



Managing Stress for A Quality Life

**Balancing Work and Family, and
Finding Happiness**

Remember

No Person, on their Dying Bed, ever said...
“I wish I had spent more time at Work”.

What do you Value in Your Life?

- † Physical Health
- † Psychological Well Being
- † Values and Beliefs
- † Knowledge and Learning
- † Family
- † Social
- † Career
- † Financial

How do your goals relate to the above. In your life, do you have plans and goals, or do you roll along and wait for whatever life dishes out to you? Many educators believe that, if you have well defined goals, you will find yourself more in control of your own life.

Did You Know that, In 52% of cases, the first symptom of Cardiovascular Disease is Sudden Death! Did you also know that Bowel Cancer and Breast Cancer are on the Increase by 3% per year! At this rate, the incidence will double in just over 21 years.

Heart Disease can be reversed!

Dr Dean Ornish, in his ground breaking study of 1991 proved that by using a Strict Plant based Diet, Exercise, Stress Management, Meditation and Support Groups, you can reverse heart disease, no matter how advanced.

In reality Any Unbalanced Situation can be altered for the Better.

What are Your Goals?

- † Work/Career Goals?
- † Family Goals?
- † Personal Development Goals?

Are you working toward those goals, or are they just a fuzzy dream that you hope will one day become reality?

Hydration: A Critical Factor in Managing Stress

During the day, your Blood circulates round your body dropping water off in your sweat glands, in your kidneys and in your lungs. It does this as a means of dissipating heat and ridding the body of waste products. Your blood collects new water supplies from your bowel. Not many people realise that the body stores its water in the bowel.

If there is no water in the bowel, the water volume in the blood drops thus potentially making the blood a little thicker and reducing the effectiveness of circulation. Your brain then doesn't get all the oxygen and nutrients it requires for normal function, so a few things happen.

- † You begin to yawn in an attempt to get more oxygen.
- † You may begin to feel really lethargic and sleepy.
- † You start to crave sweet foods in an attempt to increase blood sugars.

How difficult is it to attack a significant workload when you feel tired and lethargic. It can be very stressful.

If water intake is low and there is none in the bowel, the contents of the bowel can become very dry and compacted, potentially resulting in constipation.

If you feel this way, you are very dehydrated. That means your muscles will also be suffering from a lack of oxygen and blood glucose supply. Your blood is the vital link between work and recovery. Keeping yourself optimally hydrated gives you the best chance of nourishing your muscle cells.

When you are continually dehydrated, your body holds onto its urine for a longer period. Thus, when you do pass urine it is quite concentrated and will appear yellow. When you are well hydrated, your urine should be water colored.

How much water should you drink – as much as you can. On mild days, that will mean at least one litre of water for every 25kg of bodyweight. On hot days, you may have to increase this volume, depending on how much exercise you do.

It is best to drink filtered water when drinking large volumes. So, it is a good idea to get a water filter at home, and if there is no filtered water available at work, ask for a system to be installed.

Sugary drinks are not a great alternative. The more sugar there is in a drink, the more water your stomach requires to dilute it. If the drink has too much sugar, your stomach will actually draw water from your blood to dilute the sugar – hence a premature dehydration effect. Pure water is your best option.

Hydration Guidelines:

- † Drink 25% of your daily water requirement when you wake up.
- † Try to always drink Filtered water.
- † Drink regularly throughout the day. 1 litre per 25 kg.
- † Monitor your urine colors.
- † Reduce Vitamin B supplements unless prescribed by Practitioner as this supplement colors your urine and reduces your ability to monitor hydration levels.

Negative Stress

Stress is Not the Problem! Your Reaction to Stress is a Problem. Stress may come from a number of sources.

- † Life's Demands.
- † Stuck in Traffic
- † Work Overload.
- † Financial Woes.

Learn to stop yourself when feeling stress, attempt to step outside the situation and take a look in. That way you can take the opportunity to choose how you are going to react, rather than just reacting blindly.

Look at What Life Dishes Out

- † Accidents
- † Loss
- † Illness
- † Negative Situations
- † Crisis
- † Other People

Things We Bring on Ourselves

- † Our Investments
- † Our Choice of Employment
- † The Footy team we Follow
- † The Gambles we make.

You Have a Choice!

- † Your Job.
- † Your Friends.
- † How you spend your money.
- † Your House and Car.
- † The Suburb your live in.
- † Your Kids' Schooling.
- † Keeping up with the Jones's.

