

The Mind and Stress

The major element in an unhealthy cycle of negative stress is excessive worry. When you are under stress, what messages are you sending yourself? Are they alarming or reassuring? Once you determine this, you can decrease your anxiety by learning to talk to yourself in a supportive and reassuring way.

Both big and small events can create stress and it's important that you become skilled at monitoring your reaction. For example, you may experience anxiety from constant, steady tension in a relationship. You may be lonely because you lack the support of friends. You may have suffered a life crisis like the death of a loved one or divorce. Whatever the source of negative stress, your health can be viewed as a result of effective or ineffective coping, rather than simply as result of the source.

Recognizing negative thoughts and replacing them with positive ones takes practice, however, the results are worth it. When you are feeling negative stress, review the facts. What is the precise cause? How are you thinking about the situation? Is there another way to think about the situation? What is the worst thing that could happen? You may have been concentrating on the worst possible outcome, but by no means the most likely.

Action Step: This week, whenever you feel stressed out or overwhelmed, take a ten second "time out" and breathe deeply. You'll automatically soften into a more calm state. Notice what you're doing, feeling and thinking. Are your thoughts in the past? Are they in the future? Now ask yourself "what positive action can I take to help eliminate this negative stress?" Remember, the way to eliminate negative stress is to take positive action. Shifting your thoughts to the present moment, and turning your negative stress into positive action is an action step that will create wellness. Events and circumstances do not in themselves cause negative stress, the only agent is your reaction to these events and circumstances. Once you understand that negative stress is your creation, as a result of how you react to an event or circumstance, you will understand that the power to eliminate negative stress is within you as well.

Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that might be improved to allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

This week's tip provided by Claire Carter, Creating Wellness Alliance

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