



In Distress? De-Stress!

How many of us could say we've never encountered a stressful moment? Certainly, only the very lucky, very few. For the rest of us, we know all too well how stress can cuddle up to us and become our constant, unwanted companion. While we all know how stress can impact us - anxiety, stomach knots, disorientation, - did you know it can impact your immune system, as well? Worse than that, our bodies don't know the difference between stress experienced and stressful situations recalled - the effect on our bodies is the same.

So, the next time stress arises, consider these few easy ideas to combat this unwanted state of being:

- 1) Consider the wanted outcome - visualize what you want the end result to be and consider how to make it real.
- 2) Understand that the cause of the stress is temporary; it will pass.
- 3) You've already successfully navigated many changes in your life. How did you achieve them? Consider which of these techniques can help your current situation.
- 4) Observe your language and the self-talk in your head. Does it look backward or forward? Add the context of positive possibility vs. forgone losing proposition. This is where that old phrase: self-fulfilling prophecy is useful. As long as you are prophesying, make it a good one.
- 5) Stay focused in the present. Despite the probable sensation of being off balance or threatened, you are in this transition for a reason – look for the lessons in the process.
- 6) Seek support. Find at least one person who will really listen to you without judgment. The right family member, friend, or coach can support you through the process.
- 7) Take time for stress relief, relaxation techniques and good healthful living practices. Don't use the upset in part of your life as an excuse to abandon your healthy routines.
- 8) If it's comfortable for you, connect with your spiritual side. Use prayer, meditation and reflection on spiritual literature, or whatever works for you. In the written word you may find a companion in the writer whose experience mirrors your own.
- 9) Give up trying to control every aspect of the outcome. Realize that we never really know what will occur even in the next moment. Having visualized your intended outcome, take the actions that move you toward it and know that you will handle whatever materializes. Create a vision of success that pulls you towards it.
- 10) Remember: this transition does not represent your whole life. It may impact many areas of your life and through it all you will still be you. Trust that though it may take years, the outcome will be woven into a richer wizeden journey of your unique life.

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