressed and tired trying to catch up?

Well this book is for you...

- Understand what stress is and how you do it
- Recognise HOW we get stressed or angry - how that habitual response actually works
- Identify specific situations where your stress responses need to be cooled down
- Change stress behaviour patterns
- Have the choice - AND THE SKILLS - to always be in the optimum emotional state, instantly
- Model the strategies of people who enjoy happiness and make them part of your own 'toolkit'
- Put the habit of stress into the 'museum of old habits' - for good!

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