
Stress Management for Life - How to Reduce, Prevent, and Cope With Stress

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Introduction

I want to thank you and congratulate you for downloading the book, “Stress Management for Life – How to Reduce, Prevent and Cope with Stress.”

This book contains proven steps and strategies on how to easily manage stress and prevent it on a daily basis without having to rely on medicines.

This book focuses not only in giving you temporary relief from stress but also in teaching you ways to change your mindset, attitude, habits and outlook in life all to cope with stress successfully and easily. It will be explained here what stress is all about and how it affects you because the first step in preventing, reducing, and coping with it is to understand its effects that Stress Management for Life - How to Reduce, Prevent, and Cope With Stress +++Get Bonus Here+++ many people do not even notice.

Thanks again for downloading this book, Stress Management for Life - How to Reduce, Prevent, and Cope With Stress +++Get Bonus Here+++ I Stress Management for Life - How to Reduce, Prevent, and Cope With Stress +++Get Bonus Here+++ hope you enjoy it!

Chapter 1 – Understanding Stress

Everybody experiences stress. It is a natural biological response of human beings when they sense a threat or danger that can put them in a disadvantageous situation over which they do not have total control. The threat or danger can be really existing or merely psychological in nature, but for as long as the mind believes it to be a part of reality, it will always elicit mental, emotional and biological reactions Stress Management for Life - How to Reduce, Prevent, and Cope With Stress +++Get Bonus Here+++ known as the “stress response.” For most people, these reactions manifest physically, as in the form of heavy breathing, sweating, shaking, incoherence, fatigue and mental breakdown (more on signs and symptoms in Chapter 3).

“Stress response” is also known as the “flight-or-fight-or-freeze” reaction that spontaneously taps the instinct when dealing with so-called stressful situations. It prompts a person to “pump” up (oftentimes with agitation), withdraw or stay still. Contrary to popular belief, stress is an essential biological response as it enables a person to handle challenges more effectively, Stress Management for Life - How to Reduce, Prevent, and Cope With Stress +++Get Bonus Here+++ and up to a certain point, provide an increase in energy, alertness and focus. Without stress response, Stress Management for Life - How to Reduce, Prevent, and Cope With Stress

+++Get Bonus Here+++ the body will be less capable of acting on sudden events to which the mind does not have enough time to analyze based on pure logical information.

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