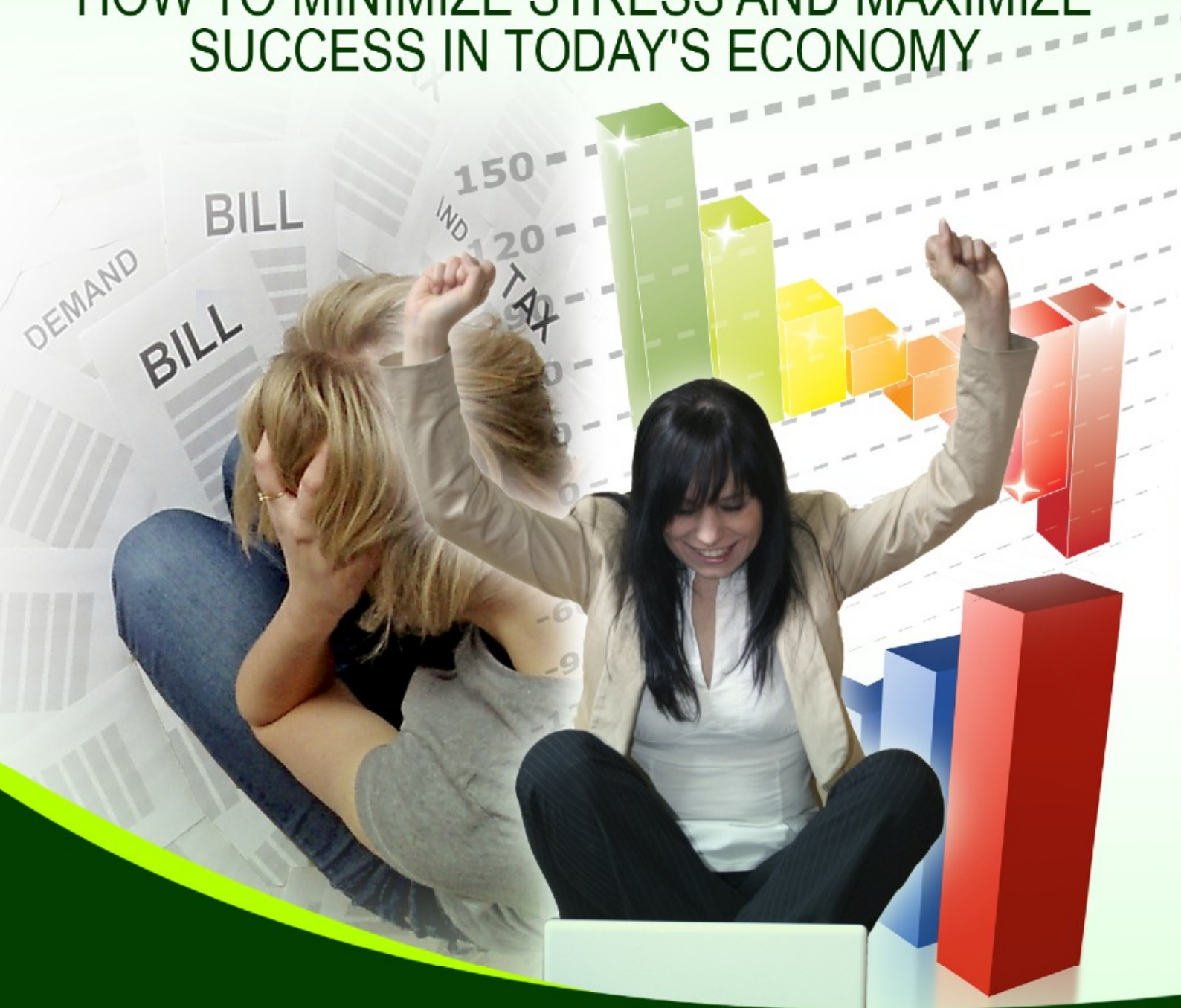


# TRANSFORMING STRESS INTO SUCCESS

HOW TO MINIMIZE STRESS AND MAXIMIZE  
SUCCESS IN TODAY'S ECONOMY



# **Transforming Stress Into Success:**

## **How to Minimize Stress and Maximize Success In Today's Economy**

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**W**e're living in uncertain times. With the current recession, you never know if your retirement funds are safe, if your home – probably your single greatest investment – is losing its value, or if you may even lose your job.

