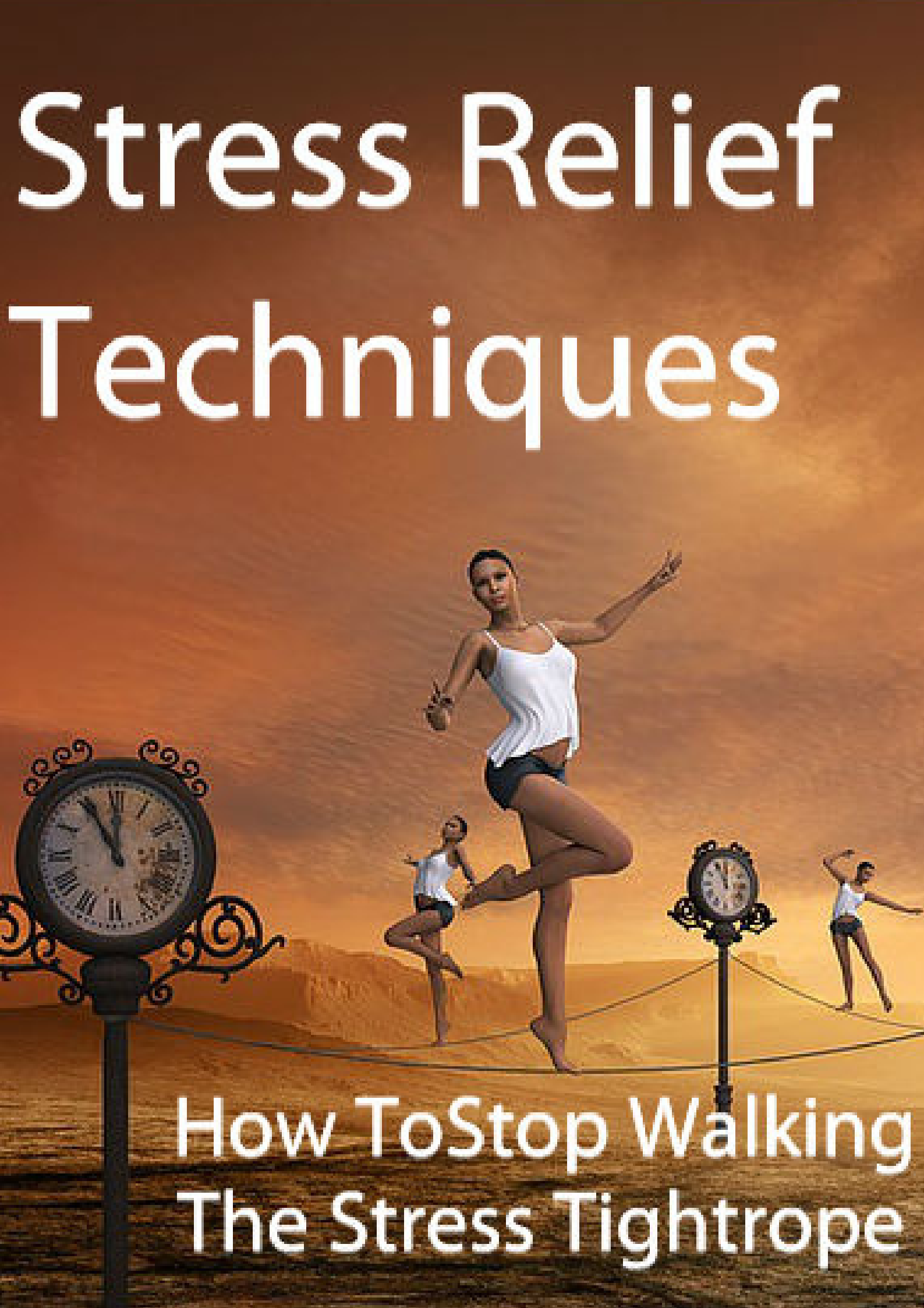
Stress Relief Techniques



How ToStop Walking The Stress Tightrope

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1. Is Stress Good or Bad?

Most people realize that stress is bad for their health. A lot of research has been undertaken over many decades by various health research groups to find out if there is a connection between stress and the development of certain medical conditions. The result is in the affirmative. Stress and disease are linked together.

However, while too much stress is definitely not good for your body, the reality is that too little does not create the ideal situation either. Therefore, it is important to maintain limited levels of stress in your life while being able to control the situation without having it boil over. Stress happens to be an integral part of life and there is nothing you can do to escape from it.

Your body experiences stress due to a variety of reasons. Even some healthy activities which are good for your overall health may put some amount of stress on it. Good stress is in fact very good for your well being, even though chronic stress is always dangerous.

Long term stress often leads to various medical conditions and incites inflammatory diseases in your body making it a major health hazard. Stress is found to be one of the major causes of various cardiovascular diseases, cancer, and obesity, but at the same time, minimal amounts of it can really improve your health.

Stress helps to enhance the production of chemicals which provide protection to healthy cells and lead to an

increase in the activity of immune cells. This helps to strengthen the defense system of your body.

These cells are often referred to as "personalized repair crews" which get rid of all the damaged cells whose accumulation is often extremely harmful for your body while also helping to prevent the incursion of various foreign elements.

A small burst of stress, for example exercise, may actually trigger the entire process which is actually good for your health.

All the immune cells get mobilized to the damaged regions and parts of your body where they go into action, according to a research undertaken by the Stanford University. Due to this mechanism, your body and brain get a major positive boost in their energy levels.

This surge can provide protection from a huge variety of diseases since your immune system is strengthened and its capacity to fight off various alien matters is enhanced.

This limited level of stress may also strengthen the effects of vaccination, and it is thought may also inhibit the development of some types of cancer.

The hormones released due to stress can also help to sharpen your memory.

This fact was proven by a research conducted by the University at Buffalo in 2009. If you also want to

experience the positive side of stress in your body, then you will need to first balance your lifestyle.

If there is no stress in your life, you would be left demoralized, unmotivated and bored, while extreme levels of stress can leave you with various serious and chronic medical conditions.

That is why it is important that you take into serious consideration your level of stress and take steps to keep it under control and ensure that it remains below the "boiling point" at all times.

There are many symptoms that indicate when your body is shifting towards a more serious side of stress. Some of these can be, an increase in the heart rate, losing your temper more easily, not feeling hungry, or overeating, and suffering from sleeping problems.

Different people react in different ways and your signs of stress may be different to those mentioned above. Be aware of any behavior that is different or unusual for you.

There are various activities and strategies that you can use in order to bring your stress down to normal and healthier levels.

One of the best ways is to call a friend or someone you are very close to and talk to them.

This is because stress helps to release a type of hormone which encourages you to interact with other people, and

in the long term, helps to provide relief from high levels of stress itself.

However if this does not work, or you have been suffering from stress for a long time, it may be necessary to seek professional help.

Smelling natural lavender oil can also provide relief from stress since the aroma has a calming effect and stops you from getting too anxious.

People who drink black tea on a regular basis have been observed to have lower stress levels as compared to other individuals.

Lastly, try to avoid panicking in various situations. This is especially important when certain circumstances put you under a lot of stress.

Try taking the situation easily, take deep breaths, and remain as calm as possible. This is often more easily said than done but if you put your mind to it you can usually manage the stress better than by letting it get out of control.

Just like too much sugar or too much fat is not good for you, neither is too much stress.

However, remember that the news is not all bad. Basically, stress is the body's natural reaction to "perceived danger" and so it is not all bad. It is only when you experience too much for too long that your body is likely to be adversely affected.

