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Why Stress?: Stop Stressing, Conquer Anxiety, Phobias, and Depression

Barbara Williams

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How do you define stress? In brief, stress is a feeling of being under abnormal pressure, whether it is an increased workload, an argument with a family member, or financial worries. While stress affects everyone in one way or another, there are certain times and situations when pressure piles up and we need a little extra support to help us cope. While research has shown that some stress can be positive, making us more alert and helping us perform better in certain situations, stress is only healthy if it is short-lived. If you are stuck in a busy office or an overcrowded train, you can’t fight or run away, therefore you can’t use up the chemicals your own body has produced to protect you. Over time, the build-up of these chemicals and the changes they produce can seriously damage your health. When you are stressed you may experience a variety of feelings, including anxiety, irritability or low self-worth which will eventually result to secluding yourself from others, inability to stand up for yourself and make wise decisions. You may over analyze situations, worry too much about others and be restless due to over thinking. At certain times in your life you may feel out of control when it comes to your stress levels. There will always be constant demands in all areas of your life; your time, your finances, career, your attention. But the simple fact is, you have more control over the stress in your life than you might initially think. Realizing this is the key to stress management. To manage stress you have to take charge over all areas of your life particularly your problem solving skills. The purpose of this book is to help you to achieve this. It will assist you in identifying what it is in your life that causes you stress and how best to deal with it. In most situations, it is impossible to remove what it is that is causing you stress from your life completely. This book also teaches you relaxation tips to better deal with these situations.

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