Family incomes are being reduced and eliminated by the minute while prices for necessities are rising. As if that weren't enough, stress is coming at you from all angles due to the normal pressures of modern life!

**What are you supposed to do?** How is it possible to NOT be fearful of what may come? How can you reduce the high levels of stress?

## The Solution

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**When stress is thrown your way, the only thing you can control is your reaction to it.** The better you get at controlling your reactions, the more resilient you'll be, and the more likely you'll be able to transform a bad situation into a positive one.

Stress provides the body with energy. That energy tends to be spent worrying or feeling anxious, but **what if you could use that energy for GOOD?** You'd be able to transform that negative, nervous energy into positive outlets that improve your life!

### Are you trying to cope with these types of stress?

- \* **Money:** financial stress and strain
- \* **Conflict:** unresolved issues with co-workers, family, or your ex
- \* **Job:** fear of job loss, burdensome workload
- \* **Health:** your own or the health of a loved one
- \* **Uncertainty:** fear of the unknown, worry about the economy
- \* **Family:** pressure from your spouse or parents, lack of communication, resentment, or distance

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If so, ***this book will give you actionable strategies you can use*** to reduce your stress and turn it into energy that will help you succeed at living a purposeful life!

**“In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.”**

– Lee Iacocca

## Why You MUST Reduce Your Stress

You may feel that stress is simply an annoyance – a necessary by-product of our hectic lives. However, stress can be much more harmful to your mental and physical health than you might realize.

***If you don't find a way to handle it positively, it can cause serious, and even fatal, consequences.***

**Here are some of the real consequences of negative stress:**

- \* Increased heart rate
- \* High blood pressure
- \* Heart attack
- \* Inadequate absorption of nutrients from your food, causing vitamin deficiencies
- \* Slow metabolism
- \* Weight gain or loss

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- \* Increased production of harmful hormones, chemicals, and toxins in your blood
- \* Suppressed immune system
- \* Formation of fat around your internal organs and stomach area
- \* Worry, depression, and anxiety
- \* Panic attacks
- \* Chemical imbalance in the brain
- \* Nervousness and fidgeting
- \* Inability to concentrate or focus on the task at hand
- \* Death from heart attack or other illnesses caused or exacerbated by stress

Plus, with the established medical community advocating that you simply *pop a pill* for all your woes, additional side effects and dependence on drugs can be easily added to this already dire list.

In addition, constant stress tends to give you a negative outlook on life and can **keep you from ever living the life you desire!** This sound serious, doesn't it? It is!

***The good news is that you don't have to let stress control – or ruin – your life.*** There are things you can do every day to solve this challenge. With the tips and techniques you'll find in this book, you can turn your life around and enjoy it to its fullest!

**“When written in Chinese, the word ‘crisis’ is composed of two characters. One represents danger and the other represents opportunity.”**

– John F. Kennedy

## Daily Stress-Busting Techniques

Preventing, reducing, and eliminating stress (or redirecting its energy into positive ways) are all important. When you take daily action to create a peaceful, harmonious life, you'll find that things more often go your way and outcomes are in sync with what you desire.