Are you setting yourself challenges and goals that are designed purely to stroke your ego? Do you really **need** some of the things you so desperately **want** out of life?

You are in Control...

Keeping things in Perspective Always refer to the Catastrophe Scale.

On a Scale of 10 to 100, How Bad is it really?

10 20 30 40 50 60 70 80 90 100

Negative Stress most often arises when something changes. But when you think of it, Change is one of the only constant's in your life. Benjamin Franklin once said that there are only two certainties in life: Death and Taxes. Albert Einstein said there were only two: The Universe and Human Stupidity.

Embrace Change and Deal with it.

- † What can you change?
- † What can't you change?
- † Can you tell the difference?
- † Steven Covey, in his book title "The Seven Habits of Highly Effective People" advised that you should focus on "Your Circle of Influence".

Remove Negative Habits from your life:

- † Take time to Relax...
- † When you Eat.... Just Eat! Don't work through Lunch.
- † When you Drive.... Enjoy the Drive. Avoid mad rushing. If you are running late, call ahead and accept the fact that you will be late.
- † Plan your Work. Then Work your Plan. If something interrupts you, accept it and attend to it. Then return to your plan.
- † Write it down, and get it into perspective. Sometimes your head can be so full of confusion, you just need to write some things down and see them on paper to enable you to get them into some form of perspective.

When Stressed, Be Prepared to...

- † Admit you are Under Pressure.
- † Admit you are not Coping at present.
- † Ask for Assistance.
- † Take a Break.
- † Communicate Feelings.

Group Support and Communication

Research shows that those who have support are less likely to contract disease.

The Mind/Body Connection

“Laughter is inner jogging.”

Norman Cousins

“How much of a role does your state of mind play in your feeling of health and well being?”

The Keys to Harmony:

- † Humor.
- † Letting Go of Wounds.
- † Sharing Closeness.
- † Positive Outlook.
- † Learning and Discovery.
- † Acceptance. Sometimes that’s just how things are and worry won’t change it.
- † Forgiveness. Learn to forgive yourself and others too.
- † Develop Equanimity. The ability to step outside your life and look in at the big picture.

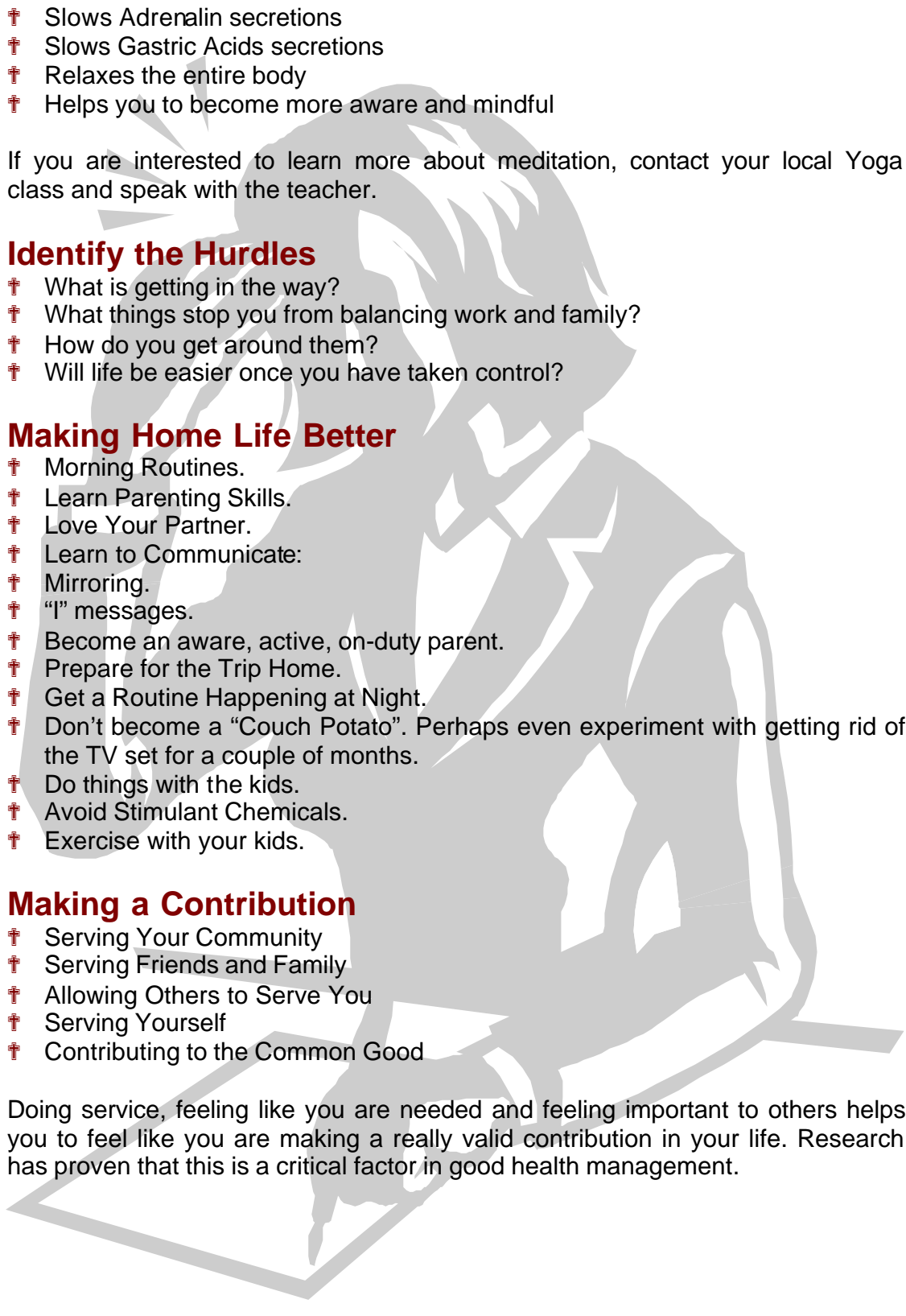
“Laughter is the Best Medicine.”

