

-SPECIAL REPORT-

**Overcoming
STRESS AND ANXIETY
Stumbling Blocks For The Black Entrepreneur**

**By
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About the author



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INTRODUCTION

PRINT THIS OUT

I hear it and it probably seems like you hear it all the time from nearly every one you know too—“I’m **SO** stressed out!” There are so many pressures in this world today. These pressures cause *stress* and *anxiety*, and often we are not equipped to deal with these stresses that trigger anxiety and other feelings that can make us sick. I mean *‘Literally’*, sick.

The statistics are staggering. It has been reported that one in every eight Americans age 18-54 suffers from an anxiety disorder. This totals over 19 million people! Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse by men.

Women suffer from anxiety and stress almost twice as much as men. Anxiety disorders are the most common mental illness in America, surpassing even depression in numbers. Anxiety is the most common mental health issue facing adults over 65 years of age. Anxiety disorders cost the U.S. over \$46.6 billion annually. Anxiety sufferers see an average of five doctors before being successfully diagnosed.

Unfortunately, stress and anxiety go hand in hand. In fact, one of the major symptoms of stress is anxiety. Reports also show that stress accounts for 80 percent of all illnesses either directly or indirectly.

In fact, stress is more dangerous than we thought. You've probably heard that it can raise your blood pressure, increasing the likelihood of a stroke in the distant future, but recently a health insurance brochure claimed that 90 percent of visits to a primary care physician were stress-related disorders.

Health Psychology magazine reports that chronic stress can interfere with the normal function of the body's immune system. And studies have proven that stressed individuals have an increased vulnerability to catching an illness and are more susceptible to allergic, autoimmune, or cardiovascular diseases.

Doctors agree that during chronic stress, the functions of the body that are nonessential to survival, such as the digestive and immune systems, shut down. "This is why people get sick," some doctors say. "There are also many occurrences of psychosomatic illness, an illness with an emotional or psychological side to it."

Stress often prompts people to respond in unhealthy ways such as smoking, drinking alcohol, eating poorly, or becoming physically inactive. This damages the body in addition to the wear and tear of the stress itself.

Stress is a part of daily life. It’s how we respond to the stress that makes all the difference in maintaining our health and well-being. Pressures happen throughout life

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and those pressures cause stress. We must realize that we will never completely get rid of stress in our lives, but we can learn techniques that turn stress into healthier situations.

So what I've done in this report is take some of my own experiences and combine them with advice from experts to give you some tools that will help you in stressful situations

WHY ARE WE SO STRESSED OUT?

This is a good question. We're living in very trying and difficult times and things don't seem to be getting any better or easier. Sometimes life can seem terribly painful and unfair, yet somehow we manage to struggle on, day after day, hoping and praying that things will soon get better.

Everyday the world is becoming a crazier and more uncertain place to live in, not to mention stressful. Nothing seems safe anymore. Millions of people are in record levels of debt. Many are losing their jobs, their homes, their health and sometimes even their sanity. Worry, depression and anxiety seem to have become a way of life for way too many people.

We seem to have entered the '*Age of Anxiety*'. In fact, in 2002, the cover of Time magazine proclaimed this loud and clear on one of their covers as the featured story in that issue. The constant stress and uncertainties of living in the 21st century have certainly taken their toll, and as a result many of us seem to live a life of constant *fear* and *worry*.

When you turn on the news or open up a newspaper you are bombarded with disturbing images and stories. We begin to wonder if we are safe anywhere. In the information age, never before have we had so much access to so much data.

The economy is another '*stressor*'. America is in debt and so are many Americans. Sky high gas prices, outrageous housing costs, even the cost of food has sent many Americans to work in jobs that are unsatisfying and tedious. Americans work these jobs because they need a paycheck. Today, it's more important to bring home the bacon rather than work in a dream career.

So many women feel the need to be everything to everyone and that includes a paycheck earner, housekeeper, mom, wife, daughter, and sibling. The only problem with this is some women just don't make any time for themselves thus contributing to their stress levels being at all-time highs.

Today children are feeling the pressure of stress and anxiety. Teenagers who want to go to college find themselves pushing themselves during their studies to try and obtain scholarships so they can attend schools that have ever increasing tuition costs.

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They have to hold down part-time jobs on top of all that to earn money for the extras that their parents can no longer afford. Add peer pressure into the mix and you have a veritable pressure cooker!

