

**141 Tips
for
Healing
When Life
Throws
You a
Stress
Curve Ball**

by Mary C. Kraemer, R.N., RMT

**141 Tips
for
Healing
When Life
Throws
You a
Stress
Curve Ball**

by Mary C. Kraemer, R.N., RMT

HEALTH, WELLNESS AND YOU

During the past year, like many people, you may have had ups and downs, challenges and successes, and one or more unexpected stressful situations in your life. Any of these occurrences can be a source of stress.

My background as a healthcare provider, motivational educator, and life coach has provided me with the opportunity to see how stress affects us physically, mentally, and emotionally on a daily basis. **Stress** is both additive and cumulative in its negative effects. Some **common health problems that are linked to stress** are heart disease, cancer, stroke, lung ailments, accidents (unintentional injuries), immune response and deficiency, memory loss, obesity, and diabetes.

This booklet addresses some of these events and gives you suggestions for healing and moving forward.

For more information about quantity purchases of this booklet, classes, seminars, speaking engagements, coaching, and consulting services, please contact:

HEALTH, WELLNESS AND YOU

MARY C. KRAEMER, RN, RMT

(817) 410-9133

mary@healthwellnessandyou.com

www.HealthWellnessandYou.com

© 2003, Mary C. Kraemer

TABLE OF CONTENTS

A. New in Town	6
B. Job Change	6
C. Work or School Pressure	7
D. Do-or-Die Deadlines	8
E. Emotional Challenges	9
F. Trouble with Family and Friends	10
G. Newly Married	10
H. Marital Issues	11
I. Family Demands	11
J. Children Leaving the Nest	12
K. Separation or Divorce	12
L. Close Relationship Ends	13
M. Personal Health Problems	14
N. Health of Family or Friends	15
O. Death of Family or Friend	16
P. Financial Difficulties	17
Q. Fired or Retired	17
R. Drowning in Debt	18
S. Lost a Lot of Money	18

A. NEW IN TOWN

- 1** Reestablish equilibrium in your life as a way to minimize stress. Get into a routine as soon as possible. The routine will provide a sense of comfort.
- 2** Personalize your own stress management program. Think about what approach suits you best.
- 3** Locate a personal trainer or organization to help you design a customized program for stress release and coping mechanisms associated with change. Search until you find the ideal resource.
- 4** Hire a coach. That may be a personal life coach or a fitness coach.
- 5** Enjoy the beauty of your new surroundings. Develop a sense of comfort in your new town. To get acquainted, take a walk instead of driving.
- 6** Place yourself in a fun scenario. Join a club in which you have an interest, such as tennis, rock-climbing, walking, running, or cooking. This can be an opportunity to explore something you have wanted to do for a long time.
- 7** Share your wish or dream with someone new. Notice how their enthusiasm can be contagious.
- 8** Identify a support person in your new location or in some other part of your life. Make regular contact with someone you trust, admire, and/or respect.
- 9** Discuss what's happening in your new town and share your thoughts and feelings as you adapt. Processing these experiences with another person helps you become more comfortable with where you are.
- 10** Volunteer at the same place for three months. That amount of time will allow you to become known to the people there, while you make new friends and acquaintances.

B. JOB CHANGE

- 11** Review the wealth of valuable talents and skills you have to offer. Reestablish trust in yourself by celebrating your accomplishments.

12 Start a plan of action. Be specific in what you will do and when you will do it. Be sure to protect your free time in the process of establishing your action plan.

13 Honor the idea that you changed your mind about your former place of employment and have moved on. Giving you permission eases the stress that can come with a job change. Organize your new workspace. Make it comfortable for you to work there and to find what you want when you want it.

14 Allow time in your day for unexpected emergencies and glitches as they are bound to happen. Giving yourself those buffers will minimize the stress in your life.

15 Establish priorities throughout your day. Be willing to change your priorities as warranted. New information prompts new priorities.

16 Maintain a regular fitness routine. Physical activity helps to reduce stress and provides stimulation to the brain

C. WORK OR SCHOOL PRESSURE

17 Identify some of the stressful feelings you experience at work or school. Once you identify them it will be easier to deal with them.

18 Think about ways you can best adjust to each change that causes you stress. Create a stress diary as a way to process your feelings and identify some solutions.