**Make a habit of doing these things every day to create harmony in your life:**

1. **Start your day stress-free.** Each day is a new fresh start. It's like they say: *"Today is the first day of the rest of your life."* Use these tips to enjoy the beginning of the day and ***let one good thing lead to another.***
  - \* ***Throw out your alarm clock*** if it has a harsh sound. Loud alarms cause immediate stress the very moment you awaken. Accustom yourself to waking up to beautiful music or the sounds of nature. The idea is to be *coaxed* out of your sleep rather than *hounded* out of bed.
  - \* ***Give thanks for the new day.*** Remind yourself of what you have to be thankful for, rather than jumping into stressful thoughts immediately.
  - \* ***Sing a happy tune.*** Having a happy tune in your head puts you in a good mood. Here's a perfect song to start your day: *"It's a Good Day"* by Perry Como. This song is in the soundtrack for the movie *Blast from the Past*.

Here's how it starts out:

*"Oh! It's a good day, for singin' a song,  
An' it's a good day for movin' along,  
Yes, it's a good day, how could anything go wrong?  
A good day from mornin' 'till night!"*

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***An attitude like this automatically helps you overcome the challenges of the day with less stress!***

2. **Pray or meditate.** Take time each day to visualize living the life you desire and give thanks for it. Imagine everything as if it has already happened. *Vivid, real, and positive* are the key concepts which will help you achieve this life.
  - \* Take in everything with all your senses, feel the emotions, and actually see yourself living your stress-free life.
  - \* Feel your stress melt away and fully enjoy where you are.
  - \* Prayer and meditation can both relax you and bring you energy. You can use the power of prayer or meditation to prepare for the day ahead and end your day on an uplifting note.

***Best of all, your positive energy will attract more good things to feel good about in your life.***

3. **Make your self-talk positive.** You talk to yourself constantly inside your mind. But did you know that what you say to yourself affects your *mood, stress level, attitudes, beliefs, self-concept, decisions, and behavior*? Believe it or not, you're quite convincing, no matter what you're saying! So why not say something you want to hear?
  - \* **Encourage yourself.** Congratulate yourself every time you do something right. Every success – even a small one – deserves to be celebrated. Tell yourself how *it's perfectly like you* to do things the way you do.
  - \* When you make a mistake, beware of stress-causing and confidence-deflating negative talk. Rather than telling yourself *what a loser you are, or how stupid it was to mess that up*, turn those thoughts into something positive instead.



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- \* Ask yourself what you can learn from your mistakes so you can bring yourself closer to your goal. Practice immediately laughing, as you say something like, *“Oops, I know I won’t be doing that again! What can I learn from this?”*
  - \* **Realize that everyone makes mistakes.** If you never made one, then you wouldn’t be human! It’s not a big deal. Admit it, learn from it, correct what you can, and confidently move on.
4. **Use affirmations.** Affirmations can also reduce your stress and redirect your thoughts and feelings to something positive. They affirm the qualities in you that you want to encourage, while thwarting negative thoughts at the same time.

***Once you get in the habit of using affirmations every time a negative thought or bad habit presents itself, they automatically redirect you to positive actions, feelings, and decisions.***

- \* Affirmations should follow the 3 Ps: Positive, Personal (use the words “I”, “me”, or “my”), and Present Tense (as if you already exhibit this quality).
- \* **Here are some example affirmations to reduce stress:**
  - ▶ I am confident that I can handle any challenge effectively.
  - ▶ I make good decisions.
  - ▶ I look for the silver lining in every difficulty.
  - ▶ I can solve any problem.
  - ▶ I act without delay when I make a decision. I let go of the “what-ifs.”
- \* For the best effect, repeat your affirmations several times each day, and also whenever you encounter a negative thought.

