



## **EASY FAST SOLUTIONS FOR STRESS MANAGEMENT**

*Notes from the presentation provided for Bangalow Women's Business Breakfast Thursday 10<sup>th</sup> February, 2011.*

1. Stress helps us – a little adrenaline before doing a presentation is helpful.
2. Stress at low levels and for short periods of time is designed to keep us alive.
  - a. Too much stress over an extended time may cause health problems!
3. It's a self-injection of adrenaline and creates an action that helps us survive.
  - a. Flight or fight
  - b. The Flight or fight reaction to the injection processes the adrenaline, also known as cortisol in a healthy way.
  - c. It's when we are not able to run or stay and fight in order to metabolise the cortisol and the cortisol stays in the body, that causes long term health problems.

This is why exercise can help – Have you found that?

### **Modern day presents insidious stressors**

#### **Long periods of exposure to cortisol are the problem**

- Our adrenals run dry - fatigue
- Long term exposure to cortisol is dangerous to our long term health.
  - Digestion shuts down
  - The immune system is compromised.
  - It keeps us awake
- We then begin the stress cycle that perpetuates itself.

## How does stress manifest in you? What are some of your symptoms?

### Are any of the following familiar?

- Tightness in Shoulders
- Headaches
- Stomach Upsets
- Indigestion
- Exacerbated Menopausal Symptoms
- Abdominal Obesity
- Fatigue
- Anxiety/ Confusion
- Depression
- Skin Problems
- Lowered Immune System
- Insomnia – Sleep onset &/or sleep maintenance

### Top Modern Stressors today ARE:

#### Experiences that cause a strong stress reaction:-

Moving house	Health issues 34% of population
Getting Married or Divorced	Employment issues
New baby	Traumatic event
Loss of a loved one	Daily repetitive irritants
Financial 50% of population	

### How are we coping?

- 12% are taking medication – Cause more stress – avoidance behaviour
- 82% watching TV – Can cause more stress – avoid behaviour
- 55% Exercise
- 37% Eat - 42% of women and 31% of men
- 26% smoke, drink and take (legal and illegal) drugs
- 1% self harm

Stress is the reason 2/3rds of the population see a doctor.

- Stress aggravates existing illnesses

Stress is the leading cause of:

- Heart disease
- Cancer
- Accidents
- Respiratory illness
  - To name a few.

Stress can lead to relationship breakups, road rage, suicide & violence

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## **I get stressed when:-**

1. Internet connection doesn't work
2. Tele marketers call
3. When my head heart and hand aren't in alignment
4. When my actions are not in sync with my beliefs and my knowledge.

*So how do we get ourselves into stressful situations?*

## **TWO MAJOR REASONS WHY WE GET STRESSED**

### **1. The 3 H's are out of alignment..**

#### **Head, Heart, Hand**

- We need all three working together for good **Health**

#### **Head Heart and Hand misalignment could be from:-**

Not following your heart when choosing career, place to live, partner?

- Doing what you really don't want to be doing
- Your lifestyle may be out of step with your energy capability
- Relationship problems
- Work/Life time/energy - out of balance
- Thoughts, passions and actions not in sync
- Unexpressed grief

### **2. Environmental Stress – both Internal and External**

#### **External derived stress**

- Temperature, Weather,
- Pollutants such as pesticides and toxins
- Noise
- Poor lifestyle choices

#### **Internal stress**

- Dietary imbalance
- Low levels of EPA (from fish)
- Excessive stimulants (such as coffee and chocolate)
- Drugs (alcohol, recreational drugs and medications)
- Processed Foods
- Non-organic foods
- Xeno-estrogens. E.g. bisphenol, pesticides...

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## HOW DO WE REDUCE STRESS?

### 3 FAST EASY WAYS TO REDUCE STRESS

- 1 Effective, mindful techniques – Which I'll come back to
- 2 Take care of your body –
- 3 Synchronize you HEAD - HEART & HAND

1. **Effective, mindful techniques**
2. **Take care of your body**
  - i. Massage
  - ii. Individually prescribed herbal medicine & nutritive support
  - iii. Personalised diet and lifestyle support

Here's a poem for you:

*Remove pollution from your body  
Remove your body from pollution  
For most stressed cases  
It's the easy solution!*

3. **Synchronize your HEAD, HEART & HAND**
  - b. Head – beliefs & intelligence
  - c. Heart – Intuition, inner knowing & life passion
  - d. Hand – Actions – ensure that what you do, how you behave is in sync with your beliefs, intellect and heart.

The Number 1 Easy Fast Way to Reduce Stress

#### Effective, mindful techniques

I've put together a series of guided CDs and a 12 page colour booklet called [EVERYONE HERE TODAY GETS VOLUME 1 FREE!!!!](#)

### BREATH – RELAX - MEDTATE

IT'S EASY

Guided and includes an information booklet to help you reduce stress now!

FAST

Choose 5mins, 10mins and when you have more time.... 30 minutes

For more information about managing stress, contact [The Bodyguard](#) on 0421 379 615 or email [christine@thebodyguard.com.au](mailto:christine@thebodyguard.com.au)

[www.thebodyguard.com.au](http://www.thebodyguard.com.au)

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**If you are depressed or finding it hard to cope, help is available 24 hrs a day at Lifeline 13 11 14 24.**