19 Notice what situations prompt your body to get tense. Begin identifying where your body stores tension.

20 Step away from the stress-inducing event. Determine who is responsible for what. Getting clear about the situation helps you in deciding where to place your energy & time.

21 Slow down. Take a little longer to do things as one way to limit your stress.

22 Change your patterns. Buy some candy and place it on the corner of your desk at work. Go outside for lunch and enjoy a moment of fresh air.

23 Designate open and closed-door policies at work. This keeps you more in charge of your rhythms and patterns throughout the day.

24 Schedule reading e-mail and postal mail at specific times of the day. Focus your energy on those tasks that require your reactions and responses.

D. DO-OR-DIE DEADLINES

25 Set limits for yourself. Doing this will actually increase your effectiveness and decrease your stress.

26 Leave your workstation. Remove yourself from the location that is causing the stress. Walk down the hall, go to the restroom, or take a short break. Coming back to the situation is likely to be a calmer experience.

27 Construct a relaxation audiotape. Record songs and sounds that are soothing to you and play it when you are stressed.

28 Organize your time. Create a time log. Write down each activity and the time you spent. Evaluate how you actually are spending your time and check to see if that amount is in alignment with your priorities. Once you have the information, you are then able to make new choices if appropriate.

29 Monitor your progress with tasks and projects. Notice what parts you enjoy and which ones you have to do because that is just part of what is required.

30 Learn to say no. Find ways to communicate your answer that best suits your personality.

31 Keep an ongoing to-do list. Add to the list as you think of things. Be willing for things to change in importance.

32 Plan ahead whenever possible. Limiting unexpected events also limits your stress level.

33 Make a list of things to do when you're in a waiting mode and your mind is in free-flow. Cross items off when tasks are completed. You may want to use a highlighter pen to cross things off so you can still see what it is you have accomplished.

34 Become self-aware. Encourage an internal control focus, reminding yourself that you are in charge of your own life. Negotiate situations when possible, so you have more of what you want in ways that also work for others around you.

35 Communicate to your body an intention of a particular desired change. Convey the message of low-to-no stress.

E. EMOTIONAL CHALLENGES BECOME PHYSICAL

36 Take a body inventory, or do a body scan. Focus on each part of your body to notice how each part feels and identify what parts of your body are holding stress. Emotions usually find a place to live somewhere in your body.

37 Create a comfort ritual. A bath at the end of a long day does wonders for the mind and body.

38 Just 'Be.' Give yourself some time without having to 'Do.'

39 Think about your body in a positive way. Concentrate on the sensation in your body, rather than the content of the thought that produced the emotion.

40 Pay attention to where in your body you are breathing. Chest or thoracic breathing is associated with anxiety or other emotional distress. Chest breathing is common in people who wear restricted clothing or lead sedentary or stressful lives.

41 Make a 'hope' box. Place in it some symbols of what you desire. Your 'hope box' could include a vacation, a beautiful picture of a sunset, or anything that is your own heart's desire.

42 Choose to live a balanced life. Realize that it is your choice.

43 Know your limits. The only control you have in any situation is your response. Create boundaries that are flexible yet firm.

44 Place yourself in situations where you feel honored, valued, and loved. Remove yourself from places that fall short of those experiences.

F. TROUBLE WITH FAMILY AND FRIENDS

45 Acknowledge what you can control and what you cannot control. Choose which challenges you take on.

46 Learn that the behavior of your family and friends' is actually about them and not about you, even though their behavior can affect you. Remember that the only thing you can control in any situation is your response.

47 Empty your mind. Say "Stop" when unwanted thoughts appear. Controlling your thoughts allows overall stress levels to be significantly reduced.

48 Take time to clarify your values. Whenever you are confronted with an onslaught of internal impressions, the most powerful tool you have is to go silent.

49 Step away from a situation inwardly by bringing everything that is going on into your conscious mind. Observing and evaluating the details gives you the opportunity to evaluate your involvement and your stress.

50 Honor your integrity. Speak and act from a level of honesty that reflects your higher self. Being true to you often eliminates a degree of stress.

51 Behave, act, and speak in ways that honor your deepest truth. Envision that the highest good will come from all situations.

G. NEWLY MARRIED

52 Acknowledge the impact of large and small changes in your life. Marriage brings with it many changes. Each change has its own way of prompting stress.

53 Clarify your values. Make a list of what you value. Develop a list of short-term, intermediate, and long-term goals based on your values. Balance your goals in your own thinking and with your new spouse.

