

# MANAGING YOUR OWN STRESS

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# Want to Reduce Stress? Get Some Sleep

If you don't get the right amount of sleep, your mind can't be at its best. You won't function properly and might make some serious mistakes. Unfortunately, stress can cause many people to stay awake at night. However, getting the right amount of sleep can help eventually reduce your stress levels.

It can be tough, especially if what is causing you stress remains unresolved. But, to get better sleep, start exercising on a regular basis if you aren't already. While exercise may give you energy throughout the day, when you go to bed at night, it will help you to sleep better. You will have a better quality REM sleep as well. Some people find that exercising in the evening causes them to be wired, and they can't get to sleep. If you fall into this category of people, consider doing your exercising in the morning. This way, you'll use that energy burst throughout the day and will give you time to become tired.

Try to avoid using alcohol in excess. Although this seems counterintuitive as alcohol makes you sleepy, it causes you to fall into a deep sleep early. You then wake up in the middle of the night and have a difficult time getting back to sleep. Without the alcohol, your sleep will be more even and allow you to sleep throughout the night. If you feel you must have alcohol, don't have more than one drink.

In addition, alcohol is a depressant and as such, will worsen how you are feeling.

See a doctor if you have sleeping problems that don't go away. Not getting enough sleep can lead to a decline in your health. The purpose of sleep is to recharge the body and allow it to heal and function properly, including building up antibodies to fight off disease and illness. Many problems can permeate when you are deprived of sleep.

Hopefully, if you do resort to seeking medical help, solutions will be found that are not drug-dependent. Medication may help your sleep problems in the short

term but don't do much to fix the reason why you're not getting the sleep you need. Press your doctor for alternative solutions if medication is being prescribed.

Consider learning meditation as that can relax the mind. It's much easier to get good sleep when the mind is relaxed than when it is thinking about all the problems you are facing. Meditation won't solve those problems. But, getting to sleep can help you to come up with solutions faster. There are some excellent professionals that can help you with meditation.

Eating at the proper times during the day and eating the right kinds of foods, can help you to sleep better at night, as well. So many people you have a heavy meal right before going to bed. You could suffer from indigestion doing this, which will not lead to a good sleep at all.

# Stories of Others Who Are Worse Situations

While you would never want to revel in other people's pain, learning about their situations can give you some perspective about yourself. This is why it's sometimes helpful to read stories about others who don't have it as good as you.

Constant stress is a terrible situation to face. It steals your body's ability to function normally. This means that you are setting yourself up for the potential to introduce diseases into your body. Diseases can happen at any time, but when your body is functioning normally and optimally, it will fend them off. When you are overcome with stress all the time, your body is concentrated mostly on the stress. Illness can occur in your body in this instance.

Your mind is the control center of your body. When you realise that your situation isn't as bad as others, it sets you up to feel less sorry for yourself and develop a plan to resolve it. This will naturally lower stress to some degree. Again, you are not looking to take any joy from seeing others struggle. This is about perspective.

If you want to take the concept a bit further, read profiles of people who have gone through something similar to you. Read how they got to where they were and what they did to solve the problem. Knowing that you are not alone can be a big help in overcoming your situation. It can be profiles of famous people, but you will find that average people are writing about their situations on-line as well.

Seek out forums that relate to the problem or situation you are experiencing. Many people post questions and answers in these forums, and you are likely to find some solution that coincides with what you are going through.

The information in this article won't necessarily remove your stress entirely. But, it will help in getting you to know that you aren't alone, as well as helping you to see a light at the end of the tunnel. It may take a bit of time, but every little measure you can take to reduce your stress is going to be a help.

# Keep Your Financial House in Order

The one aspect that causes the most stress for people is money. It's something couples fight about more often than anything else. People never seem to have enough and find it difficult to meet their obligations.

If you want to keep your stress levels low, start by getting your financial house in order. This is essential to having a stable life. Money management is a skill that can be learned. It's amazing that more schools don't have this as part of their curriculums. You can find classes in further education, but they are usually dedicated to certain qualifications.

A good way to start a money management program is by reeling in your spending. Come up with a firm budget and get everyone in your family involved. Don't curtail all spending and allow for some in the budget. You still have to live. You may go out to dinner but instead of doing that every other day, you could consider doing it once a week, for example.

Come up with financial goals. One major reason for the failure of a budget is that there is nothing to aim for. Having goals will allow you and your family members to see the progress. If you want that bigger house, set that as a goal. If you are looking to go on holiday to some exotic place, put that on the list as well.

When setting goals, don't just concentrate on the fun stuff. You also have to account for emergencies and necessary items like university and other major expenses. People wait until they run into problems and then have difficulty paying. They end up having to dip into any future savings which will erode the pot.

Don't let stress from money be an issue with your life. Everyone has the capability to do something about their finances. While you may have to forego some purchases now, it will be well worth it later when you can enjoy the benefit of

your decisions. This gives you a greater freedom and there is nothing stressful about that.