2. What Stress Build-up Does

Many things cause us to experience stress; the flu, lack of sleep, bad news, worrying about anything at all, playing sports or exercising or even watching a scary movie.

Stress is actually quite natural. It is when it goes on for a long time without any relief that it causes havoc with our health; and not only with our physical health but our emotional and mental health.

It is normal for you to have stress in your daily routine and in a large number of events and activities that you might normally perform on your own. In "normal" amounts these may be also great for your overall health, it's only when they get out of control that problems occur.

Stress can be experienced due to various external

environmental factors and due to your thoughts, personal behaviour and changes in your body. Your body gives out a natural reaction to stress and it is designed in such a way that it is able to experience it and react to various situations.

Stress also has its positive effects on your wellbeing since it helps to keep you mentally alert and ensures that you are prepared for emergency situations at all times.

However, stress can have some serious negative implications especially if you encounter one major challenge after another without experiencing a pause for relief or relaxation in between.

This causes a lot of tension in your body and you become overworked and tired.

If you do not take any action to control or mitigate the impact of stress in your daily life and body, distress, a condition which occurs if stress continues without any relief being provided, may cause a negative reaction.

Distress happens to be a prominent cause of various medical conditions such as high blood pressure, cardiovascular diseases and chest pain, insomnia, depression, headaches, problems relating to the digestive system amongst various other health problems.

In fact, research has also proven the fact that negative stress only ends up worsening your overall condition,

especially if you are suffering from a chronic medical condition together with symptoms of various illnesses.

The problem is further aggravated by the fact that a large number of people use some extremely unhealthy techniques in order to control the level of stress in their body.

You will find that many individuals who consume alcohol, drugs and smoke a lot often suffer from a lot of stress.

However they do not realize that these activities only further worsen their condition, by putting an additional burden on their bodies, rather than providing any kind of long term solution to their stress condition.

These unhealthy activities do not provide any kind of relief from anxiety and can lead to the development of more medical conditions.

Research has indicated that approximately 43% of American adults suffer from the various negative fallouts of stress and the numbers are growing.

In fact, it has been suggested that up to 90% of the patients who visit their physicians suffer from ailments and medical conditions that are related to high levels of stress in their bodies as a result of various factors and events.

Stress can lead to a number of chronic and dangerous medical conditions which can actually be life threatening.

The most prominent amongst these conditions are clinical depression, cardiovascular conditions such as heart attack amongst others, cancer, diabetes, headaches, arthritis and other various autoimmune diseases, anxiety, asthma and different skin conditions.

According to Occupational Safety and Health Administration (OSHA), the American economy suffers from expenditures of up to $300 billion on a yearly basis due to high levels of stress amongst the work force. Stress has been termed a major health hazard for workers at their workplace.

It has a serious affect on their work performance and the entire process has a snowball affect considering the fact that a chain of events might occur which would further worsen the stress of the affected individuals.

Stress has a major impact on your emotional life and can be disastrous for personal relationships especially with your spouse, children, other family members and friends.

In fact, stress, as an emotional disorder, may prevail for the rest of your life and may lead to the development of various other disorders which can compromise the quality of your life and your overall well being.

That is why it is so important to seek out the many

strategies that are available to help you recover from and manage stress.

In fact, it would not be wrong to completely change your job, your home and even your spouse if they were the reason for severe stress and there was no other way out.

However it is best to try and resolve the issues that are causing you stress first before taking drastic action as actions such as these are stress causing in themselves.

3. The Effects of Bad Stress on Your Body

While stress is a reality and even a natural aspect of life, prolonged, severe stress certainly has a bad effect on your health and this is why steps should be taken to control it.

Even drastic steps to change your lifestyle may be necessary to avoid severe health issues which may result if you don't. For instance, if your stress is the result of doing a job that you hate for some reason, then why not retrain and get a job in another area completely?

There are a number of factors which may lead to stress amongst individuals including economic and financial issues, various environmental factors, problems at the work place and problems with personal relationships.

Our bodies are designed to experience stress and respond to it naturally.

When our body responds to stress, we experience this in the form of enhanced blood pressure, variances in the normal temperature of the body, respiratory problems, enhanced heart rate and pain in the muscles.

We all deal with stress in different ways and on different levels, but if we are unable to cope with it, stress may have negative fallout on our physical and emotional well being.

Nearly all of us suffer from various levels of stress at one point of the day or the other and it is natural to experience it.

Stress was first described as a condition, in the 1930s, when it was first observed at varying degrees amongst adults. Hans Selye observed that human beings and animals suffered from an inappropriate physiological response after a lot of pressure was put on them.

Before this study, stress was often ignored as a major health hazard and considered to be the result of strain on the body due to everyday activities. However, further scientific studies have shown that stress can have a detrimental impact on your overall wellbeing including your physical, emotional and mental health.

Stress is therefore the failure of your body to give an appropriate response to the various threats to its emotional and physical wellbeing, even though some of those threats might not even exist in reality.

In other words they can be perceived threats where we allow our mind to make up "what if" circumstances that are entirely in our mind and that might never happen.

Various physical, emotional and behavioral symptoms become prominent amongst individuals suffering from stress, through which we can evaluate the person's condition.

It can have a major impact on your overall attitude and perception towards life. It can increase the risk of various

chronic medical conditions and serious mental health problems may be experienced.

Symptoms such as anxiety, irritability, inability to relax, depression, absentmindedness, negative outlook, moodiness, agitation, poor judgment, worrying, loneliness, depression, lack of concentration, and isolation are prominent in the emotional behavior.

Some physical symptoms are also very pronounced and highlight the fact that there is something definitely wrong with the way your body is coping with stress.

Other symptoms might include breathing problems, high blood pressure, higher production of sweat, enhanced blood pressure and heart rate amongst many others.

Some physical symptoms of stress might be very pronounced. The individual may suffer from constipation, chest pain, and severe aches in various parts of the body, nausea, dizziness, diarrhea, vomiting and problems in the digestive system.

Long term stress, which is also referred to as chronic stress, can cause various physical and psychological problems and affect the quality of your life.

The immune system becomes crippled as a result of long term stress, which means that you are further at the risk of various infections and diseases at extreme levels.

Stress may also cause you to become obese with visceral fat accumulating inside your body at an even enhanced rate.

Various other chronic diseases are also often blamed on chronic stress such as cardiovascular diseases, diabetes, cancer, ulcers, outbreaks of psoriasis, depression amongst many other health problems.

Children may also experience long term stress which can affect their physical development and stunt their normal growth.

Stress is often considered to be a negative phenomenon which can have a devastating effect on your life.

While some types of stress can have a positive impact on your overall well being, at the end of the day, if stress is not controlled at the right time, it can simply aggravate your condition and cause various problems for you.

There are many healthy ways through which you can control the level of stress in your body. You can bring stress down to manageable levels. You can start exercising on a regular basis and indulge in various recreational activities on a more frequent basis.

Diet plays an important part in helping our bodies to cope with stressful situations.

It is a wise person who makes sure that their diet is healthy and includes lots of fresh fruit and vegetables along with a moderate amount of meat or other protein. Too much sugar and fat should always be avoided.

4. Many Things Cause Stress

It may seem like a strange fact, but some people are not affected by the things that others find hard to cope with.

Therefore, it is actually your perception of a circumstance that causes stress, rather than the actual happening. This can easily be understood when you think of spiders or snakes. Some people would simply kill them, while others would go into hysterics to see one in their home.

