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Wrapping Up

# Foreword

Everyone in this world suffers from some or the other kind of stress. Whether you wear your stress on your sleeve and keep yourself out of activities or you stifle your stress in some recess of your mind and do not let the world know about it, the fact is that everyone is stressed. Some people are more elegant about the stress that they face, while other people cannot bear it. Some even succumb to it in the end.

The truth is that stress cannot be wished away. If you are stressed, you need to take immediate action so that it doesn't impede you from progress. You should be the master and controller of your stress and not the other way round.

In this book titled *The Stress Buster's Victory*, I am going to tell you how to identify your stress, how to understand the factors that can make you stressed and how to overcome stress. Whether it is stress at the workplace or the stress of a relationship, there are ways to smoothen it out. This book is going to tell you how to conquer your stress and not let it defeat you.

Keep reading. You are going to learn some great secrets here, which if you employ in your lifestyle, you will be taking your life in a whole new direction.

***The Stress Buster's Victory***

***Overcome Mental Anguish And Create More Energy For  
Your Life***

# Chapter 1:

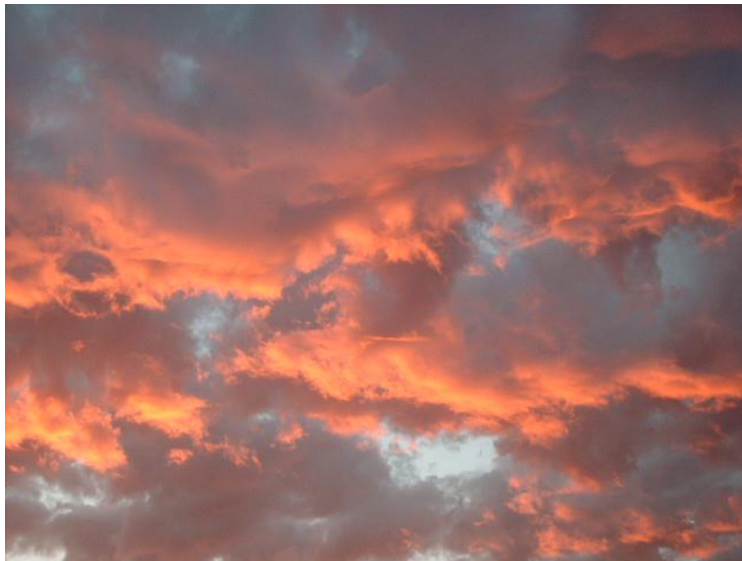
## *What Is Stress?*

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### Synopsis

When you are trying to deal with stress, the most important thing is to know what stress is. What is this psychological condition that has ensnared 9 in 10 people of the world to some extent or the other? It is only when you know stress can you make an effective plan to combat it.

In this chapter, we shall learn about the different definitions of stress, and then we will focus on the definition that is the most accurate to today's scenario. We will come up, close and personal will stress so that we realize how we can fight it.



## What Is Stress

Stress has been defined in several different ways. Each definition has some kind of relevance, but we shall shortly speak about the definition that should matter to us the most.

A popular medical website defines stress as:-

*“The physical and emotional strain which is caused by our response to the pressure from the outside world.”*

This definition is good, and seems correct. But there is something very important missing. Let's see some other definition and the missing element will become apparent.

The definition of stress according to the Merriam-Webster Dictionary is as follows:-

*“The physical, chemical or emotional factor that causes bodily or mental tension and which may be a factor in the cause of disease.”*

Another definition forwarded by the same dictionary is:-

*“The state resulting from stress, i.e. the state of bodily or mental tension which are a consequence of factors which purport to alter a prevailing equilibrium.”*

Both of these definitions again have the same element missing, and that makes them inadequate.

Oxford Dictionary defines stress as:-

*“A state of mental or emotional strain which is a result of adverse or demanding circumstances.”*

Once again, this definition does not make us too happy. Let us look at some more definitions that a random search on the Internet threw up for us.

