



The Ultimate Pocket Guide -2021

HOW TO



Eliminate Stress and Anxiety From Your Life
During A Pandemic

By William Martin



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INTRODUCTION

“Stress is an ignorant state. It believes that everything is an emergency.” – Natalie Goldberg

It seems like you hear it all the time from nearly every one you know – “I’m SO stressed out!” Pressures abound in this world today. Those pressures cause stress and anxiety, and often we are ill-equipped to deal with those stressors that trigger anxiety and other feelings that can make us sick. Literally, sick.



The statistics are staggering. One in every eight of us aged between 18-54 suffer from an anxiety disorder. This totals over 19 million people in the US alone! Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse by men.

Women suffer from anxiety and stress almost twice as much as men. Anxiety disorders are the most common mental illness in America, surpassing even depression in numbers. Anxiety is the most common mental health issue facing adults over 65 years of age. Anxiety disorders cost the U.S. \$46.6 billion annually. Anxiety sufferers see an average of five doctors before being successfully diagnosed.

Unfortunately, stress and anxiety go hand in hand. In fact, one of the major symptoms of stress is anxiety. And stress accounts for 80 percent of all illnesses either directly or indirectly.

In fact, stress is more dangerous than we thought. You’ve probably heard that it can raise your blood pressure, increasing the likelihood of a stroke in the distant future, but recently a health insurance brochure claimed that 90 percent of visits to a primary care physician were stress-related disorders.

Health Psychology magazine reports that chronic stress can interfere with the normal function of the body’s immune system. And studies have proven that stressed individuals have an increased vulnerability to catching an illness and are more susceptible to allergic, autoimmune, or cardiovascular diseases.

Doctors agree that during chronic stress, the functions of the body that are nonessential to survival, such as the digestive and immune systems, shut down. "This is why people get sick," he says. "There are also many occurrences of psychosomatic illness, an illness with an emotional or psychological side to it."

Furthermore, stress often prompts people to respond in unhealthy ways such as smoking, drinking alcohol, eating poorly, or becoming physically inactive. This damages the body in addition to the wear and tear of the stress itself.

Stress is a part of daily life. It’s how we react to it that makes all the difference in maintaining our health and well-being. Pressures occur throughout life and those pressures cause stress. You need to realize that you will never completely get rid of stress in your life, but you can learn coping techniques to turn that stress into a healthier situation.



THE MAIN REASONS I DECIDED TO WRITE THIS BOOK

This book came about as a result of having to deal with my own stress and anxiety during the Covid 19 Lockdown. I immediately thought, "Sure, you can eliminate stress and anxiety by locking yourself into a room and never talking to anyone ever again". But that wouldn't make a very informative book, now would it?

I had just recently retired and was recovering from a heart procedure which left me in a very vulnerable group when the Pandemic struck. As a consequence of the associated worry and concern I began to have panic attacks and suffer from anxiety and stress.

While aiming to gain control of these emotions and feelings I have had to learn a whole new set of coping mechanisms and strategies. So what I've done in this book is taken some of my own experiences and combined them with advice from experts to give you tools that will help you in stressful situations. I've also outlined different ways you can face debilitating anxiety and panic attacks that many people suffer from.

While doing my research I've come across some amazing information and I can't wait to share it with you. I've learned so much myself, so now its time to take a look at how to eliminate stress and anxiety from your life just as I have from mine!