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- \* Affirmations are effective in many situations. They can help you conquer specific stressors, too, so we'll also give you some more examples in the different sections of this book to help you deal with specific situations.
5. **Simplify your life.** We encounter a lot of stress every day just because of our cluttered lifestyles. Between running from one errand to another, skipping meals, and taking care of everyone but ourselves, *everything* contributes to our stress levels. But when you eliminate the clutter, you can eliminate this stress!
- \* **Learn to say 'no'.** This one thing can add hours to your day! Make a decision to *only* do what you feel is absolutely important. If someone asks you to do something you know you can't fit in, politely say *no*.
  - \* **Skip some of the parties.** For our own sanity, we need to socialize sometimes. However, accepting every invitation that comes along can become overwhelming. Cut down on your social commitments to give you some added peace and quiet.
  - \* **Make decisions according to your priorities.** When you clarify your priorities and use them to help you make decisions, decision-making becomes virtually stress-free. When you choose the option that most closely aligns with your priorities, you'll be more confident that you've made the right decision.
  - \* **De-clutter your house and office.** Getting rid of everything you don't want or need will reduce stress and contribute to a simpler lifestyle. You'll notice that things are easier to find, there's less to clean, and you'll feel free from some of the limiting trappings of life.
6. **Exercise.** Exercising is one of the best ways to eliminate stress. It gives you a positive outlet for pent-up energy and frustrations.

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- \* Exercise re-energizes you by sending a fresh supply of oxygen throughout every cell of your body. This also clarifies your thinking.
  - \* **Best of all, it produces endorphins – the feel good hormones – that de-stress you and put you in a good mood!** When you feel good, it's easier to fight stress and overcome challenging situations.
7. **Make time for yourself.** You can do anything you want during this time – reflect, pursue a hobby, shop, take a relaxing bath with soft music and candles, or just lie down and stare at the ceiling in the peace and quiet if that makes you feel good!
- \* The time you reserve for yourself allows you to relax and replenish.
  - \* **You'll find that you have more energy and patience in your life if you take time for yourself.** Rather than being selfish, you're actually allowing yourself to become the best you can be.
8. **Look for the silver lining.** There's always good things to be discovered and enjoyed in your life. When you focus your energies on *searching for* and *acting on* the good in a situation, you spend less energy and time on worrying and other negative stresses.
- \* *"When life hands you lemons, make lemonade!"* You'll reduce your stress and you'll enjoy the eventual outcome.
9. **Live in the moment.** When you focus on the now, you leave yesterday behind and let go of worry for the future. Those stressors are not in your picture, instead, you enjoy each moment to its fullest.
- \* **Rejoice in the simple things:** a cool breeze in the summer, the aroma of the coffee brewing, or the beauty of the dawn. Enjoy what your senses bring to you and fully experience it in the moment.
  - \* **Laugh!** When something's funny, don't just deliver a reserved chuckle. Allow yourself the pleasure of a full belly-laugh. This immediately

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releases stress and makes you feel good at the same time. Laughing is spontaneous, instantaneous, and makes it impossible to harbor a negative feeling.

- \* Living in the moment brings you a sense of peace and calm. Yet, it also enables you to hurtle forward toward your goals with a focus like no other!

10. **Breathe.** When those stressful moments appear, take a few minutes to pause and breathe slowly and deeply. ***It relaxes your muscles and delivers fresh oxygen to your brain*** to counter the *fight or flight response* to help you think clearly.

These techniques help you deal with all kinds of stress, regardless of the underlying cause. In the next few sections, we'll look at additional ways to reduce or redirect different kinds of stress based on specific issues.

**“How we perceive a situation and  
how we react to it is the basis of our stress.**

**If you focus on the negative in any situation,  
you can expect high stress levels.**

**However, if you try and see the good in the situation,  
your stress levels will greatly diminish.”**

– From *My Story*, by Catherine Pulsifer

## Strategies to Conquer Specific Stressors

What do you do when you're far too stressed at work, you're worried about paying the bills, and then you come home to pandemonium with the kids? Does this describe your life?

Take heart and put these strategies to work for you. You'll find that a less stressful, more fulfilling life is right there, waiting for you to discover it!

### FINANCIAL STRESS

The great poet, Horace, said, *"In times of stress, be bold and valiant."* Nowadays, this concept applies especially well to your finances, just as long as you don't consider *"bold and valiant"* to mean that it's okay to be reckless with your money!