Stress affects a large number of people.

Physicians, from all around the world and especially from the developed world, report that up to two thirds of patients who visit them are suffering from stress.

It is believed to be the major cause behind various medical conditions including cancer, coronary artery diseases and respiratory diseases amongst many others together with accidents.

Stress also worsens your overall health in the long term and further aggravates various medical conditions already affecting you such as multiple sclerosis, diabetes, hypertension, herpes, insomnia and many others.

It also affects your overall lifestyle and performance at work, and can cause anger, poor concentration, poor judgement and irritation in behaviour. Stress may also lead to acts of physical violence together with road rage,

relationship problems, family fights and other such acts.

There are some important questions that you should certainly ask yourself.

What are the factors which lead to the development of stress amongst adults in modern times?

Why do they cause so much tension in your body?

Why does it start spilling over and affect your overall health and behaviour?

According to a study undertaken by researchers at the University of Washington which focused on discovering the connection between various chronic illnesses and important events in your life, the main causes of stress remain external environmental factors.

Approximately 64 major causes were discovered and included in a list that the researchers compiled.

A lot of other research has been carried out to determine what ultimately leads to the development of stress in the first place. The top main causes amongst individuals in most developed nations are listed below..

It would not come as a surprise that **financial problems** remain the number one cause of stress nowadays.

They arise from the fact that the amount of debt individuals have, is increasing and that more and more people who are bread winners in their families are coming under pressure to make ends meet on an everyday basis, with their sources of income depleting rapidly.

Financial problems are further aggravated by rising costs of living such as those relating to education and health, together with daily necessities.

Credit card payments together with pending instalments on various loans cause a lot of anxiety amongst individuals, which is why financial issues remain a top cause behind stress.

Stress arising from the **work environment** remains common.

Work is one of the top causes of stress according to many individuals. There are many things that may cause this type of stress ranging from a negative attitude towards you by the head of your department to the fact that you are concerned about being promoted or not being promoted.

You might be disappointed by the fact that you still have not been able to achieve all the goals that you deserve in life despite your hard work, or the fact that politics at the office might be affecting your performance and chances of success.

Major structural changes which might affect your job may also be a reason behind long term stress.

Personal relationships are another major cause of stress.

Many adults have reported that arguments and fights with their spouses, concern about children and their future, together with the attitude of relatives remain a major cause of stress.

A number of adults also become stressed over the prospect of their children moving out when they grow older together with the pressures they come under when some loved one falls sick, or is at the risk of death.

Various **environmental issues** may also create a lot of irritation in your life.

They remain one of the most prominent and common causes of stress. Issues which come under this category may include lifestyle problems such as the way you commute between two different places, weather conditions, insomnia, lack of recreational activities and many others.

If you are stressed, no doubt, well meaning people have told you to pull yourself together.

This is highly likely to be impossible for you or anyone else for that matter. However, you can listen to see if

they can suggest ways in which you can cope. If the situation is really bad however, you may need to undergo counseling in order to learn how to handle the situation and so alleviate your stress.

5. Handling Stress Factors in Life

If you suffer from chronic stress it could be that you feel really hopeless about the whole situation. That is because stress can often cause depression and depression makes you feel pretty hopeless.

In addition, such things as work pressure, financial problems, your responsibilities towards your home and life can be very demanding.

You need to ask for help to change your life around and get some treatment. Often the first step is to go to your GP and tell them how you feel. Some GP's may be able to help you through their own life experiences or will be able to refer you to the appropriate Health Professional.

However there are some steps you can take yourself which may help.

In order to tackle your stress, you will need to take strong control over your emotions, thoughts and your overall outlook towards life.

Handling stress requires you to identify the various thing or things that cause it in the first place. This might not be as simple as it sounds since you might have a hard time trying to work out what is causing your stress as they may not be that obvious at first.

You might have thoughts that induce stress together with behavior and feelings that you might easily overlook. For

example, all of us face pressures at work such as deadlines that we need to meet all the time.

However, procrastination might be the biggest problem causing the development of stress rather than a demanding job that is leading to the stress build-up. Therefore, it is important that you take into consideration the various aspects of your own behavior and attitude.

You need to identify whether the stress is just temporary or an integral part of your lifestyle including work and home. Ask yourself if the development of this phenomenon is a result of outside factors such as the environment you are living in or the people you come across on a regular basis.

Stress will remain out of control unless you take full charge of things since you are at the end of the day responsible for creating and maintaining it.

In order to begin the process of identifying the various factors that are causing your stress and managing them, you need to create a dedicated **stress journal** that will really help you deal with the problem.

Whenever you feel stressed out, make sure you jot down the events that caused it in your journal.

You will need to maintain a daily record which will help you to identify patterns and themes that are very common. Make sure that you are able to identify the factors which lead to the stress, the feeling you

experienced both physically and emotionally, the way you responded to the situation and lastly, what happened to make you feel better again.

We naturally react towards stress in our body and contain it ourselves. Therefore it is important that you take into consideration the techniques you have been using to cope with the situation and your **stress journal** can come in very handy for this.

Make sure that you are able to figure out which strategies you are using are helpful and those methods which are not producing any results.

Techniques that are highly unhealthy in coping with stress include:

- **overeating**
- losing your appetite
- **using medications such as drugs and pills**
- sleeping too much
- **taking your stress out on others around you**
- isolating yourself
- **smoking**
- drinking excessively
- **sitting in front of your television or computer for hours and hours unnecessarily**
- procrastinating and trying to be busy to avoid things you don't want to do

You should realize that none of these methods will in anyway contribute to your overall well-being and that is why it is important to use some of the many healthier strategies.

We all respond to stress in our own unique way.

That is why you need to take into consideration your own lifestyle and thinking. You will need to change the situation by altering the cause of the stress and avoiding it altogether, if possible.

You also need to change your reaction by adapting to a stressful situation and accepting the reality.

Sometimes the best way to reduce your stress is to learn to say no.

Often friends and relatives put us under stress because they have high expectation of us. And we think we have to live up to that.

Rather, we need only to live up to our own expectation. So practice saying no while you are alone. And then it won’t seem so odd to say it when you face those who want you to do something you just know will cause you a lot of stress.

Once you do this, you will feel your whole body relax because a big burden will have just rolled off your shoulders.

6. Relieving Stress with Vitamins and Herbs

While it is usual to experience some kinds of stress due to your lifestyle, and it is even considered a normal part of life, there is no harm in getting off the treadmill for a while – or even for good.

We don't have to have a hectic lifestyle and we opt to do less and be content in our home. You might find that gardening is a quiet occupation that can easily replace doing something more stressful.

Various issues such as pressures at your workplace, limited financial resources, the upbringing of your children together with different commitments just combine together to add more pressure, often making you feel extremely overwhelmed and completely stressed out.

Stress has some serious negative implications on your overall health and body.

It lowers the quality of your life making you feel even more miserable. In fact, the cause of various medical conditions ranging from asthma to stroke has been traced to extreme levels of stress.

Firstly, you need to understand the fact that stress is a reality and a part of your life. While a limited amount of it is good for helping you stay motivated and prepare

yourself for emergency situations, it is important to learn how to manage it and keep it under control, so as to avoid its negative effects.

Stress is indeed a health hazard, and can completely cripple you. However, there are various natural remedies available for combating it and effectively treating it by targeting the underlying causes behind stress.