Cell phones, the Internet, palm pilots, blackberries, i-pods – we are always on the go and always reachable. We just don't have time to relax and enjoy life any more. Why not? We certainly should!

We feel pressure to do these things because we think we **HAVE** to, not because we **WANT** to. It's difficult for people to just say "**No**". Not being able to say that one little word can pile up un-needed expectations and obligations that make you feel anxious.

All of us will experience situations that may cause us to become stressed or feel anxious. The reasons are too many to name but can include, buying a house, having guests stay over (in-laws!), being bullied around, tests, looking after children, managing finances, relationship issues, traveling etc.

Stress is a 'normal' function of everyday life. Only when it appears to take over our lives does it then become a problem.

Everyone will have different reasons why a situation causes them pressure. As a rule it's usually when we don't feel in control of a situation, then we feel its grip tightening around us causing us to feel **worried** or '*stressed*'.

When stress is caused by us not feeling in control of a situation, the answer is to try and reverse this, and regain that control. The good news is: **YOU CAN!**

You have everything inside you that you need to overcome your stress and the accompanying anxiety. The problem is, often we don't realize that we are in control because we feel so out of control at time. But the tools are there; you just have to use them.

Before I get into some of the techniques that will help you regain some of that control, let's look at the barriers we put up that are preventing us from becoming healthy and getting rid of our anxiety and stress.

BEHAVIORS KEEPING YOUR STRESS ALIVE

There are three obsessive behaviors that people engage in that impeded the healing process and stop people from enjoying a stress-free life. Recognizing these barriers can be a great first step toward getting rid of the problems that go with being too stressed.

The first is obsessive negativity. When you are obsessively negative, it means that you

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have a tendency toward being "negative" about people, places, situations, and things in your life.

Perhaps you find yourself saying things like "I can't do this!" or "No one understands!" or "Nothing ever works!" for example. You may be doing this unconsciously, but essentially you have what's known as a "sour grapes" attitude, and it holds you back from knowing what it's like to view life from a positive lens and enjoy the beauty in yourself and people around you! There's a whole world out there for you...with happiness and positive thinking.

Then you have obsessive perfectionism. When you engage in obsessive perfectionism, you are centered on trying to do everything "just so" to the point of driving yourself into an anxious state of being. You may find yourself making statements such as, "I have to do this right, or I'll be a failure!" or "If I am not precise, people will be mad at me!" Again, this behavior may be totally under the threshold of your awareness, but it interferes greatly with your ability to enjoy things without feeling "uptight" and "stressed."

Finally there is obsessive analysis. When you are obsessed about analyzing things, you find yourself wanting to re-hash a task or an issue over and over again. For instance, you might find yourself making statements such as, "I need to look this over, study it, and know it inside and out...or else I can't relax!" or "If I relax and let things go without looking them over repeatedly, things go wrong!"

While analytical thinking is an excellent trait, if it's done in excess you never get to stop and smell the roses because you're too busy trying to analyze everything and everyone around you. Gaining insight into this type of behavior is one of the most important keys to letting go of stress, and getting complete power over your anxiety.

If you find yourself engaging in any of the above "Behaviors", there are two things you can do to help yourself. First, ask the people you know, love, and trust, "Am I negative about things?" "Do I complain a lot?", and "Am I difficult to be around?"

This may be hard for you to listen to, as the truth sometimes hurts a great deal. But the insight you will get from others' assessment of you is invaluable, and you'll know precisely how others see you. Accept their comments as helpful info, and know that you will gain amazing insights from what you hear.

Second, keep a journal to write down and establish patterns of when you are using "blocking behaviors." Even if you are not thrilled with the idea of writing, you can make little entries into a notebook or journal each day. The great part is that you'll begin to see patterns in your behavior that reveal exactly what you're doing to prevent yourself from curing your anxiety.

I'll give you some great stress relieving techniques later in this report, but you need to

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recognize these blockages first so you can move into the “healing” stage and conquer your stress and anxiety.

Many people think that stress and anxiety is the same thing. This couldn't be further from the truth!

STRESS OR ANXIETY

Contrary to what people believe, there is a difference between *stress* and *anxiety*. Stress comes from the pressures we feel in life, as we are pushed by work or any other task that puts undue pressure on our *minds* and *body*. Adrenaline is released, and an extended stay of the hormone causes depression, a rise in blood pressure and other negative changes and effects.