If you're suffering stress from financial woes, the best cure is to be bold: *take swift, decisive action to get your finances in order, cut expenses, and bring in more money.*

#### Here are some tips for reducing your financial stress:

1. **Assess exactly where the cause of the stress lies.** Once you know the culprit, you can work to eliminate the cause.
  - \* **Create a budget.** This will let you see how much you're spending and what you're spending your money on. List all of your monthly income and expenses, then you can make a plan of action.
  - \* Do you overspend on unnecessary items? If so, impose weekly limits that fit into your budget and stick to them.
  - \* Do you make enough money to pay for your basic necessities? If not, you either need to cut down on your expenses or make more money.

**Take action to get yourself out of debt.** Don't wait to win the lottery, it probably won't happen!

2. **If you need more money, consider your options and take action right away.** Devise both short term and longer term solutions. Your stress levels will go down as soon as you start focusing on positive actions to bring in some extra cash.

- \* **Short term options include:** working overtime hours, getting a second job, having a garage sale, selling unwanted stuff on eBay, doing lawn maintenance for others (this can bring in \$300 for one Saturday's work), waiting tables, and more.
- \* **Start your own business selling products or services.** This can open up the door to a whole new career for you. Online, the whole world is your marketplace.

Established businesses on the web are always in need of people who can do programming, website design, graphic arts, transcription services, content writing, customer service, marketing, and so much more. Offer your services to website owners or use a marketplace like Elance to bid on jobs.

Set up a blog and write about things you're passionate about. Do some research on getting traffic, then you can sell advertising space on your blog, sell your own products, or sell others' products for a commission.

- \* **Find a better job.** If you need to, further your knowledge and strengthen your skills, then get out there and start interviewing for higher paying jobs. Be bold and valiant! **You can't land a better job if you don't take action to get one.**
- \* Once you decide on the best option for you, the best thing you can do is to take massive action on *one* strategy to make it happen. Go for it

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with all the gusto you've got rather than divide your energy into many different directions.

- \* Instead of sitting around worrying about your situation, or worse, lying awake nights with insomnia from the financial stress, put that energy into taking action on bringing in more money. ***Just thinking about it won't get you anywhere. Take swift action!***

3. **If you've suffered the loss of your job, get help.** Take advantage of government and other services to help you get through these rough times. A little help can go a long way to providing the much needed funds to reduce your stress.

- \* Apply for unemployment benefits. You can even do this online in many areas. Plus, they can aid you in your search for another job.
- \* See if you qualify for food stamps or monetary aid from your state government.
- \* Find out if there are programs that can help you at your local Salvation Army, United Way, or similar organizations.
- \* Many churches get truckloads of groceries and give them away once a month. If you have a local food bank, take advantage of it.

4. **Reduce your debt.** Put your credit cards away, start a scheduled plan to pay down your debt, and stick to it. If you *increase* your debt by charging *more* on your credit cards, it'll raise your credit card payments and makes your financial situation worse. As the bills rise, so does your stress level.

## CONFLICT

Unresolved conflicts can be a constant source of stress. Are you harboring anger or resentment against a loved one, friend, or co-worker? It's time to learn how to let it go!

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### Use these tips to help rid yourself of this type of stress:

1. **Bring it out into the open.** If you're hurt, let the other person know. It's possible that they're unaware of how the event affected you. Once it's out in the open, try to resolve it together.
2. **Express your emotions creatively.** Write your thoughts in a journal or release your negative emotions in a creative outlet like painting, composing music, dancing, or other activities.
3. **Put it in perspective.** There are much worse things that have or could have happened, right? Be thankful it wasn't worse.
4. **Forgive them.** As you've experienced, holding onto this negativity has hurt only you. Refuse to let it affect your life any further. Forgive them, let it go, and move on with your life free from this stress. If the other party isn't willing to forgive, that's not of your concern. Once *you* forgive, move on.
5. **Here are some affirmations you can repeat daily to help you heal from stress due to conflict:**
  - \* I let go of the anger inside me and I feel free.
  - \* I sincerely forgive others.
  - \* I am strong enough to overcome any negativity.

