

# Stress Free Living

Tips and Tricks to Shedding the  
Stress and Enjoy Stress Free Life



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**Stress Free Living:  
Tips and Tricks to  
Shedding the Stress  
and Enjoy Stress  
Free Life**

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# Introduction

Stress, it seems unavoidable because life itself is full of situations that cause stress and anxiety.

Things that seem out of our control just stack up until we feel overwhelmed and unable to cope.

What is stress? Stress is pretty much anything that causes strain to our bodies; it can be physical, emotional, or psychological.

Basically, stress is our body's natural reaction to something that has happened. Some stress is not harmful to us; that sort of stress is referred to as eustress.

Eustress can be called positive stress, which seems at odds with how we normally think of stress. However, according to the above definition, stress is anything that causes strain on our bodies, so what kind of stress causes strain in a good way?

The rush you get when playing sports, that adrenaline rush is a type of stress, but it is a good feeling.

You might feel the same thing on a roller coaster, skiing, or anything that we find exciting

and thrilling; it releases adrenaline and cortisol, which causes the heart rate to increase, diverts blood flow to our main muscle groups all of which give us a push of energy and a quick increase in strength.

That response to stress, good or bad, is called the fight-or-flight response and it is designed to help humans get out of stressful situations quickly.

When the danger is gone, everything goes back to normal and adrenaline and cortisol will no longer be released into the body. Roller coasters are an example of how we willingly trigger that response for fun.

Stress that is negative or harmful to us can be broken down into two categories, acute stress, and chronic stress.

Acute stress is stress that occurs short term, it is the stress that we feel when a situation causes us distress. Acute stress is the typical stress that people encounter and deal with on a day-to-day situation.

Chronic stress is stress that is long term and very damaging to the human body. The body's response to stress is supposed to be just to get us out of danger, but when a person is subject to chronic stress, the body is in that fight-or-

fight mode for extended periods of time, causing damage.

Chronic stress can lead to a weakened immune system, diabetes, hair loss, heart disease, obesity, sexual dysfunction, ulcers, hyperthyroidism, anxiety disorders, periodontal disease, and insomnia.

Both acute stress and chronic stress can cause weight gain, weakened immune system, heart disease, high blood pressure, increased risk of stroke, increased chances of psychosomatic illness, emotional problems such as mood swings, anger outburst and depression, declining cognitive functions, insomnia, the tendency to overeat, and a chance of reaching a breaking point, either total burnout or a mental breakdown.

Some of the symptoms of stress and ways that stress can make us feel are headaches, lingering colds or an increased tendency to become sick, you have trouble sleeping at night, you have trouble thinking clearly, you feel anxious in general, you feel overwhelmed, feelings of frustration, moodiness, and a lowered sex drive. You might find that it is harder to think and that you make mistakes more.

Living with stress is not normal and it is not something that you have to do. You can manage your stress and you can make some changes to your life to help cut out some of the stress before it even begins.

## **Stress vs. Adjustment Disorders**

In the introduction, we discussed that stress is a reaction to any change in our life.

That change can be a traffic jam that we get stuck in when we are late, a new job, and a new person in your life, a promotion, or even a broken shoe.

Notice that not all of those scenarios are negative ones because stress itself is not a reaction to only negative things; it is a reaction to any change in our lives or any situation that can trigger a stress reaction.

The majority of our stress comes from the big changes, any major change that upsets the daily routine of your life.

The death of a loved one or family member, moving to a new place, losing your job, starting a new job, a divorce, a major illness are all some examples of a major change that can cause stress.

When somebody has trouble adjusting to a situation it is called an adjustment disorder, which is a mental illness that is stress-related.

Adjustment disorders can have a major effect on somebody's behavior, thoughts, and emotions.

People with adjustment disorders make it hard for the person who is suffering from them to even function normally; there has been a big change in their life and they cannot cope and can become very self-destructive and even suicidal.

If your stress began after a major change, you very well might have an adjustment disorder.

**Look for these changes in your emotions and thoughts:**

Feeling overwhelmed

Thoughts of suicide

Desperation

Crying

Unable to concentrate

Feeling hopeless or incredibly sad

Unable to sleep

**Look for these changes in your behavior:**

Skipping school or work

Isolating yourself – avoiding family and friends

Ignoring necessary things like paying bills,  
keeping up the house or even your hygiene

Picking fights

Being reckless – no regard for your safety

As you can see, the above symptoms are more severe than the symptoms that stress in general can cause.

The overwhelming feeling that an adjustment disorder can cause can keep you from being able to live normally, and worse, you might not even care.

If you are having suicidal thoughts, or if you have any of the above symptoms for over 6 months after a major change happened in your life, you should see a doctor immediately.

Adjustment disorders are nothing to be ashamed of and you literally could be saving your life by seeking help.

If you have been having the symptoms for less than 6 months after a major change in your life then there are self-care measures that you can take to help yourself adjust to the change and get your life back on track again.

Either way, seeing a doctor can be a great service, even if it has not been 6 months yet, why wait for it to become a bigger problem.

Asking for help is the first step. If you are struggling with an adjustment disorder, you should discuss it with your family and friends; they are your natural support group and instead of not talking to them about it, you should open up to them.

They will have insight and can offer you the support that you need, often time, helping you get over the problem quicker by letting your emotions flow out instead of bottling them up inside.

You should also seek help from a support group, there are support groups for divorce, for grief, for illness, and indeed, there are support groups for nearly everything.

You will benefit greatly from the fellowship, knowledge and support that the group can offer. If you belong to a church, they often have support groups as well. All you need to do is reach out.

Keep yourself busy and surround yourself with people instead of staying locked up at home. If you are not working, volunteer someplace.

Find a hobby or begin playing sports. Make sure that you stick to a basic daily routine, get enough sleep, eat three times a day and make sure that you get some exercise, even if just some walking every day. All of these things will help you to adjust and overcome the adjustment disorder.