One of the negative effects is anxiety. With anxiety, fear overcomes all emotions accompanied by worry and apprehension, making a person a recluse and a bundle of nerves.

Stress is caused by an existing factor. Anxiety is stress that continues after that factor that causes stress is gone. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or even anxious. What is stressful to one person is not necessarily stressful to another.

Anxiety is a feeling of apprehension or fear and is almost always accompanied by feelings of impending doom. The source of this uneasiness is not always known or recognized, which can add to the distress one may feel.

We could go on and on about the mental and physical symptoms of Stress and Anxiety, but that is not the intent of this report. I just wanted to point out the difference between the two to best equip us to deal with them.

So, let's take a look at a few questions to see if you are suffering from too much *stress*, *excessive anxiety*, or *depression*.

SELF ANALYSIS

Before you take a look at these questions, I must make it abundantly clear that I am not a medical professional. This information has come from reliable sources and isn't meant to be a complete diagnostic tool in any way. These questions are simply guidelines to help you recognize any problems you might have and be able to effectively deal with those problems.

Because depression can be the most serious of our topics, let's start by seeing if you may be depressed. Keep in mind that everyone has their “blue” days. The thing that separates clinical depression from simple melancholy is that the symptoms occur over a period of

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time. They don't come and go, they stay around for a while and can affect your life adversely.

Ask yourself the following questions. Answer yes if you've been feeling this way consistently over a period of two weeks.

1. Do you find yourself constantly sad?
2. Are you un-motivated to do simple things like shower, clean up the house, or make dinner?
3. Do people tell you you're overly irritable?
4. Do you have trouble concentrating?
5. Are you feeling isolated from family and friends even when they are around you?
6. Have you lost interest in your favorite activities?
7. Do you feel hopeless, worthless, or guilty for no reason at all?
8. Are you always tired and have trouble sleeping?
9. Has your weight fluctuated significantly?

If you can answer, "Yes" to five or more of these questions, you could be suffering from clinical depression. It is important for you to seek out the help of a medical professional whether that is a doctor or a therapist.

But this report is about stress and anxiety, so let's see if you are overly stressed out. Ask yourself the following:

1. Do you worry constantly and cycle with negative self-talk?
2. Do you have difficulty concentrating?
3. Do you get mad and react easily?
4. Do you have recurring neck or headaches?
5. Do you grind your teeth?
6. Do you frequently feel overwhelmed, anxious or depressed?
7. Do you feed your stress with unhealthy habits-eating or drinking excessively, smoking, arguing, or avoiding yourself and life in other ways?
8. Do small pleasures fail to satisfy you?
9. Do you experience flashes of anger over a minor problem?

If you can answer "Yes" to most of these questions, then you do have excessive stress in your life. The good news is that you have this report and will learn many valuable techniques to cope with that stress. But we'll get to that later!

Let's move on to anxiety.

1. Do you experience shortness of breath, heart palpitation or shaking while at rest?
2. Do you have a fear of losing control or going crazy?
3. Do you avoid social situations because of fear?
4. Do you have fears of specific objects?

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5. Do you fear that you will be in a place or situation from which you cannot escape?
6. Do you feel afraid of leaving your home?
7. Do you have recurrent thoughts or images that refuse to go away?
8. Do you feel compelled to perform certain activities repeatedly?
9. Do you persistently relive an upsetting event from the past?

Answering, “Yes” to more than four of these questions can indicate an anxiety disorder.

Suffering from depression, too much stress, or excessive anxiety can endanger your overall health and it’s time to take steps to overcome this – **RIGHT NOW!**

Stress and anxiety affects many factors in our body not only in our mental state. Cancer and other deadly diseases are related to stress and anxiety because of the changes in the chemical composition in our body due to stress and anxiety.

You don’t have to be a victim of stress and anxiety, its just all about discipline and having a proper schedule. Not taking in anything you cannot handle will be a lot of help. Learn your limitations and stick to it. Do not over exert yourself. Just try to go over the border an inch at a time.

You can lead a productive successful and fulfilling life and career without the need to endanger your health. If not, you are not only killing yourself, you are also sending your family and friends and all the people around you away.

