

# Ten Ways To Beat the Cycle of

# STRESS

Stress Contributes to:



Heart disease

High blood pressure

Cancer

Irritable Bowel Syndrome

Migraine headaches

Anxiety

Mental illness

Infections

Exhaustion

# Ten Ways To Beat the Cycle of

## *STRESS #1*

### Stress Control Program:

1. Identify stress-producing situations.
2. Avoid stress when possible
3. Reduce the impact of unavoidable stresses
4. Relaxation techniques
5. Exercise reduces stress

# Weekly Stress Record

Name \_\_\_\_\_ Date \_\_\_\_\_

Please list all events that are stressful, or that are relaxing

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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## *STRESS #2*

### Fitness Activities:

- Range of motion movements
- Yoga, Tai Chi, stretching
- Aerobics
- Strengthening, muscle building
- Inversion, brachiated stretching
- Rebounding, dancing
- Recreation and Fun



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*STRESS #3*

## Activate Your Immune System:

Fight or Flight

Relax and Repair

Naps or quiet time

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## *STRESS #4*

### Avoidable Stresses:

- The News
- Telephones
- Hurrying

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## *STRESS #5*

### Unavoidable Stresses:

- Road Rage
- Family Stress
- Computer Burnout

We can learn to react differently  
to stressful events.



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## *STRESS #6*

### Caffeine:

- Borrowing on tomorrow's energy
- Depletes nutrients
- Immune system deactivation

Try other stimulants such as chlorella, flower pollen, ginseng, ginger, hot peppers.

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## *STRESS #7*

### Communication Stresses:

- Express your needs compassionately
- Replace anger with more effective expression
- Sweet, but Silent people need to express their needs

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## *STRESS #8*

### Love and Laughter :

- Receiving and giving love
- Loving thoughts
- Laughter relieves tension
- Funny movies can relieve stress

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## *STRESS #9*

### Environmental Stresses:

- Indoor air and smog
- Noise stress
- Food additive stress
- Electromagnetic waves

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*STRESS* #10

## Relaxation Techniques:

- Autogenic Relaxation
- Massage
- Hot tubs, Baths
- Naps

Questions for Steve Blake, please email at [mail@naturalhealthwizards.com](mailto:mail@naturalhealthwizards.com)  
[www.NaturalHealthWizards.com](http://www.NaturalHealthWizards.com)



**Most of the true causes of disease  
are under your control**