*“Stress is a normal physical reaction to various events that can make people threatened or can upset their balance in some manner.”*

*“Any factor that brings forth a threat or a challenge to our state of wellbeing is defined as stress.”*

*“Stress is the condition where people feel that they have too much on their platter; when they feel overloaded and feel that they are not capable of facing the various challenges that they face.”*

With all these definitions, that one element that we were looking for still remains missing and so we can just pass them by.

Now, here are the definitions that we really like:-

*“Stress is the response that the human body provides when it is met with circumstances that induce it to behave, alter or modify in some manner to maintain their comfortable state of balance.”*

*“Stress is the body’s way of reacting to a challenges and getting prepared to face with tough situations with concentration, determination and strength with a state of total alertness.”*

Did you realize already why we like the last two definitions and not the ones mentioned before? Here is what worked for us... and what should work for you as well.

With the previous definitions, the problem is that stress is defined just as the influence of outside negative factors on the body. These definitions consider the body as a latent object, which can be easily manipulated by outside forces. But, with the last two definitions, the big difference is that stress is called as a 'reaction' or a 'response'. These definitions consider the body as an actionable force; and it considers humans as beings who can do something about negative situations that they encounter in life.

Most people have the whole idea of stress pegged on wrong. They think that stress just happens and they can do nothing about it, except complain and brood. They think that they simply are meant to wallow in stress and do nothing about it.

That is hardly the case. The truth is that our bodies are very well capable of dealing with the negative situations that will inevitably crop up in our life. And it is these reactions that are termed as stress.

What we see here is the gross ignorance people have about stress. Maybe you have the completely wrong idea as well. You are thinking about 'being stressed' as a situation where you do nothing and are simply worried about the circumstances in your life. The truth is that 'being stressed' means being NOT DEFEATED from the various negative situations that present themselves in your life. Being stressed means fighting those challenges. Being stressed means coming up a winner whenever you indulge in these fights.

And that is what the future chapters are going to tell you... how to fight against the stressful situations in your life.



# **Chapter 2:**

## ***Factors that Create Stress***

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### **Synopsis**

Now that you have a better idea of what stress is, it is a good time to understand what causes stress. What are these factors that should precipitate you into taking a particular action?

This chapter is going to open our eyes to these factors, which we shall call stressors. You may already have some idea about the things that can cause stress, but you should know that there are a lot more factors out there.

Stressors are not so simple that they can be slotted into a single category. In analogy with that, you can see that stressors aren't something that you can have a uniform fight with. Each of these factors have a different way of dealing with them.

But, first, let us get acquainted with these detractors that can pull us down in life.

## **Factors that Create Stress**

It is a circle, really. First, there is something that causes grief and depression within us, but then we come out of our slumber and try to fight against that factor. Like in a game of chess, the factor first causes the stress in us and then the stress in us causes a reaction that gives the check and mate to the factor and eliminates it. We have to make sure to maintain that balance. We have to ensure that we can remove every stress-causing element in our life with the stress itself.

But, in order to be able to do that, we have to first identify what those factors are. What are these factors that can cause such specific reactions to happen within us?

On the whole, we can classify these stress-inducing factors are external stressors and internal stressors. Both are equally dangerous if they are left to be as they are. And both need to be fought against with equal fervor if we want to ensure a happier life for ourselves.

Let us see what these external and internal stressors are.

### ***External Stressors***

These are the changes happening in the environment around us that pose adverse situations for us. These things are happening in our external environment, and hence we call them as external stressors. When these changes happen, our body begins to react in a particular way. We get a feeling of being threatened.

External stressors can confront us anywhere. They may come up at work... a looming deadline is a good example. They may relate to

financial matters. A bill that has to be paid, some payment that has not yet come, tax that is overcharged, a wrong credit card score, etc. are so many different things that can disorient your living.

There can also be such factors in relationships. In fact, most of the stress-inducing factors happen in relationships. This is because two people are involved... two people with two different ways of thinking. Things are definitely going to make noise when opinions clash.

There can be so many other kinds of external stressors. The current political situation could be a stress-causing factor for you. If your home needs to be renovated, it could cause stress even if you have money. Someone close to you leaves you and goes away. Again, that can cause a lot of stress.

