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Choice Relationships: Stress is What You Make It

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Stress: The Energy Zapper

So much of how we function as individuals and in our relationships will be impacted by the stress we are under. The more you can control our stress, the more you will be able to function at full potential.

Choice Tips:

1. You do have the ability to lessen the stress in your life.
2. Though you cannot control what happens in life, you do have control over *how* you react to it.
3. Your emotions are going to be expressed. Embrace them, allow them to come. However, you don't have to act on those emotions. To disengage from them, start to be the observer of the emotions. Say something like, "Oh, there's an **old** feeling I'm having to this situation."
4. Start to notice the thoughts you are having. If they are repetitive, self-critical thoughts, they are not healthy. Start to learn how to stop them – do so by thinking of anything else. Your mind can only consciously hold one thought at a time.
5. And, of course, always remember your deep breathing.

My Personal Insights:



September seems to be a busy time of year for so many of us.

We're getting back to our routines after the summer and having to make adjustments. Any time there's a change, even if it's positive, there's going to be some stress. And, of course, this September, as we mark the 5th anniversary of 9/11 in the United States, it's particularly stressful for many of us.

Not a member yet? To receive your copy of helpful tips to create more satisfying and powerful choice relationships,

Additional Resources I Recommend:

1. Carlson, R. *Don't Sweat the Small Stuff*, Hyperion, NY
2. Davis, M, Eshelman, E.R., & McKay, M. *The Relaxation & Stress Reduction Workbook*, New Harbinger Publications, California

Empowering Information and Tools:

Just wanted to remind you about the new book, *Self-Improvement 101, Vol. 2*, in which I'm contributing author. There's more in there to read about reducing stress.

[Here's the link for you to go directly to this offer.](#)

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SPECIAL: *I'll be presenting a workshop at The Learning Annex in NYC on Sat., Oct. 14. It's 2-hour interactive workshop on helping you get past your wired-in knee-jerk responses to your past so that you can live a life of choice! Unfortunately, The Learning Annex doesn't tell me until a week before the exact location or time – so check my calendar on my website for the exact details.*

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