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Simple Techniques

to Reduce Stress
For a More Productive
and Prosperous Life



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The Toll of Stress and What Can Be Done About It.

If you're reading this guide, then chances are you have a lot on your plate. You work hard during the day and when evening comes there's still more to do. The day never seems to give you a moment's rest.

You combine this with life's surprises and stress can come quick and without warning.

It seems like there are always outside pressures out to make your life difficult. It's hard to balance it all.

And, when you're feeling it, you may feel like there's nothing you can do. You're stuck in a situation you have to deal with.

What are you to do?

By addressing stress, you're taking an important step.

Stress has a big impact on your life. It changes the way you feel and react. Relationships, work, and family suffer.

Even more importantly, it takes a toll on your health. Your immune system weakens and you become more susceptible to illness.

Stress breeds more stress. You're less up to the challenge of solving problems.

But, it doesn't have to be this way. You can overcome your stress.

Inside this report we're going to discuss approaches to reduce stress when it strikes and even prevent it from happening in the first place.

You can put an end to the cycle of stress in your life. You don't have to continue to suffer. There are simple steps you use tomorrow.

The result is you are more productive so you can focus on what you do enjoy in life. Life becomes fun again.

What to Do When It Strikes.

Stress hits when everything seems to go wrong. It's usually not one event. But, a lot of them added together.

However, virtually always, it's not as bad as it first seems. Most of your problems get resolved soon after they occur and you never give them a second thought the next day.

The only problem is you don't know what the future holds. So, it's hard to see everything in perspective. How do you know what will and won't be resolved satisfactorily?

This is why it's important to pause and reflect when stress hits.

Let's talk about some techniques you can use whenever you feel stress rising:

- **Exercise regularly.** When ever you're stressed-out, the hormone cortisol is released. This used to be necessary and helpful because it helped us flee trouble. However, in today's world, it wreaks havoc on your body.

You need to make time for your body to return to its ideal state by exercising.

This might be walking, jogging, or doing yoga. Anything you make time for helps. Just taking a 15 minute break to go walking from a stressful situation allows you to view your problem differently and come-back to it in a state more able to deal with it in a productive way.

- **Meditation.** Whenever you're stressed-out, there's a temptation to seek outside comforts, such as smoking, alcohol, or eating. Meditation allows you to remain open to dealing with your stress, instead of avoiding it.

To meditate, just pause, find a quiet place without distractions, and relax. You may visualize about something positive you want to see in your life, sit with your problem and let ideas for solutions come to you, or breathe deeply.

Deep breathing forces you to focus on yourself. It also makes you feel better as well.

- **Music.** Music has the ability to change your mood and make you feel more positive. It can not only influence you, but also the ones around you.
- **Stop and eat something healthy.** If you're eating a lot of fast food, sugar, and other junk food, your body has to deal with it. It's not getting the nutrition it needs.

The result is your body has a lot to deal with and added stress can be the tipping point.

When you're taking care of your health, you're more alert, sleeping better, less susceptible to illness and stress can be more easily dealt with.

- **Seek-out laughter.** This might mean surrounding yourself with those who make you laugh or watching a favorite movie or television show.

Laughing helps change your mode and reminds you not to take life too seriously. It's short.

Solve one piece of the puzzle at a time. When you look at a massive puzzle, it may seem overwhelming. Yet, you approach it happily anyway because you know it can be solved.

Look at your workload just like a puzzle. As soon as you get the first pieces put together, it looks more manageable. You gain confidence you can accomplish it. Focus on the big picture.

When you're stressed, you tend to see the little details as big when, in reality, they can be easily dealt with.

- **Cut-out the unimportant tasks, until you have time to deal with it.** You'll be surprised at how many problems tend to work themselves out. Say "no" when it doesn't fit you or other's goals.

When you're trying to get something done, cut off your cell-phone and don't check your email, until you're done. You can put in an auto-responder message into your email provider to let others know that you're not currently checking

your email and if it's vital, they can call your phone. Then, you may only check your phone if the person leaves a message.