Most drugs focus on dealing with the symptoms, but once you stop using them, various physical signs reappear soon after. This is not the case with natural remedies such as various herbs and vitamins. They help to bring it under control and get rid of it completely to provide you with the much needed relief.

There are certain vitamins which come in very helpful for providing your body relief from the various symptoms and effects of stress. They help to reduce it to considerably manageable levels.

The entire range of B vitamins has been proven to be extremely effective at curbing stress levels.

Certain hormones such as serotonin depend upon the presence of various B vitamins in your body.

Without consuming B complex, your body will not be able to produce sufficient amounts of this much needed hormone which is required for streamlining the nervous system and ensuring that it continues to work with

efficiency.

There are eight different types of vitamins in the B series and you should include all of them in your diet. It is recommended that you start consuming vitamin B supplements after consulting your doctor and do this on a regular basis.

Another vitamin which is also very good for those individuals who suffer from high levels of stress is Vitamin C. It ensures the limited production of adrenaline and cortisol by your body.

Generally, the production of these hormones is required by your body to remain healthy. They help to fight against various perceived hazards and threats in the blood vessels for survival.

However, after the situation has somewhat calmed down, the extra level of hormones continue to stay in our system and we are unable to deplete them, leading to further stress in our body.

There are also many types of herbs that can help to ensure the stress levels in your body remain under control even though some of them cannot prevent the development of stress itself.

While they are considered to be more effective than medications, it is important that you consult a health expert before starting their use.

Most of the herbs used for controlling stress are supposed to be natural sedatives, and you should always observe the same precautionary step as you would with medication sedatives. Always consume them in the dosages as defined by your doctor, and if you have any issue, make sure you consult him before further usage.

Balm oil is a popular natural sedative.

It does not have any kind of addictive properties as is the case with many drugs and it helps to relax your body. Valerian root is another type of herb which has been used for a very long time to help people with a lot of tension and stress, to go to sleep.

Other such popular herbs include chamomile, ginseng and passionflower which are considered to be very effective at dealing with high stress levels. Another famous and widely used herb is St. John's Wort. It is popularly used as a natural antidepressant in many parts of Europe.

Herbs and vitamins are widely used to good effect by many people these days. While there will be few side-effects, there can be some especially if you take too much of certain vitamins when your body does not need any extra.

It is always wise to be careful what you take and to read up all about any side-effects of any specific herb or vitamin that you decide to take. You might find that

herbal teas are better than taking the actual herbal supplement, as teas won’t be as strong.

Please make sure you consult with your Doctor before taking any vitamins or herbs as some can interact with medication.

Your GP will be able to make sure that you don't do anything that will be detrimental to your wellbeing.

7. How Can Counseling Help to Relieve Stress?

Once stress has a hold on you it is likely that you will struggle to cope with the symptoms associated with it. You may not even realise that you are suffering from stress.

There are a great many websites and books that offer advice on how to deal with stress and counseling is one way of doing this – a very good way in many cases, since there will be no problems with side effects.

It has been observed that natural techniques are the most efficient way for gaining peace in your life, without having to undergo all those extensive treatments which involve the use of potentially dangerous drugs, coupled with their long term side effects on your health.

Stress management counsellors basically focus on the causes behind stress in your body. They try tackling them first since that would contribute to the complete treatment of your condition in the long run.

Here are a few counselling techniques that are often used by counsellors in dealing with clients who suffer from stress.

Breathing retraining happens to be a popular technique which is based on the theory that over breathing is one of the causes of stress in your body. Abnormal breathing

patterns often result in dizziness, a tingling sensation, hyperventilation, tightness in the chest and palpitations.

Hyperventilation occurs due to lower than normal levels of carbon dioxide in your blood vessels and while it does not put your life in danger, the experience can be pretty horrifying.

If you experience such a sensation, it is important that you perform a slow breathing technique in order to minimize the effects of this condition.

It is a sign that you are suffering from deep levels of stress, and by performing this slow breathing technique, a message is given out to your brain that it was a false alarm, and your body relaxes. It is often used as the first step towards treating stress and can also be used to prevent your condition from worsening.

The second counselling technique relates to your muscles.

As we all know, tension and strain in the muscles are often caused by high amounts of stress. This is part of a chain of events that take place in our body to prepare ourselves if we feel threatened in any way or perceive danger.

This technique aims to release the tension in the muscles and relax the body. During the first stage, you will be required to tense your muscles intentionally and then

release the tension i.e. relax the muscles .

This is to make you understand and create a distinction between muscles which are tensed and those which are relaxed. Your body would then release the tension naturally and relax itself whenever a stressful situation arises.

The whole process does not take more than 30 seconds as a whole. It consists of a two-step cycle, but make sure that you consult your family physician if you have a broken bone, pulled muscles or any other type of medical restriction for physical activities before you undertake this counselling technique.

Cognitive restructuring is a popular counselling technique. It is widely used by counsellors from around the world for its effectiveness at controlling stress levels.

In this type of technique, an attempt is made to change your thinking patterns and attitude and perception towards life as a whole.

It helps you identify thinking patterns which cause stress in your body and challenge them and alter these beliefs for your own good.

Thinking which is based on inaccurate information and false assumptions especially about your surrounding external physical environment often affects the state of your mood and lowers the quality of life.

Typically thinking things like "what if I lose my job?'' or "what if this happens?" or "what if that happens" can lead to unnecessary stress. We create things in our mind that may never happen but our body reacts as if they are a real threat.

False assumptions often lead to more stress in your body by promoting irrational thoughts and behaviours which cause further trouble for you.

With this technique, you are able to identify the various thoughts which are not at all helpful for you, and treat them in a realistic manner to alter the belief.

This way, the person who is undergoing therapy is able to understand the fact that their thinking process is what is leading them to become more stressful, and this then enables them to deal with the situation with more logic and rationality.

Once you allow your counsellor to help you it won't be long before you start to feel a great deal of relief. In fact, you will feel as if you are finally getting your life back. Naturally, this will only happen if you follow their advice.

8. The Dangers of Medication for Stress

There is no doubt about it; medication works quickly to relieve the symptoms of stress. That is why doctors prescribe it.

However, most users often find some very unpleasant side effects and it is wise, with your Doctors assistance, to come off the medication as soon as possible. There is also the risk of addiction to some medications. You certainly don't want that added problem.

The other side of the coin is that medications do not help the cause of the stress; only the symptoms. That is why other measures should also be sought to treat the cause rather than treat the symptoms.

If you are interested in starting medication to control stress, then it is essential that you consult your Doctor before taking any step since he will be able to provide you with proper guidance.

Never use medication that has been prescribed for someone else.

Make sure that you do proper research on all the options available as far as treating stress is concerned, so that you can make the right decision which is in your interest.

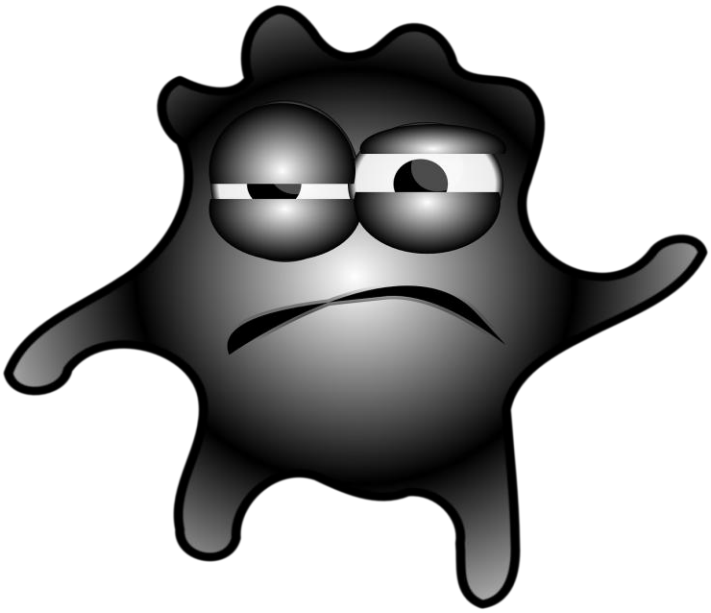
Various types of medications such as traditional drugs together with beta blockers and antidepressants are

normally used for the treatment of different stress related disorders and have become more popular in recent years.

