

25 Tips to Break the Stress Cycle

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What is stress?

Basically, stress is our reaction to something. Our stress reactions occur when the demands put upon us by certain situations or thoughts, lead us to feel angry, frustrated, anxious or sick. Stress can be caused by our own internalised thoughts and feelings too. The things causing stress can vary from person to person. What is stressful to one person isn't always stressful to another.

Is stress bad for you?

Not always. Stress is a normal part of life and small quantities of stress can motivate you and help you be more productive. Too many stress reactions can be harmful to your health. This is often called *distress*. It is when our stress reactions become a habit that it becomes more of a challenge for us. We begin to react to things without even thinking about. This then leads to other problems.

How do I know when I'm stressed?

Everyone has different reactions to stress, reactions can include:

Anxiety	Worry	Forgetfulness
Sleeping difficulties	Bad dreams	Irritability
Decreased concentration	Lack of sex drive	Lack of motivation
Nausea	Indecision	Muscle tension
Poor immunity	Poor digestion	Abdominal pain
problems	Sweating	Hormone
Rapid or irregular heart beat	Inability to learn and remember	High Blood Pressure
Aches and pains	Exhaustion	Lack of Recuperation

What causes stress?

Stress is caused by a combination of internal and external events (or the anticipation of them). How we see our own ability to manage a conflict will create internal chemical reactions that affect our body function. Sources of stress can vary from lack of confidence, work-related performance, money worries or family problems to unemployment, moving house, bereavement and divorce. Alternatively, it can be a combination of minor problems, which all grow into one big problem.

Does feeling stressed mean I can't cope?

No, it just means you're human. We are all different and we all

react in different ways to different situations. Admitting you feel stressed can go part way to helping you find a solution. Suppressing feelings and pretending they don't exist when really they do, leads to more tension and raises the stress factor even higher. So what can you do?

1. Break the stress code.

Use your own body to stop your stress responses. If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. One way is to train yourself get out of the stress mode and survival code using Neuro-Training. Neuro-Training creates new options for your internal mechanisms. It is a way of generating new options for your internal reactions to change. It breaks the stress cycle and allows your nervous system to respond differently.

2. Control what you can

You can't control everything around you – and too many of us get caught up in the things we can do nothing about. Focus on what you can control, and make the changes that are within your own power. Let go of trying to change what is not within your control.

3. Reduce caffeine

When we are stressed we run on a faster timing. Consuming more stimulants makes this timing even faster, leading to physical anxiety attacks. Lessen your intake of coffee, tea, cola, bull drinks and other high caffeine drinks. Try and drink more water instead. Consume herbal teas that calm you such as chamomile, vervain, or take some magnesium to help you relax and sleep better.

4. Eat properly

Eat breakfast like a king, lunch like a prince and dinner like a pauper. Eat when your stomach most needs it, when you are hungry. Eat consistently and at regular times. Eat fresh foods.

5. Identify your own stress reactions

Breaking the stress cycle starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviours. Kinesiology combined with Neuro-Training is a significant way to identify the 'not-so-easy' to find stress reactions. Kinesiology is a way of accessing your subconscious

6. Set priorities

We all operate better when we are doing the things most important to us. Stop suppressing what is most important to you. Decide on what is most important in your life. This also puts into perspective the less important items. Focus on what's important and allocate time accordingly.

7. Talk to someone or get some support

You don't have to do it all on your own. If your head feels really full, it really can help to talk to a friend, family member or even a professional Kinesiologist, Neuro-Trainer or counsellor. This is very important if you are starting to stew on things and get stuck.

8. Turn down the voice in your head

It can be very noisy in our heads! Debates rage, judgements and opinions can run rampant. Try some Neuro-Training to change those misperceptions at the College of Neuro-Training in Lismore. Free information evenings are available for you to find out more.

9. Keep things in perspective

Too much of the time we become subjective especially living in our own stress reactions. Learn to be more objective. Seeing the bigger picture can make a difference. Keep a balanced view on your life and activities. Don't blow things out of proportion and see them as impossible.

10. Learn to let go

Stop dwelling on things. Learn to let them go. Use words like "Let it go", "Chill" or "Breathe" to get away from your negative thinking. Positive self-talk is a great skill. When you are in the middle of internally combusting, breathe before you react and think of the implications.