54 Develop an action plan. Imagine that you have already achieved your goals. Cross off each task as it is accomplished.

55 Negotiate when in conflict. Make a realistic appraisal of what exactly happened. State the problem, state how you feel, identify how it affects your productivity and motivation, and then state a win-win situation.

H. MARITAL ISSUES

56 Step away from the situation. Quiet your mind. Take time for silence. Solutions can often find their way to the surface when you allow space for that to happen.

57 Make time to exercise and relax. Exercise and relaxation allow you to be more efficient and feel better about your day.

58 Journal your thoughts and ask for clarity from a higher power. The writing process can provide you answers and insights in dealing with your marital challenges.

59 Ask yourself what it is that you intend to create. Write it down. Be willing to follow your inner hunches, honor your aliveness and listen to your soul.

60 Pay attention to the whispers of your inner thoughts. Ignoring them often brings stress to your life. Honor your integrity with everything you do. Trust your inner self to make appropriate decisions.

61 Choose to have peaceful thoughts with every situation. Be patient with yourself, particularly when you are running out of patience. It is that very time you need patience most.

I. FAMILY DEMANDS

62 Post a schedule of recent stressful experiences where it can easily be seen. Identify any external problems that could be contributing to your stress level.

63 Identify your highest priorities. Make a list, from least important to most important and proceed one task at a time.

64 Organize your time. Create a time log. Write down each activity and the time spent. Evaluate how you are spending your time and check to see if it is in alignment with your priorities.

65 Balance your goals. Make a list of what you value. Then develop a list of short-term, intermediate, and long-term goals based on your values.

66 Develop an action plan. Imagine that you have already achieved your goals.

67 Balance work and play. Stay in the moment and without judgment when playing. Enjoy playful activities several times per week.

J. CHILDREN LEAVING THE NEST

68 Set aside some thinking time each day for yourself. Think about the meaning of each change that is currently happening in your life.

69 Anticipate life changes and plan for them. Begin planning for your children's departure long before the event takes place.

70 View your accomplishments and those of your children as part of daily life rather than as a "stopping point" or a "time to let down." Keeping that perspective will remove some of the stress associated with this change.

71 Change your routine. Do something new. Start that project you've been putting off. Fill the time space that has been made by your children's departure from home.

K. SEPARATION OR DIVORCE

72 Be compassionate and patient with yourself. This is a time to be kind to yourself as you move through this transition.

73 Become more mentally alert. Prompt your mind to notice as much around you as possible.

74 Recognize how your body reacts to any stressor in your life. A separation or a divorce ranks high on the stress continuum.

75 Use your imagination to reduce stress. Set aside several short periods each day for quiet time and let your imagination go wherever it goes.

76 Realize that your thoughts become your reality. Notice whether you are thinking positively or negatively. Choose which thought you will focus your energy upon.

77 Negotiate when you find yourself in conflict. Make a realistic appraisal of what exactly happened. State the problem, state how you feel, identify how it affects your productivity and motivation, and then state a win-win situation.

78 Make decisions based on strength rather than from fear. Delay your decision until you have enough information to make an informed decision.

79 Create a list of carefully chosen people you can count on. Determine who is trustworthy, dependable, open minded, and a good listener. Social support and interaction is important in this situation. Reciprocate with each other.

80 Attend a social event. Promise yourself to speak with at least one individual or stranger. Doing this encourages and promotes self-esteem, while lessening your stress.

L. CLOSE RELATIONSHIP ENDS

81 Imagine yourself surrounded in yellow/white sunlight. Use it as a signal to yourself that you are being protected, even though a close relationship in your life has ended.

82 Take charge of your stress. Replace a negative thought with a positive thought. Accept a compliment. Restructure your thinking.

83 Experience the pain instead of pretending it isn't painful. Experiencing it will allow you to move through the process and get to the other side.

84 Practice energy conservation. Use only that energy you need to accomplish things at this time.

85 Honor that the relationship was no longer right for you or the other party. Do this without judgment.

86 Make decisions based on the importance of your goals and by being true to your word. Remember that you can create the reality you want.

87 Expect only the best to happen. One way to do that is by finding the 'gift' in the former relationship. Trust that everything is happening for your highest good, including the ending of this relationship.