- **Vacations.** Vacations don't make all of your problems disappear. But, what it does do is give you a breath of fresh air. You become reinvigorated and look forward to solving challenges when you get back. It also gives a new perspective on what's going on your life so you can see what's really important.
- **Re-frame how you look at problems.** For instance, you may have it in your mind that you're in for disaster. But, in reality, if you think about what the worst that can really happen, it's not so bad.
- **Make yourself listen more intently than you normally do.** Avoid angry criticism of others. Sandwich any criticism between positive feedback. For anything negative, give at least two positive things you do like. So, you might give a compliment, followed by the critique, and then a further compliment. Any compliments should be genuine.
- **Ask for help with specific goals you want to achieve.** You can't know everything and there are a lot of others who know what you don't. This means that instead of trying to do everything yourself, consider finding others to help. They may do a better job than you ever could do in a tiny fraction of the time.

You can get help by hiring someone or bartering with friends and family. For instance, somebody might mow your lawn and you might cook and bring a home cooked meal. There are a lot of opportunities to replace tasks you don't like doing with ones you do.

Another example might be hiring a babysitter so you can focus on getting done a planned activity or hiring someone to clean your house so you can get what you want to accomplish done.

Moreover, you should not let price stop you from the outset. You can barter or look for those who don't need to charge a lot, such as a hiring a kid in your neighborhood to mow your lawn or a college student to proofread your work.

The bottom-line of these techniques is that you don't have to feel trapped by stress. Look for solutions and opportunities to reduce stress you can quickly apply.

Now, if all of these tips sound helpful, but you feel completely overwhelmed to even try using these tips, a guide has been published entitled, "Conquer Stress." It shows you how to overcome the emotional toll stress creates, including feelings of depression and anxiety. Get more details at:

→ [Conquering Stress](#)

Let's move-on to discuss strategies to deal with anxiety before it ever starts.

How to Prevent Stress Before It Strikes.

Although it may seem like it, stressful situations don't come-out of nowhere.

It's a natural feeling that isn't always bad. It pushes us to manage our time and get things done. By embracing and dealing with it in a positive way, it helps drive you.

The problem comes when stress becomes overwhelming and takes a toll on your health.

This means that the first step to dealing with stress is to notice where it's coming from and how it affects you.

You can do this by keeping note of it in a stress journal for a few week period.

Whenever you feel stressed-out, make a note of who was involved, what happened, and how you felt. You may decide to do this at the end of each day.

Don't worry too much about attributing blame or over-analyzing. Save the analysis for after you're done with the journal. After you have completed it, you can look back at it and see the patterns of what's occurred.

Having a greater understanding of the big picture of what's happening allows you to see what can be changed.

There are a number of common patterns that often emerge. A common stress pattern is a feeling that others are walking over you and there's nothing you can do.

One of the most important stress-busting skills you can develop is to become assertive.

Often people confuse being assertive with being aggressive. The difference between being assertive versus aggressive is that when you're assertive, you stick to the facts. You push your case with consideration for others. When you're aggressive, you don't have concern for others. You're only after your own self-interest at a large cost.

Being assertive is natural and necessary to interact with others effectively.

On the other end of the spectrum, you may be afraid of any type of conflict and go along with what others want. You're passive.

When you're aggressive or passive, both cause stress in your life. Aggressiveness causes resentment from others. You may get your way once, but it eventually comes-back to you. On the other hand, when you don't push your case, you may keep the calm, but it allows others to walk over you. Often others will take advantage of you.

When you're assertive, you train others to respect your time and energy, but you also gain the goodwill of others. A relevant quote is, "People treat you like you teach them to treat you."

In addition, to improving your communication skills, surrounding yourself with the right people also helps.

You should seek to bring positive and productive people into your life. Look for those who have shared passions with you.

One of the easiest ways to do this is to find a mentor or someone who has already achieved what you want to accomplish.