Stress happens in joyful situations also. If there is a wedding in the family, the stress that is caused there is indescribable. Why just wedding, anything that you have to organize in your house can cause stress, even a small kitty party! Also, something like an impending pregnancy can cause stress. You are happy about the little one coming to live with you soon, but maybe the anticipation is taking its toll on you.

Now, you shouldn't think that you have to move out of the house to feel stressed. There are so many ways in which stress can meet you in your house itself. We have already pointed out some such factors above. Bills to be paid, pregnancy, etc. are stress-causing factors that happen in the home itself. Something in your house doesn't work when you want it too... that can cause stress as well.

At the same time, you shouldn't think that stress has to be caused by monumental, life-changing factors. There are so many trivial matters over which we can get so worked up. Don't some people get stressed just because children playing outside make too much noise? Or that the dogs bark so loudly?

Or that the vehicles honk incessantly outside their house, even if they really don't? Or simply that the water for their bath isn't hot enough? Or that they have missed their bus?

All these are external factors that can cause stress. The list is endless, but these examples are more than adequate to help you understand what they are like.

### ***Internal Stressors***

Some of the stress-causing factors come from within. Mostly these are the mental problems that we so often face in today's world. These may manifest themselves in the form of depression, insomnia, ADD, and even more physical forms such as allergies, nausea and vomiting and digestive disorders, etc.

Internal stressors are usually more difficult to handle because they are working inside the body. They are related to your constitution and have a medical ground. Chronic diseases can also cause internal stress. People who suffer from heart-related problems or diabetes, for instance, are usually under a large amount of internal stress. Usually, the stress due to these factors also becomes chronic.

But, the situation is not all that bleak. There is very little we can do about chronic ailments, but not all internal stressors are related to

chronic problems. Some of these can be easily managed, and even completely eliminated.

A lot of internal stress stems from the way you look at yourself, or the way you deal with things. For instance, if you have high beliefs or hopes about something and then it doesn't go your way, it can lead to stress. The solution here would be not to expect anything irrationally.

If you cannot focus on your work, that is internal stress as well. You can solve that by improving your concentration and finding new ways to motivate yourself. Other forms of internal stress comes in the form of low self-esteem, low self-perception, lack of confidence and other similar personality traits.

Sometimes, too much of a good thing is also bad. Just as high expectations can lead to stress, perfectionism can also lead to stress.

If you always seek perfection in everything, especially to a point of obsession, then it is going to hurt you at one time or the other. At the same time, if you are too eager to please people, then that could be a big problem as well, because you are not going to be able to do that all the time.

If you have habits that are not quite accepted socially, then those could be a problem as well. For instance, if you try to put people on, or if you are dishonest with people, then sooner or later, this could cause your balance to get disturbed.

Some internal stressors are rooted in the past. These are very difficult to get rid of. A childhood-related phobia, for instance, is difficult to shake off. If you have had a bad childhood or an abusive relationship,

then it could leave a scar on you for a long time, and could become an internal stressor as well. Also, the habit of worrying too much, which could also have its origins in your past, can cause stress.

These are the various factors that can lead you to stress. Most of them are possible to control, though the going may not always be easy. You have to take stock of the situation. As we shall see in further chapters, you have to first come out of denial if you want to conquer your stress.

Your body will react to stress-causing factors in different ways. What you have to do is to channelize this response of your body so that it brings about positive results for you.

You have to target the response so that it eliminates the stress-causing factor.

Whether externally or internally produced, it is possible to combat stress, however difficult. It all starts with how much in acceptance you are, and then depends on how much effort you want to put in.

# Chapter 3:

## *Signals that Tell You Are Stressed*

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### **Synopsis**

One of the most deterring factors in any stress solution is that the person suffering from stress is in denial. They don't accept that they are going through any stress. Due to that, they do not want to react. This keeps them from finding the right respite for their problem and the problem keeps on aggravating.

Since we are talking about conquering your stress here, one of the most crucial things that you have to keep in mind is that you have to come out of your denial. You have to understand the fact that there are situations that are disorienting you, and only then can you start to think what you can do about them.