M. PERSONAL HEALTH PROBLEMS

88 Love your body however it is right now. Picture yourself with a healthy body as you continue loving your body as it is now.

89 Create positive healing affirmations. Put those affirmations in the present moment. The affirmations send healing messages to your body as you think and say them.

90 Eat healthily to reduce stress. A healthy body responds better to the inevitable stresses of life.

91 Change your eating and exercise habits in accordance with your health challenge. Notice what foods and movements help you to feel better.

92 Accept a compliment. It is another positive message being sent to your body.

93 Quantify the number of changes you have experienced in the past years and consider how these stressful events may increase your vulnerability to illness. Once you have taken responsibility, focus on what you can now do to remove the stress and heal your body.

94 Take responsibility for your decisions. That is different than feeling sorry for yourself. Acknowledge the role you play in your own reality.

95 Draft a mission statement for your health. Make choices about how you will create a healthy life.

96 Keep going, whatever you do. As long as you keep going, there will be new choices and new decisions for you to make about your body and your health.

97 Practice relaxation and breathing exercises to calm your body. Perform physical activity on a regular basis. Schedule it in if necessary.

98 Seek professional help. Knowledge is powerful. The more information you gather, the more you increase your level of your health condition and decrease your level of stress.

99 Balance rest with activity. Each is important in maintaining a low stress level and a high level of health.

100 Make healthy choices. Think about what your best choices are to honor your body and increase your overall sense of well-being.

101 Listen to your body's messages. Hear what your body is telling you. You will get to know your body better than anyone else the more you listen to what it is saying to you. Make yourself the authority of what is good for your body.

102 Imagine the cells of your body surrounded with yellow or white light as a way to heal your body.

103 Take loving care of yourself. Create and enjoy frequent feelings of well-being.

104 Release whatever is not for your highest good. Let it go so you can heal. Be good to yourself.

N. HEALTH OF FAMILY OR FRIENDS

105 Evaluate how you spend your time when dealing with a sick family member or friend. Be sure to schedule time for yourself. Arrange for someone to take over for you several times per month.

106 Nurture your spirit throughout the process of caring for someone else. Do things like spending more time outdoors, walking barefoot, enjoying a sunset, or whatever best nurtures your own spirit.

107 Set aside several short periods each day for quiet time. Read or listen to inspirational material to start or end your day. Grounding yourself this way allows you to deal with the extra stressors of being a caregiver.

108 Write in your journal as a way to release your stress. The process of journaling can

also provide you with suggestions for some of the challenges of being a caregiver to a family member or friend.

109 Pamper yourself. Schedule a massage, attend a sporting event, or soak your feet in warm water infused with peppermint oil.

O. DEATH OF FAMILY OR FRIEND

110 Identify a support person. Choose someone who will listen.

111 Make contact with someone who is important to you and can fill your needs. That person may be local to you or not.

112 Arrange to have phone or in person conversations, on a regular or periodic basis until you feel secure again. Knowing this person is available to you will help you through a difficult time.

113 See yourself as a separate entity from that individual who has died. Move toward your own identification and individuality.

114 Be prepared for change in your life as much as possible. Think ahead about how you could cope with massive change and how you might best respond.

115 Utilize relaxation methods. Lavender is a calming agent. Burn a candle or take a bath infused with lavender.

116 Prepare psychologically and emotionally. Do this by seeking out joy whenever, wherever, and however you can. It is perfectly acceptable to have fun. Fun helps with the stress of a loss.

117 Surround yourself with uplifting music, pleasurable artwork, and anything else that helps you refocus when you are stressed. Choose the method that suits you best.

118 Get more rest and sleep to reduce the stress of a loss. Honor your physical body and your emotional mind by having consistent sleep patterns.

P. FINANCIAL DIFFICULTIES

119 Make a list of all of your debt responsibilities. This is beyond your typical and ongoing monthly expenses.

120 Calculate your best guess of your monthly monetary outlay. List all monthly and yearly expenses. Include everything. That means rent, magazines, cell phone, TV, doctor expenses, all types of insurance, etc.

121 Document for one week everything that you spend money on. Be sure to include things like gum, beverages, gasoline, take out food. Review the list and add what you didn't account for in your monthly expenses.

122 Write your actual monthly outlay. Review and eliminate or reduce unnecessary spending.

123 Write a self-contract. Spell out your financial goals clearly and precisely. Then sign and date your contract.

124 Meet with a support person at a designated time to evaluate your progress. Reward yourself for sticking to your achievable plan of action.