## STRESS AT WORK

Job stress can make your life miserable and can carry over into every other area of your life, if you let it. Reducing stress at work plays a large part in making your job – and your life – more pleasant and fulfilling.



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**Follow these tips to reduce your on-the-job stress and become happier and more productive:**

1. **Create a work environment that fosters a healthy lifestyle.** Arrange the lighting to reduce eye strain. Get a comfortable chair. Keep your desk uncluttered. Go for frequent “health” breaks. All these little tweaks will make your workplace more comfortable.
2. **Associate with positive people.** Positive people help bring out the best in you and reduce stress. Rather than gossiping, they see the good in people. Rather than complaining, they find what’s good about the job and focus on that, which makes for an uplifting workplace.
3. **Adopt a positive attitude.** Let yourself be one of those people whom others enjoy being around. Uplift others and you’ll find your own spirit is lifted as well. Smile and others smile with you!
4. **Set realistic goals for yourself.** If a project is too big, divide it into easily achievable mini-goals. This sets you up for success every day.
5. **Make a list.** Each morning, determine your tasks for the day and arrange them by priority. Keep your list where you can see it and cross off each task as you complete it. This gives you a sense of accomplishment which grows as the day goes on.
6. **Delegate** as much as possible to the best person for the task. This lets you concentrate on the more demanding tasks while others do the legwork. All in all, the team becomes more productive and successful.
7. **Ask for help.** Don’t be afraid to ask for help when you need it. This is much less stressful than being unable to do something that was expected of you, and then facing the consequences of it not being done or being done incorrectly.

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8. **Communicate.** Open, honest communication can prevent misunderstandings and hard feelings. Even if you feel upset about something, let the person know about it with the intent of resolving the issue peacefully.
9. **Take frequent short breaks.** Get up, shake out your muscles, and take a short walk outside. This gives your mind a rest while rejuvenating it with some fresh oxygen for mental clarity when you return.
10. **Take vacations.** You're more productive and perform higher quality work when you give yourself a chance to get away for a while and relax. A vacation doesn't have to mean a week at an exotic island. A weekend trip would serve you just as well!
11. **Leave your work at the office.** When your workday is done, attune your thoughts to enjoying your time away from work. Make it a policy to never take work home with you. It's much less stressful to come in a little early to get a head start on your day, instead of working all night.
12. **Here are some affirmations to help you reduce job stress:**
  - \* I plan my work and work my plan.
  - \* I remain calm at work.
  - \* I bring joy to my workplace.
  - \* I handle rush projects with mental clarity and efficiency.
  - \* I have patience with my co-workers.
  - \* I am a success.

## HEALTH STRESS

Health stress can come in many forms, both mental and physical. When your body doesn't get what it needs, it becomes *physically* stressed, which causes you even more stress. It's a vicious cycle!

This section will explain how to provide your body what it needs to keep it from getting stressed, as well as what you can do to counteract the harmful effects of stress itself.

***Hands down, eating nutritiously and exercising are the best things you can do for your body.*** When you feel good and look good, it helps you gain confidence and fight stress as well.

When you eat the healthy foods your body craves, you help maintain it in peak-performance condition: your body, brain, and immune system all work together to keep you healthy and alert and fight off disease.

On the other hand, filling your body with greasy and over-processed foods purposefully introduces toxins into your body that cause its functions to fail, which prevents it from getting the nutrients it needs to heal itself.

The result is an unhealthy body burdened by increased stress.

## EXERCISE

Exercise is paramount to optimum health. Exercising not only burns off excess calories, but it also rushes extra oxygen throughout your body and brain to help in cell function, which keeps your heart, circulatory system, lungs, and muscles in shape.