Understanding the stress signals is a very vital aspect of the stress-busting game. If you want your stress to react in the right manner, i.e. to remove the stressor, then first you have to know that you are stressed. Here are the signals that you have watch out for.

## **Signals that Tell You Are Stressed**

The most significant aspect of combatting stress is that you have to accept it. A lot of people, such as people who have a medieval idea of masochism, will probably hide the fact that they are stressed. Or, there are people who think that if they speak about their stress, their near and dear ones will begin to worry. There are also those obstinate people who believe that they can do everything needed to eliminate their stress factor all by themselves and hence they do not think they need to tell anyone about it.

Whatever be the situation, keeping your stress to yourself is highly counterproductive. Not only are you not going to come out of your stressful situation, but you are actually going to aggravate it.

To understand what you can do to remove your stress, the first and most important thing is to accept that you are stressed. You can do this by looking out for the signals. Are any of the following things happening to you?

Here, we are going to classify the stress signals as indicators of short-term and long-term stress. Short-term signals of stress usually manifest themselves when the stress-causing factor has been recent, or if something has happened recently that has aggravated the factor. Long-term stress is chronic. This happens mostly due to internal stressors, though even external stressors that have tormented you for a long time can cause such responses.

### ***Signals of Short-Term Stress***

The following is a list of the bodily symptoms of short-term stress.



- Your heartbeat becomes quicker.
- You sweat more profusely.
- You experience sweat on the palms of your hands and the undersides of your feet. There is also a cold sensation there.
- You find different sets of muscles in your body suddenly go tight despite your attempts to control them.
- Your breath becomes heavier.
- Your mouth runs drier.
- You have a sick feeling in the stomach.
- You have to go to the bathroom repeatedly.
- Things like muscular spasms, extreme fatigue, headaches and shortness of breath happen to you.

Here are some ways in which short-term stress can affect your productivity.

- You are not able to think clearly.
- You find it difficult to make choices.
- You find it difficult to build strategies.
- You become disinterested in things that previously used to interest you.
- You feel guilty about entertaining yourself.
- You feel bad about the simplest and the most necessary things in life too; like, you may want feel bad about eating your food.
- You become either very dejected or very short-tempered.
- You feel worried when you laugh.

If any of these signs start appearing, then it means that you are facing some stressful situation. But, that situation is definitely solvable; only you have to put in the right efforts once you have detected what it is.

### ***Signals of Long-Term Stress***

The signs of long-term stress are often quite radical. You need to be more worried about them, because it is possible that you have long forgotten what caused the stress in the first place.

People suffering from long-terms are usually prone to the following signs and signals:-

- Several of your habits change. This refers mainly to food and sleep. If you are eating differently than before, or sleeping in any way that is different, then it might mean that you are suffering from some kind of stress, which may not be quite apparent at that moment.
- Mood changes happen within you. You feel disoriented and confused. You act in a very emotionally-driven manner.
- Vices take hold of you. You start smoking and alcoholism, maybe even drugs.
- You neglect work and relationships, and spend more time doing nothing.
- You become careless of your looks.
- You become uncaring for the people around you.
- You talk more gloomy things as the days pass by.

These signals indicate that there is some long-standing stress within you. Something has snapped, and you have to take stock of the situation as soon as you can.

# Chapter 4:

## *Stress Can Be Worked Out*

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### Synopsis

If you have been following this eBook so far, then you will have understood one very important point... you can use your stress to eliminate your stress.

Take the stress constructively and then react positively in order to remove the stress. This is the approach that works. And, the one thing that you have to keep in mind is that it is always possible to eliminate the stressful condition.

However difficult it may seem, stress can never be permanent. This is not just positive thinking; it is a fact. You can become the master of your stress.



## **Stress Can Be Worked Out**

One of the most important things we have mentioned—which is also the most unorthodox concept present in this eBook—is that stress can be used to kill stress.

To reiterate... when a stressful condition presents itself before you, it is going to trigger some kind of response in you. You are definitely going to react. Now, most people react negatively when they are faced with a stressful situation. However, you should learn how NOT to do that. Instead of behaving negatively and succumbing to all those unappealing indications I mentioned in the previous chapter, you have to channelize all your energies and try to remove the stress itself. You have to work in such a way that your stress is removed, and you can do that by directing your stress-influenced response in the right manner.