125 Stay with your plan and expand it. Make an appointment with a financial planner. Reward yourself for acting responsibly.

Q. FIRED OR RETIRED

126 Restructure your thinking. Maintain a positive attitude.

127 Imagine chewing bubble gum, and with each exhale blow out your challenge or frustration. Then let the bubble burst and, along with it, offer your challenge or frustration to the universe.

128 Combat boredom and procrastination. Do things that you enjoy or have been putting off due to lack of time.

129 Organize your time. Create a time log. Write down each activity and the time spent. Evaluate how you are actually spending your time and check to see if it is in alignment with your priorities.

130 Simplify your life. Remove clutter. Clean your closets, drawers, and the garage. Donate that which no longer serves you. Have a garage sale.

131 Stimulate your mind. Listen to an audio book. Read something you normally would not choose to read like poetry, a trashy novel, or Shakespeare. Visit a museum or the library. Make your own gifts.

R. DROWNING IN DEBT

132 Worry properly. Make a list of all your worries and concerns. Accurately describe them.

133 Become comfortable with money. Sort your concerns into groups such as:

- Major vs. Minor
- Urgent vs. Non-Urgent
- Concerns you can do something about and those you can't

134 Problem solve. Find solutions to the problems you have identified. Take appropriate action. Be adaptable. If one idea doesn't work try something else. Work toward efficiency.

135 Express abundance as often as you can, and in as many ways as you can. Create joy and self-love, and you will become an attraction magnet.

136 Believe that you have unlimited potential and you will be right! Find the abundance in all areas of your life.

137 Forgive yourself and release your past. Focus on moving forward by making purposeful choices and believing that you are in charge.

138 Find someone to support your future success. Make decisions from a position of strength, rather than from fear.

S. LOST A LOT OF MONEY

139 Develop an action plan of what to do next to create money in your life. Focus on doing as well as you can at any given moment.

140 Remain upbeat and positive. Pay attention to the task at hand, which is recovery. Let go of what others think of you. See yourself as abundant.

141 Start a recovery plan. Every bit helps, and points you in the direction of recovery. Save your daily change, use discount coupons, limit eating out, reduce your banking fees, reduce your specialty coffee consumption. Before you know it, money will be finding you.

The tips in this booklet are designed to provide you with options to reduce certain stressors in your life. While it is impossible to eliminate all stress, it is desirable to learn methods to actively reduce stress. By taking an active approach, you will lead yourself toward a more positive and productive life style.

Use this booklet as a starting point. You may find that some of the ideas will prompt you to create your own stress reduction tips. May you have an abundant and joyous life.

"Whatever we focus on is bound to expand. Where we see the negative, we call forth more negative. And where we see the positive, we call forth more positive. Having loved and lost, I now love more passionately. Having won and lost, I now win more soberly. Having tasted the bitter, I now savor the sweet."

~ Marianne Williamson

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, not to anticipate troubles, but to live the present moment wisely and earnestly."

~ Siddhartha Gau

"We usually pay attention to our outer appearance, typically noticing whatever part of our bodies we are unhappy about. It behooves us, however, to get on very good terms with more than just the surface of our bodies as we grow older; for if we don't listen to our bodies and pay attention to our physical needs and pleasures, this vehicle that we need to be running well to take us into a long and comfortable life, will limit what we can do and who we become."

~ Jean Shinoda Bolen

10 TIPS TO PROMOTE YOUR BUSINESS WITH THIS BOOKLET !

(It can even be customized for you.)

1. Send this booklet to your clients at year-end, thanking them for their business.
2. Use this booklet as a "thank-you" for a sales appointment.
3. Mail this booklet to your prospect list to stay in touch with them.
4. Offer this booklet free with any purchase during a specific time or with a certain purchase amount or to open a new account.
5. Distribute this booklet to prospects at a trade show.
6. Give this booklet as an incentive for completing a questionnaire or survey.
7. Include this booklet in a mailing of your invoices, as a thank you.
8. Package this booklet with a product you sell, as a "value-added."
9. Deliver a copy of this booklet to the hands of the first "x" number of people to enter a drawing or come to your store.
10. Provide copies of this booklet to people and organizations who can refer business to you.

WHAT ARE YOU WAITING FOR?