- † Learning to Laugh at Ridiculous People
- † Learning to Laugh at Ridiculous Situations.
- † Laughter is the Best Medicine
- † Do you Laugh with your Customers or Your Family?
- † Have you ever heard your difficult customers laugh?
- † How can you make customers and family laugh?

Try Meditation...

Sit quietly, in a comfortable position. When you feel your head is clear, focus on your breath. Take at least 20 deep breaths, focusing on one thing. It doesn’t matter really what it is you focus on, whether it be a flower, a light, a word or even just the counting of the breaths. The aim is to stop your mind thinking of anything else. If it wanders off, pull it back and lock it down for the duration of the exercise. You see, thought brings about physical responses in the body. If you stop thought, the body will begin to fully relax, and perhaps even recover somewhat from stressful stimulus. Meditation:

- † Slows the Mind
- † Eases Heart Rate
- † Eases Respiration
- † Calms the Senses

- 
- † Slows Adrenalin secretions
 - † Slows Gastric Acids secretions
 - † Relaxes the entire body
 - † Helps you to become more aware and mindful

If you are interested to learn more about meditation, contact your local Yoga class and speak with the teacher.

Identify the Hurdles

- † What is getting in the way?
- † What things stop you from balancing work and family?
- † How do you get around them?
- † Will life be easier once you have taken control?

Making Home Life Better

- † Morning Routines.
- † Learn Parenting Skills.
- † Love Your Partner.
- † Learn to Communicate:
- † Mirroring.
- † "I" messages.
- † Become an aware, active, on-duty parent.
- † Prepare for the Trip Home.
- † Get a Routine Happening at Night.
- † Don't become a "Couch Potato". Perhaps even experiment with getting rid of the TV set for a couple of months.
- † Do things with the kids.
- † Avoid Stimulant Chemicals.
- † Exercise with your kids.

Making a Contribution

- † Serving Your Community
- † Serving Friends and Family
- † Allowing Others to Serve You
- † Serving Yourself
- † Contributing to the Common Good

Doing service, feeling like you are needed and feeling important to others helps you to feel like you are making a really valid contribution in your life. Research has proven that this is a critical factor in good health management.

In Summary

- † Hydration.
- † Take a Different Perspective
- † Remember you do Have a Choice.
- † Review your Goals and Plans.
- † Learn to Laugh.
- † Remember the Mind-Body connection.
- † Over-come the Hurdles.
- † Plan your Home Life Better.
- † Use Meditation.

A Question for You

**If I told you that the world is scheduled to end on June 30th,
How would you change your life?**

Well, Guess What?

Life as you know it now will not wait for you to make changes!

**“If you don’t change direction now, you are bound to end up
where you are headed!”** Peter Shearer