Stress is a natural part of life. It can be both physical and mental and much of it can come from everyday pressures. Everyone handles stress differently, some better than others.

Left unchecked, however, stress can cause physical, emotional, and behavioral disorders which can affect your health, vitality, and peace-of-mind, as well as personal and professional relationships.

STRESS MANAGEMENT

As I’ve said before, stress is a part of life. There’s no getting away from it. In fact, some stress is good stress. You may not believe it, but sometimes stress can motivate us to do things we may not normally do in a relaxed state. Stress can make us brave enough to go forward when normally we might hesitate.

We have to be resilient in order to effectively cope with stress and help it enhance our life instead of control it. How do you get strong and resilient? By learning how to take control of your stress and make it work **FOR** you instead of **AGAINST** you.

Recognizing stress symptoms can be a positive influence in that we're compelled to take action – and the sooner the better. It's not always easy to discern why you have the stress

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in each situation but some of the more common events that trigger those emotions are the death of a loved one, the birth of a child, a job promotion, or a new relationship. We experience stress as we readjust our lives. *Your body is asking for your help when you feel these stress symptoms.*

I'm going to give you some suggestions. Not all of them will work for you, but I'm confident that some of them will.

There are three major approaches to manage stress.

The first is the action-oriented approach. In this method, the problems that cause stress are identified and necessary changes are made for a stress free life.

The next approach is emotionally oriented and in it, the person overcomes stress by giving a different color to the experience that caused stress. The situation, which causes stress, is seen humorously or from a different angle.

Sometimes if you don't laugh at a situation, you'll cry – uncontrollably. That's no solution. So you must learn to see the humor instead of the doom.

The third way is acceptance-oriented approach. This approach focuses on surviving the stress caused due to some problem in the past.

One important key that I use to manage stress is to understand the root cause of my stress. No one understands your problem better than you do. A few minutes spent to recognize your true feelings can completely change the situation.

You want to identify what triggered the stress. If someone close to my heart is nearby I share it with the person. I have learned to take deep breaths and meditate for a moment and pull myself out of the current situation for a little while. I will get up from my current position and take a walk. I will stretch and I found that my stress begins lessen.

This is because I have relaxed now and relaxation is the best medicine for stress. Smiling is yet another way of stress management. Find something to smile about. You will see a change in your mood.

You can also invent your own stress management tips. The basic idea is to identify the cause of stress and to pull out from it for a moment and then deal with it. Taking a short walk and looking at objects in nature is another stress reliever. Drinking a glass of water or playing small games is simple stress management techniques. The whole idea is change the focus of attention and when you return to the problem, it does not look as monstrous as you felt before.

24 TECHNIQUES TO RELIEVE STRESS

1. **Wear your knees out.** If there were one sustainable remedy I could offer you when the going gets tough, it would be *Prayer*. Many people, depending on their

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faith, might call it meditation. It doesn't matter to me what you call it, as long as you have a place to run to.

2. **Don't just sit there. Move!** According to many psychologists, motion creates emotion. You might notice that when you are idle, it's easier to become depressed. Your heart rate slows down, less oxygen travels to your brain, and you are slumped somewhere in a chair blocking air from reaching your lungs.

I challenge you right now, regardless of how you are feeling, to get up and walk around at a fast tempo. Maybe you might want to go to an empty room and jump up and down a little bit. It may sound silly but the results speak for themselves. Try it now for a few minutes. It works like magic.

Exercise is a great stress buster. People with anxiety disorders might worry that aerobic exercise could bring on a panic attack. After all, when you exercise, your heart rate goes up, you begin to sweat, and your breathing becomes heavier.

Don't panic – it's not an attack! Tell yourself this over and over while you're exercising. Realize that there's a big difference between the physical side of exercise and what happens when you exercise.

3. **Help others cope with their problems.** It is very therapeutic when you engross yourself in helping others. You will be surprised how many people's problems are worse than those you may be facing. You can offer others assistance in countless ways. Don't curl up in your bed and let depression and stress take hold of you.

Get out and help somebody. But be careful. Don't get caught up in other people's problems in an attempt to forget about your own.

I believe it was Jesus who said, "he who is best among you, let him be your servant".

4. **Laugh a little.** By now you've heard that laughter is a good internal medicine. It relieves tension and loosens the muscles. It causes blood to flow to the heart and brain. More importantly, laughter releases a chemical that rids the body of pains.

