

a free e-book



DEALING WITH STRESS

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When you are stressed the electrochemical messengers race to various parts, and

- The heart beats faster.
- Breathing quickens.
- The liver releases stored nutrients.
- Blood pressure rises.
- Pupils dilate.
- Muscles tense.



Limited stress can help you respond to special challenges, but your health will break down if the body's "red alert" status of stress becomes chronic. You need to allow sufficient time to relax or regroup.

Factors Contributing to Stress

Some people, especially TYPE A personalities, are more prone to stress. Do you have the characteristics of a TYPE A personality?

- Competitive
- Over achiever
- See life as a test
- Do anything to get a job done (workaholics)
- Are a perfectionist
- Frequently talk over or interrupt people
- Have a low tolerance for incompetence
- You are highly conscientious
- May bite your nails or grit your teeth
- Speak and/or move at a fast pace



Did you know that in one study, Type A's secreted four times as much adrenaline as Type B's during a simple math test given to both groups?

- Type A behavior can endanger your health and sabotage you on the job.
- A constant state of alarm can eventually overwhelm you.
- Your performance can decrease.
- Your thinking may get muddled.
- You are prone to make mistakes.
- You may become more of a hindrance than a help.
- You may be working to an early grave.

WHAT CAN YOU DO TO EASE STRESS?

A healthy diet is important.

- Eat three balanced meals a day.
- Eat fresh foods, avoid processed food.
- You get extra stamina from complex carbohydrates found in these types of foods:
*cereals *grains *beans *fruits *vegetables
- Stay away from fat-laden and sweet snack foods. Try instead
*raw vegetables or apples *air-popped popcorn
*plain rice cakes *miniature shredded wheat
- Drink plenty of water, 8 glasses a day. Water will
 - Prevent heart attacks, strokes and blood clots
 - Regulate your body temperature
 - Keep your skin smooth
 - Help your digestive system run smoothly
 - Eliminate or flush toxins out of your system



Get a good water bottle and use it!

Avoid a lot of caffeine (coffee/tea/soda), cigarettes and alcohol. These can be hard habits to break, but they lead to more stress.

It is important to find balance in your life, not only does all work and no play make Jack a dull boy, it can make him a sick boy.

Listen to your body. Your entire body operates on a 90-minute rhythm of activity followed by rest. Try to work along with your body and take breaks or switch activities after every hour and a half, even if it is only for a few minutes.

Get some exercise.

Even if your schedule is tight, DON'T skip lunch. Eat a light salad and walk for 15 minutes. You will find yourself replenished and ready to get back to your work. Thirty minutes of walking a day is ideal.

As a stress-proofer, exercise gives your body the energy you will need to draw on in times of extra stress. It dissolves muscle tension and releases your body's natural painkillers to give you a general sense of well-being. The hardest thing is to walk through the gym door or put on those track shoes and get moving. Any activity that vigorously and continually moves your large muscles for at least **20 minutes** is ideal.

- Exercise three times a week
 - Warm up before and cool down after exercising.
 - Include gentle stretching in your routine.



You can also get more exercise by using the stairs, parking at the far end of parking lots and walking to your target, riding a bike to work, and taking mini stretch breaks during the day. Get creative. Move your body.

Learn how to relax

- Learn to laugh more, especially at yourself.
- Build more relationships—network.
- Don't bottle up your feelings.
- Slow down—"Smell the roses."
- Don't butt heads with other type A's.
- Delegate.
- Have an activity other than work.
- Walk to the beat of a slower drummer.
 - Let a slow talker finish a sentence.
 - Let someone go ahead of you in line.
 - Take a relaxing bath instead of a quick shower once a week.
 - Try meditating.
 - When the traffic light changes, don't race out of the starting Gate.

Reconsider how you view stress

REMEMBER: IT'S YOUR REACTION TO STRESS THAT CAN MAKE YOU ILL, NOT A STRESSFUL SITUATION. Visiting the dentist is major stress for some, no stress for others. Stress is a perspective not an activity. Stress itself is normal. How we react to it is the key.

If you find yourself stressed over a specific event, get someone else's take on the problem: A second opinion from an expert on stress, a trusted friend or person who can help you see around the corners of your problem to a wise and stress-free conclusion.



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