***Exercise releases stress and helps you maintain a healthy metabolism.*** It warms you up in the winter and makes you look good all year round!

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***So exercise not only prevents stress, but also helps eliminate it.*** If you exercise at least 3 times per week, it'll help you combat stress.

Strive to be active whenever you can: take the stairs instead of elevators, go for a walk with your friends, and play with your kids. The goal is to keep moving and enjoy a healthy lifestyle!

## EATING TO COMBAT STRESS

The most important rule in healthy eating is to focus on natural, unprocessed foods as close to nature as you can get.

Increase your fresh, raw fruits and vegetables and decrease your meat. Eat organically whenever possible. Include fish like tuna and salmon in your diet. Add probiotic dairy foods to aid in digestion as well as help provide an environment where your body can better absorb your nutrients.

***Avoid eating when you're feeling stressed!*** The *fight or flight* response to stress causes your blood to flow to your arms and legs for quick action and shuts down your digestive system. This prevents you from absorbing the nutrients from your food and slows down your metabolism. That's not so good!

**Here are some specific foods that help combat stress and its undesired effects:**

1. **B-Vitamin foods.** The B vitamins are particularly important in fighting stress, depression, and panic attacks. They're also water soluble, so reserves of them don't remain in your body. You need to replenish them as often as possible – several times a day.

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### **These foods have lots of B vitamins to help you fight stress:**

- \* Whole grains
  - \* Eggs
  - \* Milk
  - \* Vegetables with dark green leaves – broccoli, kale, spinach
  - \* Nuts
  - \* Bananas
2. **Turkey.** Turkey contains L-tryptophan, an amino acid which triggers the release of serotonin. Serotonin makes you feel relaxed. This is one reason why we so often feel the need for a nap after Thanksgiving dinner!
  3. **Sweet potatoes.** This high-fiber, high-vitamin, carbohydrate-rich food is one of the best for fighting stress.
  4. **Anti-oxidant rich fruits and vegetables.** Since stress inhibits our immune system, these foods counteract that effect by building it back up again.
    - \* Carrots and acorn squash have beta-carotene, a powerful anti-oxidant.
    - \* Citrus fruits have lots of Vitamin C to help our immune system and return our blood pressure and cortisol levels back to normal after a stressful situation.
  5. **Apricots and spinach.** These foods are high in magnesium, which fights stress and is also a muscle relaxant.
  6. **Avocados.** These contain a lot of potassium, which helps lower blood pressure.

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7. **Salmon.** High in the good fatty acid Omega-3, salmon fights stress effects by leveling off the amounts of adrenalin and cortisol produced by stress, which also helps your heart.

## AFFIRMATIONS TO REDUCE HEALTH STRESS

As with any other type of stress, affirmations can reduce your health-related stresses by helping you to *subconsciously* make wiser choices for exercise, nutritious food, and other strategies that contribute to your good health.

### **Here are some affirmations to help you live a healthy lifestyle:**

- \* My good health is of utmost importance to me.
- \* I consciously choose nutritious foods over junk foods.
- \* I make time to prepare nutritious meals.
- \* I organize my time well so I can avoid fast food and eat at home.
- \* I look forward to my exercise sessions.
- \* I schedule time for exercise so that it doesn't get cut out of a busy day.

**“If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it.”**

– George F. Burns

## UNCERTAINTY

Stress from uncertainty rises from fear about the future. However, experts estimate that at least 90% of the things we worry about never come true! Yet, how much time and energy do we waste worrying about what may *never* come?