Every day, researchers discover new benefits of laughter. Let me ask you this question: "Can you use a good dose of belly-shaking laughter every now and then?" Of course you can. What are you waiting for? Go to a decent comedy club or rent some funny movies.

5. **Smell the roses.** How do you smell the roses? How about investing some money to go on that one trip you've been dreaming about? Visit a country with lots of exotic places to jolt your imagination and spur your creativity. You need to detach from your daily activities and venture a little bit.

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6. **Make stress your friend.** Acknowledge that stress is good and make stress your friend! Based on the body's natural "fight or flight" response that burst of energy will enhance your performance at the right moment. I've yet to see a top person in sports totally relaxed before a big competition. Use stress wisely to push yourself a little bit harder when it counts most.
7. **Stress is contagious.** What I mean by this is that negative people can be a huge stressor. Negativity breeds stress and some people know how to do nothing but complain. Now you can look at this in one of two ways. First, they see you as a positive, upbeat person and hope that you can bring them back "up". If that's not it, then they're just a negative person and can't feel better about themselves unless those around them are negative as well. Don't get caught up in their downing behavior. Recognize that these kinds of people have their own stress and then limit your contact with them. You can try to play stress doctor and teach them how to better manage their stress, but be aware that this may contribute more to your own stress, so be warned.
8. **Emulate good stress managers.** When people around are losing their head, notice who keeps calm? What are they doing differently? What is their attitude? What language do they use? Are they trained and experienced? Figure it out by watching or sit them down for a chat. Learn from the best stress managers and copy what they do.
9. **Utilize deep breathing.** You can trick your body into relaxing by using deep breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11. Repeat the 7-11 breathing until your heart rate slows down, your sweaty palms dry off and things start to feel more normal.
10. **Be mindful of stressful thoughts.** It is possible to tangle yourself up in a stress knot all by yourself with stressful thinking. *"If this happens, then that might happen and then we're all up the creek!"* Most of these things never happen, so why waste all that energy worrying needlessly? Give stress thought-trains the red light and stop them in their tracks. Okay so it might go wrong – how likely is that and what can you do to prevent it?
11. **Know your stress hot spots and trigger points.** Presentations, interviews, meetings, giving difficult feedback, tight deadlines have been known to drive up someone's heart rate. Make your own list of stress trigger points or hot spots. Be specific. Is it only presentations to a certain audience that get you worked up? Does one project cause more stress than another? Did you drink too much coffee? Knowing what causes your stress is powerful information, as you can take action to make it less stressful. Do you need to learn some new skills? Do you need extra resources? Do you need to switch to de-caffeinated coffee?

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12. **Eat, drink, sleep and be merry!** Lack of sleep, poor diet and no exercise wreaks havoc on our body and mind. Kind of obvious, but worth mentioning as it's often ignored as a stress management technique. Listen to your mother and don't burn the candle at both ends! Avoid using artificial means to dealing with your stress. That means don't automatically pour a glass of wine when you think you're getting stressed out and don't light up a cigarette. In actuality, alcohol, nicotine, caffeine, and drugs can make the problem worse. A better idea is to practice the relaxation techniques we've given you. Then, once you're relaxed, you can have that glass of wine if you want.

13. **Go outside and enjoy Mother Nature.** A little sunshine and activity can have amazing ramifications on your stress level and will enhance your entire outlook towards life. Your improved attitude will have a positive effect on everyone in your family and/ or circle of friends; things, which seem overwhelming, will soon become trivial matters, causing you to wonder what the predicament was.

Not only will you be less stressed, you will be healthier, happier, and more energetic; ready to face whatever obstacles come your way.

14. **Give yourself permission to be a 'child' again.** What did you enjoy when you were a child? Draw; paint; be creative. Play with Play- dough, dance, or read. Play music; allow yourself freedom to express yourself without worry that you're not keeping with the image of who you are 'supposed' to be. Just relax and enjoy yourself. We all have a little child in us and it's a good idea to allow expression of the child within from time to time.

15. **Don't set unrealistic for goals for yourself.** Many of us set ourselves up for defeat simply by setting unrealistic goals for ourselves. For example, if you are dieting, realize you cannot lose 40 pounds in one or two months.

Or maybe you are trying to reach a goal of obtaining a particular job position; whatever your goal is allow sufficient time to reach your goals and realize occasional setbacks may occur.

