



CYUY-PDX 2007 December Teleseminar Review

Stress Less for Personal Best

Premise #1: Contemporary stress tends to be more pervasive, persistent and insidious because it stems primarily from psychological rather than physical threats.

Premise #2: Non-physical stress still creates the same physical reactions in the body as life-saving stress does (e.g. running away from man-eating animals, etc.). Repeated and/or long-term exposure to these reactions adversely affects one's physical and mental health.

Conclusion: Stress in itself isn't a bad thing. It can be managed by changing one's perspective to nullify the power it has in one's life, observing and correcting one's reactions to stress, and changing lifestyle to minimize opportunities for stress to take over.

Solutions: There are three main stress-management strategy categories....

1. **Change your thinking** (thoughts about stress)
 - a. Observe why, when, and how you experience "stress"...seeking the truth.
 - b. Eliminate the word "stress" from your vocabulary...use more accurate phrases to focus on solutions rather than problems. Is it something you can control?
 - c. Determine what can be done—"what can I do about it?"

"I try to only worry about things I have control over." ~Steve Nash

2. **Change your behavior** (reactions to stress)
 - a. Research proves that meditation works.
 - b. Novices to meditation benefit most greatly from a guided class, audio program, or instructor.
 - c. Five quick tips for meditating: switch off distractions, set aside a quiet place, sit in a comfortable position, keep your eyes "soft", and start meditating in five minute blocks until your concentration improves.

"People can place demands upon themselves that create uncertainty." ~Rabi Bhgat

3. **Change your lifestyle** (routines, diet, sleep, etc.)
 - a. Balanced diet, regular exercise, adequate sleep, proper planning, reasonably paced day, and managed energy all play significantly in lowering truly manageable psychological stress.

"The most important preliminary to the task of arranging one's life so that one may live fully and comfortably within one's daily budget of 24 hours is the calm realization of the extreme difficulty of the task, of the sacrifices and the endless effort which it demands." ~Arnold Bennett

Want to read more about the research mentioned in this session? Check out the CYUY Blog at <http://www.cyuy.com> for links.

