

Organizing Resources



Stress Related Health Problems

- Weakened immune system
- Headaches
- Hypertension
- Ulcers
- Heart attacks
- Depression
- Lost relationships
- Low self-esteem
- Diminished enjoyment of life

“For fast-acting relief, try slowing down”.

—Lily Tomlin

Judith Ann Kirk

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“Stress is the trash of modern life – we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life.”

—Terri Guillemets

STRESS It Happens!

Not too long ago the word **stress** referred to the diminished structural integrity of bridges. How-

ever, times have changed, and stress has become associated with daily living and well being. Today, there is too much to do, mountains of information to integrate and too little time with too many choices pulling in too many directions. No one is immune to stress. We all experience it. On some days we handle it better than other days. How much stress affects us is dependent on our ability to deal with life’s little pressures.

Daily hassles have the potential to destroy equilibrium. Stress attacks in the early morning when we have to rush to get ready for work because the alarm clock was not set. Stress continues to build when traffic is backed up more than usual and we are late for an appointment. At work, stress grabs a foothold in every project with looming deadlines. Stress is also evident during the quick trip to the supermarket to buy fast food for dinner and then realize later in the evening that the dry cleaning was not picked up. Stress often smacks one in the face as children clamor for attention. Stress oozes from newspapers and TV programs. It maintains a stronghold as we fall into bed to give our bodies a rest before another stressful day hits again.

Consider the following areas where stress has the potential to diminish the integrity of living:

- **Environmental Tension:** The amount of space that surrounds you and how you utilize that space has a direct correlation to stress. It is important to understand personal stress levels in reference to your space. Know your comfort level and determine if your space is enough, too much or too little.



- **Time Wasters:** Every day is a rush from here to there and back again. There does not seem to be enough time in one day to get everything done. You are busy, as we all are, yet in all the busyness you may still be searching for more time to accomplish more things. If you squander time you will have fewer cherished moments of life.
- **Mental Overload:** The brain is constantly processing data in order to perform daily activities. There are days you can easily spew out information, and there are days when you cannot seem to pull it all together. These are the days you are functioning on overload, and your mind is filled with chattering clutter that is clogging brain space. Time to de-clutter!

Life has its ups and downs, no matter who we are – rich or poor, young or old, celebrity or common folk. Stress is a part of life. Everyone experiences stressful moments from time to time, but the degree to which we become overwhelmed can be reduced by the choices we make. Simply put, we choose to live life stressfully or to live it in balance. We choose to juggle multiple bits and pieces, or we choose simplicity. It is a choice, and it is your choice!

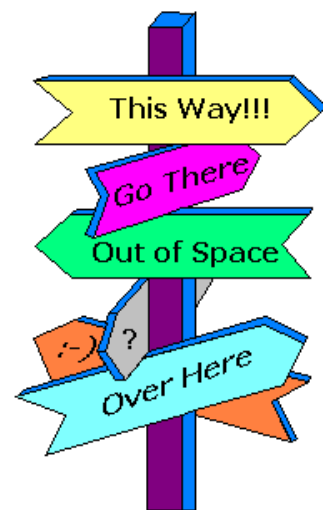


Stress-Less Challenge

Are daily road signs pointing you in different directions? Are there nonstop demands on your time, energy, money and space? Every aspect of life has the capacity to direct you this way or that way leading to confusion, chaos and clutter = **STRESS!**

Take the challenge. Click on the link below to access the TipSheet ***This Way... That Way... Over Here!*** that will expose those ambiguous stressful signs and help you choose a stress-less life. You can take control of the little pressures of life when you live intentionally.

While you are at it, check out the TipSheet ***Top Ten Tips To Manage Stress*** to learn how to manage stress on a daily basis. It is packed with ideas to help you reduce and even eliminate stressful triggers. Those individuals who know how to handle stress are apt to have more enthusiasm, work smarter and be more productive. Stress less and enjoy life more!



http://www.organizingresources.com/2_tip_secrets.htm