11. Manage you finances

When your money situation is out of control, it creates enormous stress reactions. Get help and get your financial situation back in control, if it is causing you to feel upset. Neuro-Training has some wonderful ways to raise your financial intelligence and sort out the stress patterns you may have around money.

12. Learn and use relaxation techniques

This might be swimming, horse riding, yoga, and meditation or even listening to relaxation exercise tapes. Gardening, reading, sewing, watching a peaceful movie, listening to music – find something that relaxes you.

13. Regular exercise

A great way to manage stress and improve mood is exercise. Go for a walk. Play some sport. Even if it is only three times a week, for an hour or so each time.

14. Thinking time

Make time to create the day: work out what you want to get from the day. Problem solve, look at different point of views. Make time to think things through and imagine what could be possible.

15. Use a task list

Manage your time and tasks realistically. List things and don't keep them in your head. Tick them off as they are done. Ticking off each item as you complete it will give you a sense of accomplishment and allow you to stay more in control of your time.

16. Learn to forgive others

People often carry a lot of anger about others – friends, work colleagues, and family who they feel have let them down. Learn to forgive, as forgiveness reduces stress.

17. Improve your communication skills

Understanding others, how and why they react is highly effective for communicating better. The secret to why we react the way we do is often hidden amongst our facial characteristics. Discover more about Face Traits, why we react and why our loved ones react differently will help you understand others and their internal reactions.

18. Use visualisation

Picture a calming place, use a screen saver and have pictures on your desk of people and places that you associate with relaxation.

19. Laugh out loud

Researchers have found laughter lowers stress and stimulates the immune system. So choose friends who make you laugh, get a comedy DVD and go to shows and places that are fun and funny.

20. Learn to say no

Sometimes we just do too much. We are too nice or feel guilty if we say no. Consequently we are feeling overloaded with no time for what we really want to do. Think of a quick and easy sentence such as "Well, I would love to help you, however I have something else I have to do first..." Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching them. Taking on more than you can handle is a sure fire recipe for stress.

21. Focus on what you do want rather than what you don't want

When stress is getting you down, take a moment to reflect on all the things you want in your life. We often spend too much time focusing on what we don't want. Our brain cannot 'not do' something. For example "don't think of an apple pie right now" (What's in your mind's eye – an apple pie right!) Think of what you do want in life, not what you don't want in life. It's an easier way round.

22. Be more assertive

Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.

23. Adjust your standards.

Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough".

24. Clear out the toxic people in your life.

Avoid people who stress you out and learn to say no to them too. If someone consistently causes stress in your life and you can't

turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.

25. Avoid the Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

Smoking

Drinking too much

Overeating or under eating

Zoning out for hours in front of the TV or computer

Using pills or drugs to relax

Sleeping too much

Procrastinating

Filling up every minute of the day to avoid facing problems

Taking out your stress on others (lashing out, angry outbursts, physical violence)

Withdrawing from friends, family, and activities.

In short, there is a 'part of us' that wants to survive. It's a code for surviving that we can get stuck in too much of the time. Our survival code is not a bad thing. We all need it when our lives are at risk. The point is, our lives are not at risk every moment of the day. When you 'try' to survive your challenges at any cost, you cause more stress to yourself and others. Being locked in survival as a habit can become the basis of our stress reactions. Changing this lets our body and all internal mechanisms 'live' again.

Discover how to use the simple power of Neuro-Training and Kinesiology to develop stress release options and the life style you have dreamed.

And you know what? You are capable of much more than you think you are. How do I know? Because, I've researched and used Kinesiology for 25 years. Neuro-Training is constantly testing and researching what works and what doesn't. And if you're prepared to use the proven procedures you'll discover the faster track to stress relief and breaking the stress cycle.

If you want to get better at life - **join us on our FREE info nights and learn more about Neuro-Training and breaking the stress cycle**

For more information on Free Info nights and a free article on "*Solution Oriented Report*" valued at \$24-95 email us at info@neuro-intelligence.com
For more information about Neuro-Training info nights, or a private appointment contact **Neuro-Intelligence at the College of Neuro-Training on 02 6622-1514 or 0403 567 435**