The result is you see new possibilities of what can be and a surefire path of how to get there.

After you consider other people's influence in your life, it's time to look at simple steps you can take on your own.

One of the biggest sources of stress is feeling like you don't have enough time.

Two ways to overcome this obstacle are to avoid procrastination and come-up with systems to more efficiently organize.

Procrastination often comes about because you lack the motivation to get it done. Then, only when you have a deadline to worry about, do you get to work.

Overcoming procrastination has less to do with will power and more to do with your daily habits. You need to make getting to work on what you normally procrastinate on a part of your day.

So, instead of watching Television before you go to bed or when you wake-up, you spend your time getting done what needs to get done early. You do this because you know that once it's out of the way, you can relax and focus your attention on what you do enjoy.

You may be surprised at the time that is freed-up when you have clear goals of what needs to get done and you work on finishing them as soon as possible.

When it comes to organization, this also is a major source of stress. It may come-in to your life when you can't find your keys or your computer crashes and you don't have it backed-up.

The frustration of being unorganized is usually delayed rather than immediate. It hits you down the road when you can least afford it.

Of course, you may be thinking that you are organized for the most part. This may be true, but you can always improve what you already do.

Think about what you use often and how you can make it readily available when you need it. There should be no searching. You should know where everything is without having to put anything together.

Think about how you can organize for each day or event ahead of time rather than at the last minute.

For more tips on how you can get more time out of the day, there's a proven system that shows you how step-by-step entitled, "14 Days to Total Time Control." Check-it out now:

→ [14 Days to Total Time Control](#)

If you struggle to find-time to exercise or take a break, this is a "must have" product to free-up the needed time in your day.

Chief among the time management techniques you need to be aware of is how to determine what does and what doesn't need to be addressed right away.

You see, there are often questions or problems others come to you with that don't really require you at all.

Often the answers can be found without your help. For instance, your co-worker may need a telephone number that he or she can look-up faster than it takes to ask you.

Throughout your day, it's important to recognize when these distracting tasks appear. You should avoid engaging in them when possible and focus on getting your work done. For instance, you may tell your co-worker that you are working to meet a deadline and will look-up the phone number as soon as possible.

In the meantime, he or she may just decide to do it him or herself. It's amazing at the amount of problems that work themselves out when you are not able to help immediately.

Of course, this does not mean being dishonest. You should really be working on a deadline if you say you are. The technique is simply to focus on your priorities and avoid distractions that reduce productivity when possible.

Another example might be not checking your email often. Let others know that you only check your email once or twice a day and if it's important that they should pick-up the phone and call you. This creates a barrier of access to you. Unimportant questions or problems are less likely to be brought-up.

Let's talk about one more big cause of stress, your bad habits. Smoking, overeating, drinking due to stress and other bad habits may seem small at the time. However, over time, they add-up.

They're unproductive ways to deal with your stress and cause more of it. They prevent you from sleeping-well, your immune system suffers, and they can even add a lot of extra expenses to your monthly budget.

But, even more importantly, they act as distractions from what you want to get done. They prevent you from spending your time on more productive tasks that

prevent stress down the road.

To overcome bad habits, there are a number of courses that address everything from how to quit smoking to alcohol issues, and even nail biting. Check them-out now at:

→ [**Stop Bad Habits**](#)

In addition, another powerful product is the “Binural Audio Program” series. This is an audio course that uses subliminal messages to help manage your time, improve memory, self-esteem, and the all important topic of attracting money. Check-out the details of how it works at:

• [**Binural Audio Program**](#)

When you tackle your problems, other problems slowly begin to disappear. They're all interrelated. Focus on the most pressing to live a happier, more productive, and prosperous life.

Recommended Resources:

- 14 Days to Total Time Control – [14 Days to Total Time Control](#)
- Stop Bad Habits – [Stop Bad Habits](#)
- Binural Audio Program – [Binural Audio Program](#)
- Conquering Stress – [Conquering Stress](#)