**If you're feeling anxious or worried about what *might* happen, use these tips to help alleviate your fear and stress:**

1. **Avoid worrying about the “What ifs.”** Instead of sitting around imagining all the bad scenarios that could possibly happen, funnel your energy into taking action to improve your situation, find a solution to your challenge, or work around the problem.
2. **Adopt an optimistic attitude.** Redirect your thoughts so you vividly imagine good outcomes. It's a funny thing, but *expecting* good outcomes more often results in the positive outcomes you desire!
3. **Live in the moment.** As mentioned earlier in this book, when you're focused on *this moment*, worries about the future just don't exist.
4. **Here are some affirmations to help you reduce stress due to uncertainty:**

- \* I feel optimistic about my future.
- \* I look forward to the good things in my life every day.
- \* I am confident that I can solve any challenge that comes my way.
- \* I enjoy successes each and every day.
- \* My life is an exciting adventure and I love it.
- \* When fear raises its ugly head, I jump into positive action and it disappears.

## FAMILY STRESS

Stress at home has a tremendous impact on our lives and the lives of those we love. Taking decisive action to reduce your family stress will bring you more peace, harmony, and fulfillment in all areas of your life.

Reducing your family stress can strengthen your relationships, ignite your passion, nurture your children into confident adults, and enable you to enjoy your life.

### Follow these tips to help reduce the stress in your household:

1. **Show unconditional love.** Above all, showing your love to your spouse and children brings peace. Take every opportunity to tell them you love them, you're proud of them, and that they make you happy.
  - \* This is equally important if you get in an argument. **Remind yourself how much you love this person** and work toward a peaceful, win-win solution for everyone involved.
  - \* When you think of how much you love this person, and feel grateful for them, it immediately reduces your stress, strengthens your patience, and lessens irritations.
  - \* **Teach everyone in your family this loving attitude**, so they can benefit in this same way.
2. **Organize.** Make it a point – and teach your children to do the same – to make a place for everything and keep everything in its place. A lot of stress at home is caused by clutter and not being able to find what we need when we need it.
  - \* **Put things in convenient places**, like keys, shoes, backpacks, and book bags by the door. This type of organization can prevent the



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stress of hectically rushing around trying to get everything together in the mornings.

3. **Let the children help with household chores.** Take some of the stress off of yourself and let the kids help in everything they're able to do. This reduces your workload and teaches them responsibility.

- \* Make a *Chore Chart* where you divide up the chores each week among everyone in the family. Find something that everyone can do to help. Give them gold stars on the chart or other rewards as they accomplish their tasks.

4. **Make time for yourself and for your family members, too.** Making time for yourself helps relax and revive you so you can bounce back with plenty to offer your family. And spending special time with each person makes them feel loved, important, and cherished.

5. **Eat dinner together at home.** Dinner can be a special time for all of you. You can use this time to relax together and share in each others' experiences. It's another opportunity to show encouragement, love, and support to your loved ones.

6. **Simplify your life.** Use the tips mentioned earlier in this book to simplify your life and bring peace to a hectic household. You'll be simply amazed at the difference it can make to your stress levels!

7. **Affirmations to help you reduce stress in your home:**

- \* I love my family with all my heart and strive to increase their happiness.
- \* I am so grateful for my family. They fill my life with joy.
- \* I take time to keep things organized. It makes my life so much easier.
- \* I plan and prepare nutritious meals to keep my family healthy.
- \* I make it a point to tell everyone in my family that I love them every day.

## Putting It All Together: From Stress to Success

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This book has brought you literally dozens of actionable strategies that you can use to reduce the stress in your life and redirect it toward positive outlets. Even though there are so many stress tips, don't let the number overwhelm you!

A good, stress-free plan is to implement these tips into your life a few at a time. Soon enough, they'll become an automatic way of doing things that keeps your stress levels low and encourages you to take action to create the life you desire.

Stress will always exist, but if you use the energy it provides to your advantage, you'll feel healthier, happier, and more successful!

**“The difference between great people and everyone else is that great people *create* their lives *actively*, while everyone else is *created* by their lives, *passively waiting* to see where life takes them next.**

**The difference between the two is the difference between living fully and just existing.”**

– Michael E. Gerber