All these medications can be very helpful for curbing the symptoms but should not be considered the ultimate cure. They only provide short term relief from your symptoms, and do not really treat the actual cause behind the stress in your body.

The moment you stop using these drugs, the symptoms you had been experiencing due to stress will most likely return in their original form.

Therefore, it is necessary to become aware of the various risks involved with the consumption of medications for stress, since they can cause a wide variety of side effects as mentioned above, which may be extremely dangerous at times.



You might also develop an addiction to these drugs and it would be very difficult to stop after you have begun their use.

So if you are suffering from chronic stress which has started to interfere with your daily routine and normal

lifestyle, then you might want to consider using anti-stress medications.

But at the same time, a large number of health experts recommend that patients make some healthier changes in their lifestyle and opt for other alternative treatments and therapies, while ensuring that they participate in a wide variety of physical and recreational activities.

They are more effective compared to medications and the best part is that you are not at risk of experiencing any of the side effects.

Therapies for stress management tackle the main causes of the development of stress in your body and you are treated for good.

Therefore, treatment through drugs should not be considered to be the only option for you despite the short term benefits.

Anti stress drugs which are also referred to as tranquilizers provide relief from symptoms to your body by relaxing the central nervous system causing you to become calm and relaxed.

However, they work by reducing the activity in your brain and may lead to some really dangerous side effects such as lack of concentration and hangover.

Some such medications also cause slurred speech, impaired thinking and judgment, drowsiness and lower energy levels in the body, depression, clumsiness,

confusion and disorientation, blurred or double vision, loss of memory and dizziness amongst other symptoms.

You may also experience suicidal thoughts if you have been using anti stress drugs over a long period of time. Some severe side effects such as aggressive behavior, unusually hostile attitude, mania and hallucinations are also experienced by long term users.

Antidepressants also have their share of side effects despite the fact that the risk of addiction to them is significantly smaller.

Nausea, dizziness, headaches, weight gain, drowsiness, sexual dysfunction, nervousness, and other symptoms are often associated with their use.

If you try quitting these types of medications, you may experience extreme depression together with anxiety, insomnia, and symptoms often associated with flu.

Beta blockers have been designed to tackle high blood pressure and various heart conditions that arise as a result of anxiety.

They can be very effective in dealing with various phobias amongst individuals, and often control the different symptoms associated with stress. However, they may lead to an unusually small pulse, nausea, lightheadedness, and sleepiness.

Trying natural treatment methods first is often the best way to go, but if your stress is leaving you unable to

cope, you may need your doctor’s intervention. However, it is a good idea to let him know that you don’t want to be on strong medication for too long.

It is far better to deal with the root cause of the problem rather than just the symptoms.

9. Making Lifestyle Changes to Cope with Stress

Stress can cause a great many nasty side effects in your body, not to mention the bad effect it has on your emotional and mental state and the problems it causes your loved ones as they try to live with you.

It could be that some drastic lifestyle changes will be necessary.

Or it could be that smaller changes will surprise you with their efficacy.

As a simple example, if spiders cause you stress you can move to a location where there are very few spiders, or you can have your home professionally sprayed for the pests.

The first is a drastic change, the second a small one.

Always try the small change first.

Through certain adjustments and changes in your lifestyle, you can actually protect your body against the development of stress related physical and emotional symptoms.

Stress is often associated with pains and aches in various parts of the body together with feelings of anxiety, loneliness and fits of anger, bad mood and irritation in behavior.

Healthy changes in your lifestyle can really help in countering these problems and help to balance your mood and manage stress.

For most people, many of these changes in lifestyle remain a daunting process, for which they cannot take out the time or energy from their schedules.

But at the same time, the reality is that you can still make these adjustments to find relief from your stress and help to improve your condition without interfering in any way with your daily activities.

Many of us work in a very demanding work environment these days which requires us to be at our offices early in the morning.

More and more often, we come back home way after the designated 5 PM finish time.

The situation is further worsened by the fact that there is a lot of competition and you need to put your best effort if you want to get noticed, while ensuring that you utilize your communication skills as perfectly as you can.

All of these things just add more and more pressure on you, and as soon as after a few weeks, you could start experiencing the various symptoms associated with stress and the situation just keeps on worsening as more and more stress piles up.

However, your body has been designed to withstand stress naturally and shows resilience to a certain extent before the volcano actually erupts and you start suffering from various conditions which are often experienced in chronic forms of stress.

You are just unable to cope with the external environment and you become another victim to this literally next to impossible condition.

People who work in very stressful environments often do not have a lot of spare time at hand and cannot even think of taking out time for anything else except the most crucial jobs.

Unfortunately stress management is often ignored, despite the fact that it is essential to bring the issue under control.

For obvious reasons, various recreational activities are at the bottom of our priorities, and you just cannot join all those stress management courses in order to bring in healthier changes in your lifestyle.

However keep in mind that most of these changes are of a very basic nature, and just require some effort from you.

The first thing you need to do is to start eating healthy food on a daily basis.

You must have observed that your body feels even more stressed out when you are hungry. If you have the habit of skipping breakfast or not eating lunch properly, then you are just increasing the risk of further worsening your situation.

It is important to eat a healthy breakfast.

This will really help to improve your energy levels and enhance your concentration throughout the early part of the day. Make sure that you have sufficient amounts of various nutritious snacks such as peanuts, raisins and other dry fruits at hand to provide you with an instant boost of energy.

However these should only be eaten sparingly as they tend to be high in carbohydrates and sugars and pack on the pounds if over indulged.

Secondly it is important that you get adequate amounts of sleep since the feeling of tiredness often causes stress to worsen beyond control.

A large number of people do not get sufficient sleep which is why they feel so lethargic and tired, and they

are just unable to cope with the amount of work they should be able to fly through.

Exercising is the most effective way for getting rid of stress and making your body healthier and energetic.

At work, make sure you stretch your arms every now and then or walk around in the given space so that you are able to decrease physical strain. At home a walk every evening before you go to sleep will also be very helpful.

Addictions to products which contain nicotine, alcohol and caffeine may end up worsening your situation and you may be well advised to avoid these things.

However, apart from nicotine, for which the health hazards are well documented, total avoidance of alcohol and caffeine may not be necessary so long as they are consumed in moderation and not to excess.

Also use various relaxation techniques such as yoga and meditation and socialize more with your friends (as long as they have a healthy positive attitude) since this really helps to combat stress.

Once you have adopted a healthier lifestyle and made those other smaller changes you will feel healthier and better able to cope with stress.

However, if the small stuff doesn’t work, it might be time to try something more.

10. Benefits of Exercise for Stress

It would not be wrong to say that today's society is a health conscious one.

This is partly due to the fact that it is easy to find information on the Internet and many magazines have health sections with good advice.