If you reach your goal without any delays, you will be even happier with yourself for arriving quicker than you planned, but don't expect it. In fact don't expect anything; expectations and reality are often two entirely different things.

16. **Learn it is OK to say 'no' occasionally.** Often, many of us feel we have to say 'yes' to everyone, every time we are asked for help and feel that we must respond in a positive fashion. But, remember, you cannot be all things to all people. You must first meet your own needs before you can truly give others what they need while at the same time keeping yourself happy.

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17. **You do not have to do everything your family, friends, and others ask.** Of course you can help others, but first make sure you have done what is necessary to take care of yourself. Make time for yourself, your number one priority; once your own needs are met you will find you have more time for others. And you may find more pleasure in helping others when you don't feel that you must always put others needs before your own.

We're not done yet! There are so many great ways to combat stress and anxiety. You deserve to get all the information you can. After all, that's really why you're reading this report, right? Here are some more actions to reduce stress.

18. **Yell!** I really love this thought and have used it many times myself! That's right, scream at the top of your lungs – as loud as you can. While this may not be feasible in your home, it works great when you're in your car with the windows rolled up. Let out a one from your gut deep down inside. It's liberating!
19. **Sing.** Music can be extremely beneficial when getting rid of stress. Think how much better you can feel when you belt out "Happy Feelings" at the top of your lungs! Who cares if you can't carry a tune? This is all about you!
20. **Start a garden.** Even apartment-dwellers can do this. Inside in pots, pots on the patio, pots, a small spot in your yard. There is a little work to setting it up.

Tending plants, fruits, vegetables, flowers and watching them grow, bloom, or yield food is rewarding. Avid gardeners say working a garden is the best way to control stress and worry. An added benefit is the creation of a more beautiful, restful environment.

21. **Look at the stars and the moon.** It can be a very humbling experience to lay on a blanket with your hands behind your head and gaze up into the night sky. It's more than humbling; it's downright beautiful and relaxing!

Look at how big the universe is while we remain so small. When you look at the vastness of the sky, you realize that your problems are small compared to that.

If it weren't 25 degrees I would go out right now and enjoy God's Masterful piece of work.

22. **Treat yourself to some comfort food.** But be careful or over-eating could become your big stressor. Enjoy in moderation and make you feel better.

I love Indian food. Indian food is my comfort food. But I make sure that I don't overdo it. I give myself just enough to bring on that calming feeling.

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23. **Find a Playground.** Remember the feeling of sitting in a swing, swinging back and forth on the playground. Do that! Don't forget to pump your legs back and forth to see how high you can go. It's liberating!
24. **Take a candle lit bubble bath.** Even you brothers out there can benefit from a warm bath bathed in the soft glow of candlelight. Lay your head back, feel the bubbles and the warm water, and let your stress go right down the drain when you pull the plug!

There it is! You have twenty-four ways to relax and de-stress! You can come up with your own ways as well! The key, really, is to find something that makes you feel better when you are overwhelmed and practice that method faithfully. You'll be a healthier person overall.

JUST SAY NO!

One huge problem people who are overly stressed out have is the ability to say "No" when they need to. Maybe your mother wants you to take Grandma to the store, but you're in the middle of a big work project. Perhaps your best friend asks if you wouldn't mind babysitting her children when you've already made plans with yourself to get some stress relief.

There's no reason why you have to say "Yes" to everyone. In fact, there are often many times when you should turn them down. If you find yourself agreeing to do things when you really don't want to, you're a people pleaser. In general, this isn't a bad trait to have, but it can be a huge stressor.

People pleasers think of other people's needs before their own. They worry about what other people *want*, *think*, or *need*, and spend a lot of time doing things for others. They rarely do things for themselves, and feel guilty when they do. It's hard being a people pleaser.

People pleasers hold back from saying what they really think or from asking for what they want if they think someone will be upset with them for it. Yet they often spend time with people who don't consider their needs at all. In fact, people pleasers often feel driven to make insensitive or unhappy people feel better - even at the detriment to themselves.

Constantly trying to please other people is draining and many people pleasers feel *anxious*, *worried*, *unhappy*, and *tired* a lot of the time. They may not understand why no one does anything for them, when they do so much for others - but they often won't ask for what they need.

