

# The Stresses of Being Stressed

In physics, stress is defined as the internal resistance of an object to an external force that tends to deform it.

WHAT? Stress is caused from the inside?!?!

Yes, that's why we are able *create* heart disease and worsen symptoms of cancer!

Don't just take it from me... even the mainstream experts are chiming in...

Check out WebMD's article [10 Health Problems Related to Stress That You Can Fix](#).

What are the 10 ailments they cover? Heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, Alzheimer's disease, accelerated aging, and premature death. Um, hello?!?! No thank you.

What does it cost to invest in yourself? In your own peace of mind?

I hope you know your value!

We have it in our power to create *dis-ease* in our bodies, we *also* have it in our power to live in complete *ease*.

Let's look at 6 ways to build our resistance to the external pressures of stress.

## Exercise

Exercise doesn't have to mean running a marathon or bench pressing double your weight. It can mean a walk around the

block, or slow yoga. Ideally your body works up to a sweat at least 3 times a week, 5 is even better. Each person likes their own thing, so embrace what lets you have fun. For some, exercising in groups helps with the fun factor as they like the energy of other people to keep them going through the exercises more rigorously than they would on their own. Most people say they exercise harder when they go to group sessions. Even if not, the camaraderie at gyms and/or studios can help keep one motivated.

## **Connection with Others**

On the topic of camaraderie... Reaching out and communicating with loved ones is an incredible way to de-stress. This doesn't mean getting on the phone and bitching about the current problem in your life. Connect with family and friends on a meaningful level. Catch up, laugh, enjoy your time connecting. In fact, the more positive you can be in your communications with others, the more positive you will remain after the discussion. And even more so when you meet with someone face-to-face.

## **Meditation**

Sitting still while being fully present and awake helps strengthen the resistance necessary for balanced living in our hectic society. Sometimes all pressures aren't external. Our inner voice can also be a terrible critic that tends to deform from within (see physics definition of stress above). Meditation can bring a feeling of being balanced, not reactive, but responsive, to situations and actions by people in our lives. Allowing your mind to not think for a few minutes a day helps put things in perspective at other times of the day, for example when you are in the rush of getting food on the table before rushing out the door to your

volunteer meeting. If you aren't meditating 5 minutes a day, today is as good a day as any to start. Actually, stop reading this now, set your timer for 5 minutes (if that's too much, do 4 or 2), and just sit with your hands on your lap. When the timer goes off, either come back to finish this article, or go to your next destination.

## **Relaxing Activity**

Some fit people might consider a relaxing activity to go kayaking one afternoon. Another person might feel the same about reading a good book in bed. Find what makes you happy and is easy to accomplish. Some people call this me time and that you are selfish to do it. But the truth is that ensuring that you get something fun to do every day, or at least every week if you are going big, is so important to keep stress down. What is the point of rushing to work and other activities and beyond if some part of it isn't something we enjoy?

## **Affirmations**

If can be hard to use affirmations if this is new to you. Writing out 1 or 3 affirmations to say every day This can be the time when you are giving your daily gratitude. You might find affirmations more powerful if you write them down and/or say them aloud. Ensure that statements are in the positive (I don't have stress sounds like I have stress). Here are some examples to get you started. Affirmations are most powerful when written on your own, but feel free to use any that resonate with you!

My true purpose as no time limit or deadline.

I believe in my freedom.

I'm willing to change how I'm experiencing my life.

My appreciation brings me great joy.

Everything is happening around me.

There is no obstacle I cannot overcome when I put my mind to it.

## **Set Goals and Priorities**

Take stock in the small and big wins every day. It is that simple. If you want to get something done, give yourself a deadline, set three main goals to accomplish, create a task list for each goal, and create the order to accomplish the tasks. Every time you tick a task off the list, congratulate yourself. You made a choice to live the life you want to have. An action toward forward momentum. Priorities comes in that sometimes you have to say no to come things. Know your boundaries, and don't over-commit. You love to help, but you can only volunteer so much of your own time before you naturally break down. When you say yes and then can't fulfill what you've said, it only increases your stress level. So be your best advocate!

Hopefully some of these ways will help you manage the external forces in your life. Remember, you must not allow the external forces that tend to deform have an impact on your life. It is practicing detachment in a very loving and present way. ([See my earlier article on topic.](#))

Aim to reach a place where potentially deforming external forces just don't matter enough to change you. They are there, they exist, and sometimes persist, but it is all in your reaction. Don't give those forces a chance for even a slight dent through maintaining your joy and balance. Remember to start small.