So most people know that exercise is good for stress; the problem comes in finding the time and motivation to do it.

You might think that if your life is out of control due to stress that should be enough motivation, but it doesn't always work that way. People whose lives are upside down can rarely stick to doing anything like exercise.

A large number of people tend to exercise in order to remain physically fit, lose weight and develop a rather attractive physique.

However, the usefulness of exercising for stress management is often underestimated and ignored.

The reality is that exercising can really help out individuals who suffer from a lot of stress and is an effective reliever. There are many reasons why this is the case and some of them are discussed below.

Low grade anger and feelings of stress are further enhanced by the various irritants and annoyances in your daily life.

With the build-up of frustration, the quality of life decreases drastically. A large number of exercises can act as an outlet for frustration building up in your body, and they help to get rid of negative emotions very efficiently.

You can turn these otherwise demoralizing feelings into positive energy.

Such exercises include high energy sports such as martial arts, weight training and boxing.

Exercising is also known for lowering the level of cortisol, which is popularly referred to as the stress hormone, while helping to increase the level of endorphins which helps to make you feel good about yourself.

Exercising can also be really helpful in diverting your attention away from the various problems and issues in your life, and you can utilize your mental energy in constructive activities and relax.

You should always exercise in an environment different to where you work or live if possible.

The outdoors is a great place for indulging in various kinds of physical activities such as biking, walking around your neighborhood, taking a hiking trip into the nearby hills or forest, going to the gym on a regular basis or any other exercise that can be done in the natural outdoors.

Exercising is great for your overall health anyway and helps to make you feel more energetic and relaxed.

It helps to tone your body, get rid of excessive weight, and bring a healthy and fresh glow to your face.

While these things might not sound significant at first, the reality is that when you look great, you feel more confident about yourself, and the reality is that all of us care about the way we look one way or the other.

The feeling of looking great can really help to mitigate the symptoms of stress and provide genuine relief from it.

Socializing as part of physical activities and exercising can also be very beneficial.

We all know that isolation and loneliness are amongst the major causes of stress, and when you exercise with your friends and outsiders, you will have a fun filled and enjoyable time.

Apart from that, working out with others helps to motivate you to reach higher levels and you do not feel stressed out any more due to the activity you are doing.

You actually start to enjoy exercising as a recreational activity that indeed helps to control stress levels with the added benefit of improving your fitness and wellbeing.

Stress has been blamed for causing a myriad of medical conditions including those that are chronic and deadly, together with various mental health problems such as depression.

Exercising, on the other hand, is great for the health of your body and helps to strengthen the immune system and help protect you against various diseases and infections.

The latest studies also indicate that those individuals who rarely participate in physical activities are more vulnerable to chronic stress.

In fact, individuals, who exercise, are more resistant to stress and their bodies are more effective at fighting against the various symptoms that may affect them due to their condition.

Even in the long term, exercising strengthens your body enough to fight against stress and manage the situation more effectively without showing signs of inappropriate behavior.

With so many advantages associated with exercising as far as your overall health is concerned, there is no reason why you should ignore or disregard the importance of this essential activity in your daily life.

Start exercising today. You can choose any physical activity that you like to get rid of stress.

It is wise to make exercise a firm part of your life whether you suffer from stress or not, or even if you feel just a little stressed out. Getting that exercise will keep you fit and healthier so you can withstand the stress in your life.

11. The Physical Effects of Mental Stress

Many people have become burdened with stress simply due to the fact that they have a great many responsibilities related to their work and family related issues.

In today's world women have to have full-time work, manage their home and raise their children and many men don't offer much help.

It is no wonder that women are more prone to stress than men. They are trying to be superhuman in keeping their homes spotless, putting healthy meals on the table and trying to raise children that are polite and capable members of society.

It can be very difficult trying to manage stress at times, but the good news is that stress is actually manageable, which is why you need to adopt strategies which will help you overcome it.

However, mental stress that arises as a result of various pressures at work and home, such as financial responsibilities, concerns about the future of our children and many other issues, in the long term can have a major impact on our overall health.

It is important to note that stress may arise as a result of various events in your life and not just those which bring in more grief and anxiety.

Positive events happening around you like becoming pregnant, winning a top position, getting promoted or finding a new job together with getting married can also

bring in more stress into your life.

It is also important to note that stress under a certain limit is also really good for you.

It helps to prepare your body to cope with emergency situations, and enables you to react if any kinds of adverse circumstances arise in your life.

The response of your body under stressful situations is what allows you to survive through different kinds of environments, and quick physical reactions are required to fight against the threats.

But stress as a result of our modern lifestyle is of a very different nature and is triggered by various events that may not be putting our lives in danger in any way, and are mostly related to our mental state of mind.

Long term stress can be disastrous under these circumstances, and chronic exposure can lead to physical damage to your body.

Different kinds of medical conditions including pain and aches in various parts of your body can be related to high levels of mental stress.

Some of the common symptoms of this condition include stomach problems, falling hair or a rapidly receding hair line, muscle aches, back pain, enhanced rate of heart beat, high blood pressure, various skin conditions and headache amongst many others.

The effects of mental stress on human bodies vary from one person to the other, and therefore, they are rather mainly individualized. It is not necessary that you

experience the same kind of impact as a friend would under the same circumstances, or there might be a variance in the degree of the impact felt.

Basically it is all about how your body reacts to stress and not so much about what has happened to you.

Several researches have been undertaken over the past few decades in order to study the effects of mental stress on your physical wellbeing.

It has been observed that various symptoms and diseases are closely linked to the level of mental stress in your body.

There is much evidence in this regard and a large number of health and medical experts agree on this point. In fact, studies indicate that approximately 90% of all the medical conditions experienced by adults are a result of stress itself.

Long term stress can also affect your immunity, making you more vulnerable to various diseases and infections.

Apart from that, stress has often been linked to high blood pressure together with the development of various cardiovascular diseases.

That is why more and more heart health related treatments and therapies focus on strategies through which mental stress in your body can be managed and reduced to acceptable levels.

The development of various skin conditions such as eczema and hives has also been linked to stress. It can cause aches all over the body especially in the head and

back together with insomnia, unhealthy eating patterns together with loss of sex drive.

People who experience stress are more likely to gain weight and suffer from various other medical disorders that affect their overall health.

In the long term, stress can lead to the development of different chronic and fatal medical conditions such as cancer and stroke, and can afflict much harm to your body.

Sometimes stress is caused by guilt that your home and family are not perfect.

It is important to reduce the amount of mental stress you carry, but to do this you have to find out why and what is causing it.

Once you identify the cause you can quickly take steps to change things. It could be as simple as getting someone in to do the housework.

12. Mental Stress vs. Physical Stress

Stress can originate from physical, emotional or mental causes.

However, even if the stress comes from a mental cause, it will still have a physical effect on your body.

So you may have symptoms such as sweating, indigestion, increased heart rate and so on from mental stress. In fact, sometimes you may not realize that you are suffering from stress until you get those physical symptoms.

Strangely enough, physical stress may not cause any such symptoms apart from those of feeling tired or unwell.

Having the flu or indulging in sport causes physical stress but not usually mental or emotional stress.

It is important to remember that your condition will not necessarily be characterized by the same symptoms as those of other people under stress despite the fact that the situation is similar.

However, the symptoms of both mental and physical stress can be used to assess whether you are suffering from one or the other.

Psychological stress is mainly caused by various emotional factors and work related pressure.

Emotional factors may include various emotional issues such as a faltering relationship, the death of a loved one or being hurt by the actions of someone you have very high expectations from.