A people pleaser may believe that if they ask someone for help and that person agrees, that person would be giving out of obligation, not because they really wanted to. The thinking goes - if they really wanted to help, they would have offered without my asking.

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This line of thinking happens because people pleasers themselves feel obliged to help and do not always do things because they want to. Sadly, people pleasers have been taught that their worth depends on doing things for other people.

It's painful being a people pleaser. People pleasers are not only very sensitive to other people's feelings, and often take things personally, but they also rarely **focus** on themselves.

When they do take a moment for themselves, they feel selfish, indulgent, and guilty which is why they are often on the go, rushing to get things done. Because people pleasers accomplish so much and are easy to get along with, they are often the first to be asked to do things - they are vulnerable to being taken advantage of.

People pleasers' focus is mostly on others and away from themselves. They often feel empty, or don't know how they feel, what they think, or what they want for themselves. But it's possible to change this pattern and to feel better about you.

First, practice saying NO. This is a very important word! Say it as often as you can, just to hear the word come out of your mouth. Say it out loud when you are alone. Practice phrases with NO in them, such as, "No, I can't do that" or "No, I don't want to go there". Try it for simple things first, and then build your way up to harder situations.

Stop saying YES all the time. Try to pause or take a breath before responding to someone's request. You may want to answer requests with "*I need to think about it first, I'll get back to you*" or "*Let me check my schedule and call you back*". Use any phrase that you feel comfortable with that gives you time before you automatically respond with YES.

Take small breaks, even if you feel guilty. You won't always feel guilty, but most likely in the beginning you will. Remember that your mental health is well worth the aggravation you may have to take from others. **What's important is you. When you are healthy, those around you will be healthy!**

Ask someone to help you with something. I know this is a hard one but you can do it! After all, everyone else is asking YOU for favors, why shouldn't YOU ask THEM? Just be tolerant if they turn you down. Just because you have always told them "Yes" doesn't mean they always have to tell you "Yes".

Many people pleasers believe that nobody will like them if they stop doing things for other people. If someone stops liking you because you don't do what he or she ask, then you're being used by them and probably don't want them as a friend anyway.

People will like you for who you are and not simply for what you do. You deserve to take time to yourself, to say NO, and to take care of yourself without feeling guilty. It's within your reach to change - one small step at a time!

CONCLUSION

If you've learned nothing from reading this report, I hope you realize and understand that there is **NO WAY** to completely eliminate stress from your life. What you can do is to learn how to make that stress work **FOR** you.

Stress management isn't as difficult as it might actually seem. However, I can't emphasize this next point enough. If you think you have too much stress in your life, it may be helpful to talk with your doctor, spiritual advisor, or local mental health association. Because reactions to stress can be a factor in *depression, anxiety* and other *disorders*, they may suggest that you visit with a psychiatrist, psychologist, social worker, or other qualified counselor.

I don't want to present myself as a medical professional. All I want to do is give you some tools to implement in your life to help you better cope with those things that make us overwhelmed and feel out of control.

You may also want to look into my report on [Time Management](#) to get additional tools in order to get rid of some of your stressors. When we feel like we don't have enough time to do the things that need to be done, that creates more stress and can lead to anxiety, which, believe me, you don't want to have!

Stress Management tips are simple cost effective methods to effectively check stress. They can be practiced anywhere and at anytime.

If you feel you are in need of help, do not hesitate. You might not be correct always. The cause of your stress might be for no reason at all. But it might be physical in its roots. Someone else might be able to solve it easily. Understand your limitations and it can relieve stress to a large extent.

Stress is a normal part of life. In small quantities, stress is good -- it can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful.

Just like causes of stress differ from person to person, what relieves stress is not the same for everyone. In general, however, making certain lifestyle changes as well as finding healthy, enjoyable ways to cope with stress helps most people. I hope that I've given you some great ways of dealing with the stress that we all feel!

Above all, remember that you are in no way alone in this battle. There are hundreds of thousands of people out there who feel overwhelmed and nearly completely out of control. That's why I wanted to give you this report. So you can find peace within yourself and realize that we're all on this beautiful Earth for a reason.

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You are too! Enjoy it and live life to its fullest. And when you feel yourself stressed out, relax, breathe through it, and know that there are many, many people who know exactly how you feel.

To Your Victory and Success

Bro. Bedford