

News tips  
for a healthier  
winter season.

4th quarter  
Newsletter

November 2007    **This time of year ...lots of STRESS stuff!**

Well, here we are November already. That means the big shopping season is rapidly closing in on you ...STRESS season. From now until after the big New Years celebration, everybody throughout the world will have an extra helping of STRESS added to their plate whether they want it or not.

It's a well-known fact that this time of the year is filled with a lot of extra "stuff" ...extra this, extra that and a little extra everything. You will experience Thanksgiving, Christmas, and New Year celebrations, while you sit back in awe ...wondering why and how you did it again ...successfully.

### **The potential causes of STRESS.**

You see again, the potential causes of STRESS are many and highly personal. What one person considers high STRESS may well be the other persons normal DMO (daily method of operation) ...making it enjoyable and very invigorating. It all depends on what type of person you are on the inside:

- *Your attitude.*
- *Your personality.*
- *Your general out look on life.*
- *How you react to certain problems.*
- *How you fit into social events and activities.*

Whether positive or negative ...good or bad ...anything that causes a demand or forces you out of your comfort zone, can be a major cause of STRESS. It all depends on how prepared you are and/or how you view the situation.

### **How do you view event situations?**

Your reaction with a STRESS event can be as different as night and day from the other person involved in the exact same situation. Maybe someone you know is naturally low key ...laid back ...they never get up tight about anything. While other people you know, may go through the roof and react strongly to the smallest hint of STRESS.

Some people are just naturally able to cope with STRESS better than others. Recalling events traced back as far as your childhood may trigger your action or reaction with certain events;

- Maybe some event that happened with your family.
- Maybe some event that happened to you in your school years.
- Maybe you have been exposed to different STRESSFUL events as an infant.
- Maybe you were experiencing STRESS as a small child.
- Maybe your stress came as a teenager.

In any event, often you will carry those stressors into adult years. Everyone has been involved in some sort of STRESS-inducing circumstances ...it's just part of life.

## **What is the key to controlling STRESS?**

How you handle that STRESS ...is the key to controlling and managing how you act in certain situations. Again, STRESS is part of your daily life and STRESS is here to stay. By understanding this and accepting this fact...you can get ahead of the curve and much better prepare yourself and manage "this thing called STRESS".

## **Then what is my plan of attack?**

So, lets put together a plan of attack and see if we can get a handle on "this thing we call STRESS". Lets try and monitor your "life style" just a little. Remember, it's your little changes that lead to big results.

**The first recommendation would be...take charge of your life.** It's your life, take charge ...be responsible ...it's your responsibility...step up to the plate ...look at that person in the mirror and have some good old-fashion self talk with that person in the mirror. You'll be amazed at how much you will accomplish on your journey toward managing that enemy called STRESS.

You can manage your STRESS by managing your time. Your ability to use your time effectively is one way to help manage STRESS. If you often feel tense and anxious because you're falling behind with your everyday tasks, you may be able to improve your time-management skills.

**Identify your problem** ...and prepare a daily action list for the week to see how you are coping with your workload. Write down any problems that interfere with your tasks or prevent you from completing them. Once you identify your time-management problem ...you will be in a better position to control them.

LESS STRESS ☺

**Improve your time-planning techniques** ...one of the most effective way to address your daily STRESS is to plan the time you have. Spend some time each day organizing your work and assigning your priorities ...use some sort of day planner ...use symbols to indicate and identify the priority of each task. Always leave yourself some room/time for unexpected challenges. LESS STRESS ☺

**Avoid procrastination** ...this is your number one time killer ...procrastination is the king of the time-wasting habits. Try some of these tips to make yourself more productive.

1. Do the hard things first ...get them out of the way.
2. Turn difficult tasks into challenges and reward yourself upon completion.
3. Decide the best day and the best time of day for work required.
4. Break down big projects into smaller more manageable parts.
5. If you have the option ...always delegate.

...LESS STRESS ☺

## **Healthy and Unhealthy STRESS**

A certain amount of STRESS helps you live a stimulating and enjoyable life. However, too much STRESS has a harmful effect on your mind and body.

**Low STRESS levels** ...bored, nothing to do and lacking motivation. Not Good. ☹

**Unhealthy STRESS Levels** ...has a negative affect on your overall health ...making you tense, over competitive, fearful and depressed. Not Good ☹

**Healthy STRESS levels** ...helps you become more constructive, effective, creative, joyful, curious and exuberant ...lights your fire!! THIS IS GOOD ☺

## **Effects of STRESS**

STRESS may contribute to the occurrence of:

- Anxiety disorders
- Phobias
- Asthma
- Migraines
- Ulcers
- Hypertension
- Stroke
- Heart Disease
- Cancer

With that said ...next month ...find out how these eight "Life style" actions may help to control/manage your STRESS!

**Healthy Systems**

Systems 2001 NET, Inc.  
Phone: 724-752-4992  
Fax: 725-752-8948  
[email@healthysystems.com](mailto:email@healthysystems.com)  
<http://healthysystems.com>

"Because we care"

Name  
Address



**Aloe Pure 5000 drink**

The drink derived from a barbadensis miller plant  
grown south of the border

Aloe Pure 5000 drink is 100% pure aloe and  
is organically grown. Four flavors:

**Strawberry-kiwi \* Cran-Grape \* Mango-Papaya \* Natural**