Work related pressures may include fears that you will be forced to resign from your job, the fear that you will not be able to meet your deadline at work or measure up to some other kind of expectations and many other factors.

But in any case, mental stress is a reality despite the fact the symptoms are not necessarily physically visible during the initial stage.

The problems causing mental stress to arise are very real and should never be underestimated or ignored.

Mental stress is characterized by a variety of prominent and common symptoms such as nervous laughter, anxiety, mood swings, the inability to complete various jobs, excessive worrying, spells of crying and depression, insomnia, inability to concentrate or focus, a sinking heart like feeling, loss of appetite amongst many others.

Sometimes, mental stress may overwhelm you, and it may spill over into physical stress.

Mental stress is amongst the most prominent causes of many attributes of physical stress, while mental stress in itself may also be caused by physical stress.

Physical stress is what we describe as the body's reaction to threats it perceives which may be real or just false alarms.

This is your body's way of preparing itself for an adverse situation.

It works to protect itself from any possible damage. However, despite the fact that the threat might just be a false alarm, stress becomes a reality and may continue for long periods of time and in the process even cause physical damage to your body.

The condition of individuals suffering from physical stress is characterized by various symptoms which in the long term may also lead to any number of chronic medical problems.

Symptoms of physical stress are pains and aches in various parts of the body including in the forehead, stomach and back.

You may also experience frequent illnesses due to the weakening of the immune system and increased vulnerability to common infections such as colds and flu, tension in the muscles, stiffness and soreness in your body, panic attacks, various types of skin conditions, breathing difficulty, cardiovascular diseases, dizzy spells, digestive problems, tension in muscles, teeth grinding, and panic attacks.

Therefore, as you can see, mental stress and physical stress are highly different from each other as far as their symptoms are concerned.

Mental stress has a psychological impact on you while physical stress affects the physiological health of your body. While you might suffer from a combination of symptoms during a period of stress, it is not necessarily as severe as you might perceive it to be.

In any case, it is important that you take into consideration the way you are living your life and bring in changes and adjustments in order to control the situation.

This is because either type of stress may lead to the development of the other one, and a combination of both can further worsen your situation.

Chronic stress in itself is a major health hazard and physicians report that 90% of the patients who come to them visit due to stress related problems and issues.

While stress is often stereotyped for its negative implications, the reality is that limited amounts of it are actually helpful for your wellbeing. It allows your body to prepare for various situations and perceived threats.

It is important to understand then that you may be under good stress and eliminating it may not be helpful for the situation. It is when stress is continual and causes uncomfortable or even life-threatening symptoms that it is time to take steps to control it.

13. How Isolation Causes Stress

You might think that a person who lives in isolation would not be subject to stress since they can control their environment to their satisfaction and not be required to do anything they don't want to do.

In fact, many people do tend to withdraw from society, but they still suffer stress because human nature needs company.

Besides, the reason behind their withdrawal is likely to be stressful. People who suffer some kind of trauma tend to withdraw from society and often live like hermits, but this is not the best way to deal with or get over the trauma.

People who become extremely busy with their studies or work and those who are engaged in a research study during which their interaction with the outside world is limited, may consider their social interaction with the outside world to be a major hurdle in their path towards achieving their goals.

This is because they are required to pay close attention to what they are doing together with in depth study with a lot of concentration.

While such persons would not necessarily resist any social interaction or hate meeting other people, due to the nature of their work, they cannot tolerate any kind of disturbance.

This kind of behavior often leads to isolation from the rest of the world except from those who are participating in the same project as them.

Apart from that, there are some individuals who are working on a secret assignment in which they have to be very careful so as not to disclose the classified information to anyone, specially their rivals, which forces them to stay inside.

Such people often suffer from problems in their personal relationships with their family members, and especially their spouses, and turn out to be the odd one out.

They become more reserved, and start considering social interaction a waste of time and would rather focus on their work. Society does not show any tolerance to such people, and they become confined to their world.

This leads to solitude, gloom and monotony in their lives. They develop an adverse behavior which ultimately leads to stress as a result of their own isolation.

Isolation leading to stress is also observed in artists, field workers and technocrats who prefer to work on their own and do not like to be interrupted at any stage for fear that their attention will be deviated.

They cut themselves off from the rest of the world, but in the process, they lose all their friends and those people who they could share their problems with, and develop a sense of loneliness.

They do not get any kind of social support from people with whom they once interacted and so they become really lonely. This can lead to a lot of stress in their lives. It may also cause them to become suicidal.

Another group of people who suffer from isolation are those men and women who prefer staying all alone for long periods of time and often prefer to stay inside their home.

They have limited social contacts and try to tackle all the problems they face on a daily basis on their own. This just adds more stress into their lives. It has been observed that such people die much earlier as compared to married individuals.

The fourth group of people is those who work continuously from dawn till dusk and lose appreciation for the physical environment around them.

They adopt a very negative behavior towards the various thoughts, cultural and religious values and issues being faced by people around them, and tend to be isolated and reserved. In the long term, they get bored with their lives due to the monotony and do not show any sentiments or sympathy.

Many of these individuals indulge in various addictive habits such as smoking, drinking and doing drugs, and such behaviors only end up worsening their stress.

They try using various kinds of medications to help them relax, but in the long term, only fall victim to various chronic medical conditions which further ruin the situation.

While they may not always create a problem for society, people tend to avoid them due to their attitude and perception towards life.

Stress is often worsened by isolation and loneliness and these happen to be the main causes behind this condition in the first place. It is not difficult to deal with these issues especially if you turn to a specialist for help.

It can even cause stress, because, when you never talk to other people or have anything to do with them you begin to be suspicious of everyone.

You think about yourself and your condition exclusively and so it becomes worse in your mind than it actually is, and you do actually feel lonely even though many hermits would deny this aspect of their isolated existence.

14. You Can Detect Signs of Stress

When you become overwhelmed by daily pressures at home or at work, stress is often the result.

It can be caused by the external environment or events, or it can be caused by illness. It can also be caused when you have to live a life you find unsatisfactory for some reason.

For instance, a wife and mother who has several small children, and whose husband is away from home a lot may feel unable to cope since it is difficult to get out and socialize and she is likely to suffer from a lack of sleep.

You have to look at stress from a personal perspective.

For example, various individuals would react in a different way if they are given the opportunity to speak in public and their responses would not all be the same.

For some people, it might be a chance to show case their true potential to the world, while for others, it is an excellent opportunity to highlight and express their views.

However, there would be a certain number of people who would be scared of the whole idea of actually going in front of the general public and speaking, thinking that everyone is going to mock their abilities.

Limited amounts of stress experienced by you and your body are actually good for your overall wellbeing, since

they help to make you more mentally alert and active towards safeguarding yourself from various emergency situations.

But at the same time, if stress continues to linger in the long term, it can actually end up damaging your body and affect the quality of your life, such as your personality and your relations with loved ones together with your perception towards your surroundings.

Therefore it is important that you are able to monitor your stress levels and ensure that they do not exceed what medical experts classify as healthy levels.

The good news is that the warning signs of stress are very prominent and can be detected very easily especially during the early stages even though some symptoms might not be as straightforward.

Some early warning signs of stress are discussed below.

There are basically three different categories of early warning signs and symptoms of stress in your body and these are physical, emotional and cognitive signs.

When your body perceives a significant threat to its survival, it releases adrenaline into the blood vessels so as to enhance your performance and help you survive through the situation. If the stress is brought under control, your body returns back to normal.

