



# Nine Steps To Healthy Lifestyle

## Step 7: Dealing with Stress

Scientists now believe that a moderate amount of stress helps you prepare for the challenges you'll encounter during the day. Stress is a sign that we need to look more closely at our lives. Like pain, stress should also be viewed as a warning. If you are extremely tense and anxious, you should try to establish why. It might be your job or your relationship. Whatever it is, the chances are your stressful feelings are telling you to make changes.

There is a limit to the amount of stress we can take. Let stress pile up and it brings on asthma and diabetic attacks. It steals our memory, ruins our relationships, propels us through bags of Oreos and six-packs of beer and eventually lands us in the doctor's office with anxiety attacks, heart disease and depression.

Stress manifests itself in many different ways - there are literally hundreds of symptoms. If you feel stressed, you'll certainly have some of the following: Dry mouth, Clammy hands, Racing heart, Feeling 'tight', like an over-wound clock, Constant tiredness, Migraine, Bowel problems, Eating disorders, Indigestion, Frequent minor respiratory troubles. Loss of libido, Skin complaints, Dizziness, Tearfulness, Insomnia.

Some of the things we do to relieve stress, like overeating, smoking and drinking, can be as bad for our health as the stress itself.



***Follow these four steps to scan yourself for signs of stress:***

*1. Scan yourself for physical signs of stress, starting with your head and working down. For example:*

*Do you have muscle tension?*

*Do you have sweaty palms?*

*Do you have rapid breathing or rapid pulse?*

*2. Scan your behavior for signs of stress. For example:*

*Are you pacing or fidgeting?*

*Is your voice too tense, too loud or too quiet?*

*3. Scan your emotions, remembering some feelings that may be in the background. For example:*

*Do you feel nervous, moody, depressed?*

*Do you feel frustrated?*

*Do you feel lonely?*

*4. Scan your thoughts and thinking patterns. For example:*

*Are your thoughts always turning to your worries?*

*Are you having trouble with concentration or memory?*



## **Step 7 Assignment:**

Take the ***Stress Survey (PDF)***, review the ***Managing Stress PDF***, watch the Step 7 video and review questions below. Identify your stress, manage it and conquer it so it does not make you unhealthy. Instead, live each day reaching your optimal healthy lifestyle and health goals.

*Access your stress levels for the day.*

1. Where is your stress coming from?
2. Is it self inflicted or coming from something that you can change?
3. What stress reduction strategies have you used in the past that were successful?
4. Commit to addressing stress.
5. Is the stress possibly related to fear, not following one's passion, relationship issues, etc.
6. Get to the root cause of the stress.
7. Identify the stress reduction strategy that you will implement today and keep a journal for accountability to success.

***Journal, meditate, relax.***

*If you believe your body needs biomedical support to the adrenal system to assist in handling stress then checkout the Adrenal Support package at <http://nancyguberti.com/store/>*

**\*\*\*NOTE:** You must check with your medical practitioner before starting any new supplements. Introduce one new supplement at a time then add in the next a week later so you can monitor how you feel once starting supplement.



**Added Bonus:**

If you want me to review your completed assignments then send over copies and I will review them.

**CONGRATULATIONS for completing Step #7!**

**Next is Step Eight:**

**Buyer Beware, Natural Remedies,  
Personal & Beauty Products**



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