However, prolonged periods of stress will result in the appearance of various symptoms that are often

associated with this condition, and some of them are pretty prominent.

You may start perspiring more, your heart beat rate may increase significantly, you may suffer from chronic pains in nearly every part of your body together with frequent headaches, pain in the chest, back muscles and jaw, together with problems in speech, nervous ticks and restlessness in the body, various skin conditions, nausea and stomach problems, and diarrhea in some cases.

Some of the signs such as a rise in the blood pressure which could lead to the development of various cardiovascular conditions in the long term together with various autoimmune or inflammatory diseases might not be very apparent.

Emotional signs can be observed in the changes in behavior of the person due to stress.

The person may adopt a more aggressive and hostile attitude towards the people around them.

Behavior can become characterized by anger, isolation, impatience, anxiety, depression, impulsive behavior, mood swings, sexual dysfunction, stammering, insomnia and various other conditions.

The cognitive signs are also amongst the most prominent symptoms of stress that can be detected easily.

They highlight the development of stress in a person's body.

The affected individuals experience a decline in their cognitive abilities and the capacity to think rationally.

They tend to suffer from memory loss, lack of concentration and attention, pessimistic thinking, compulsive behavior, usage of various unhealthy substances such as drugs, alcohol and cigarettes to get rid of stress, irresponsible behavior and reduced capacity to think with a broader perspective.

As you can observe, some of these signs and symptoms such as increase in blood pressure and swings in emotional behavior are pretty prominent and can be detected very easily by the person suffering from stress.

People around you may also find dramatic changes in your personality, and you may have to rely on their alertness too.

The most important thing to do when you realize that you are suffering from stress is to get some help.

Don’t try and cope by yourself, but ask for help.

It could be as simple as taking a few hours out of your home environment, starting a new hobby, getting a pet or putting your child in daycare for a break.

But if simple measures don’t help make sure you get the kind of help you need, otherwise your life will become unbearable.

15. Is Your Child Suffering from Stress?

Children are also as vulnerable to stress as adults, but the problem is that they don't know what is wrong with them.

It is essential then for parents to keep a close watch on their children to ensure that stress does not adversely affect them.

The reasons children suffer from stress may be quite different from those of adults.

Often it is associated with the school environment, moving, a new baby or arguments they overhear from their parents.

It could be that their parents demand much from them and they feel unable to meet such expectations.

Like in adults, stress can also have positive effects on children too in the sense that it can help to motivate them and prepare for tests and examinations, sports events or presentations.

However, too much stress may result in various problems and issues for them.

As an adult, you can actually detect the signs of stress developing in your child very easily since the symptoms are quite prominent.

Children exhibit both physical and behavioural signs of stress.

This can be used to gauge the seriousness of the problem in them, and through proper guidance, you will be able to figure out what exactly is causing stress to arise in the first place.

It is through your support and motivation that they will be able to successfully regain their normal condition and live a normal life once again.

Here are some symptoms of stress amongst children as highlighted by various professional health experts.

For children, it can be very hard to express the fact that they are actually suffering from stress.

They are simply unable to identify and recognize their situation for obvious reasons. Stress is more prominent in their behaviour. They will experience various changes in their attitude towards life.

The most prominent signs of stress in children are mood

swings, irritation, isolation, withdrawing themselves from activities that they really used to enjoy in the past, complaining a lot about school, being phobic about various situations, trying to be closer and abnormally more clingy with their parents and teachers, not being able to get proper sleep, changes in their appetite, crying, and trying to run away from various situations.

As they grow older, they also tend to avoid interacting with their parents and people who they have been associated with for a very long time. They show excessive hostility towards their loved ones.

Physical symptoms are also a major characteristic of stress amongst children.

Many prominent symptoms would affect their body in multiple ways, with complaints of headaches and regular stomach aches being the most common.

If your child reports stomach aches on numerous occasions despite the fact that they have cleared various medical examinations, then it might be a sign that your child is suffering from extreme levels of stress and action needs to be taken as soon as possible.

Another sign by which you can easily assess the situation of your child is the way he or he reacts towards the external environment, and the people around him.

He or she might show some unusual behavioural signs in

different surroundings, and as a parent, you need to identify this issue since it points directly towards the fact that your child is suffering from high levels of stress.

For this purpose, you would need to remain in constant touch with the teachers, coaches, school administrators together with other people who your child deals with on a daily basis.

Children are immature and cannot think with a broader perspective as is the case with adults.

In this regard, as a parent or guardian, you will need to listen to them clearly and try translating what they feel.

Their symptoms and signs might be giving out signals that they are feeling stressed out. Watch out for emotions such as anger, annoyance, confusion, and extreme levels of worry.

Children with stress also express a lot of negative thoughts about themselves, and therefore, it is important that you never ignore this situation and always take into serious consideration what you should do about it.

As a parent, you should always use the services of a qualified professional in dealing with this problem since children are often very vulnerable and the situation may go beyond control. They might need to undergo specific training programs in order to get back to their normal condition once again.

It is really worthwhile to follow through with any fears you may have about your child suffering from stress.

Not only will controlling it make them a lot happier, it will also make your life a great deal easier.

Resources

Ten Relaxation Techniques That Zap Stress Fast.

http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1

Heart Failure and Stress Management.

http://www.webmd.com/heart-disease/heart-failure/heart-failure-easing-stress#1

Stress and Your Child

http://www.webmd.com/parenting/raising-fit-kids/mood/mood-videos?vid=vd-1865-rfk-1004

6 Tips For Better Time Management

http://www.webmd.com/balance/features/6-tips-for-better-time-management#1

Relaxation Techniques: Try These Tips To reduce Stress

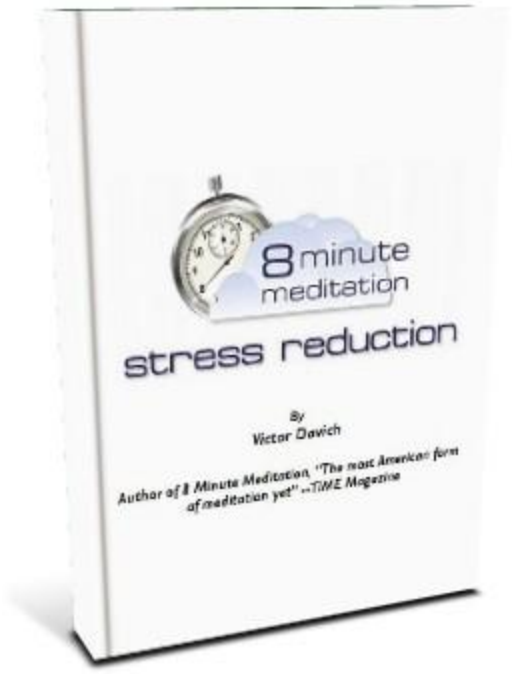
http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368

Anxiety Busters That Don't Require An Rx

http://www.oprah.com/health/help-with-anxiety-stress-relief-all-natural

Recommended Reading

There are many books and courses that can help with the management of stress. Here are a few that we highly recommend:



The Unique Stress Relief System

8 Minute meditation Stress Relief is designed to give you instant, simple and powerful tools to help you naturally eliminate stressful feelings as they surface, whether you're a seasoned meditator or trying it for the first time

Panic Away

Anxiety can lead to stress and ultimately, Panic Attack.

Written from firsthand experience, The Panic Away program can show you how to overcome stress and anxiety and the feeling of being overwhelmed.