This eBook attempts to tell you what these methods are; how this can be done. You do not need any special tools or implements for that. You can do it just by making minor adjustments in your personality and in your way of thinking. Once you have these pat down, you will almost see your stress melting away.

Stress is a response of hormones within the body. It is hormones that create all kinds of sensations within us. Instead of allowing these hormones to react negatively and take us into the abyss of depression, we should focus these hormones to react positively. It is within us to build this high amount of enthusiasm and positive energy within us, energy that can move mountains!

So, the most important thing for you to keep in mind at this juncture is that stress is something quite transient. Do not make it a mainstay in your life. Target your stress-induced responses towards the removal of the factors that caused stress. And, keep your hopes switched on at all times. Be optimistic. That works like a shot in the arm when the going gets tough!

Here are some things that you have to pay attention to.

1. All kinds of stress can be worked out.
2. You need to have the determination to do it.
3. The way you begin is to first come out of the denial.
4. Then, think about the factor that has caused you the stress in the first place.
5. Sit down and think some more. What can you do in order to resolve that factor?
6. How will eliminating the stress-causing factor help you? This anticipation is often a great tequila shot for your efforts in eliminating your stress.
7. Work towards it. You cannot remove stress without putting in some effort.

# Chapter 5:

## *Tips to Work Stress Out from Your Life*

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### Synopsis

Let the action begin then. We have come a long way in understanding what stress really is, and now is the time to start learning what we can do about it. How can we become victorious against the demons of stress? In this chapter, we see some intelligent tips as to how that could be done.



## **Tips to Work Stress Out from Your Life**

Getting right to the topic, here we are going to speak about some methods in which you can work the stress out from your life. Implementing these tips would give a new lease to your life. Not only would you be able to work the current stress out, but following a lifestyle that is peppered with these suggestions can prevent future stressors from disorienting your life.

### ***Breathe***

When you are stressed, you are prone to feel a lack of blood circulation in the vital parts of the body, such as your brain. This is what hinders positive responses from your body. To counter that, deep breathing exercises can work fantastically. Sit down, and inhale deeply. Let the air go all the way down, right to the lungs.

You will feel better. As soon as the air enters those tiny cells of the lungs, it is exchanged into the blood and blood begins flowing with greater vigor. There is more blood supply to the brain and you feel more relaxed. Try out various breathing exercises; there is solid scientific rationale behind them.

### ***Accept the Stress***

A lot of people find a stressful situation more daunting because they are not willing to speak up. You need to sit down and accept that you are stressed. This is a very important first step in eliminating the factor that is causing you to be in turmoil.

### ***Speak with People You Trust***

Once you have admitted to yourself that you are stressed, the next step is to open out to your near and dear ones. Who is the one you trust the most? Tell them your problems. You will find that sharing your problem always makes it lighter. Even if the person cannot solve the problem for you, the simple fact that someone else knows about it helps you be at ease.

### ***Seek Your Fun and Relaxation***

Though a short-term solution, finding ways and means to relax and have fun can be highly effective. Involve yourself in some activity that you like to do. Spend time with your hobby. If you like watching movies, do it. If you would rather curl up with a book, do that. Maybe a little bit of traveling or even a small vacation can help you. If this is what you need, do it. Nothing is worth staying stressed for.

### ***Go on a Nostalgia Trip***

Most times, it really helps just to look at some past photographs or videos. Look at some of these memories of your past successes or look at some party pictures or the pictures of a holiday that you had. Such things can perk you up immensely.

When you see yourself enjoying with close people, the stress just seems to melt away. In fact, a lot of people get inspired when they look at such pictures. They become more cheerful and are able to think more rationally.

### ***Exercise***



Exercising is a very constructive way of beating stress. Hit the gym whenever you are stressed. In fact, if you make this a regular habit, you will find that the external as well as internal stressors do not affect you that much. Also, there is the very big advantage that you are making your body fitter. A fitter body houses a healthier mind as well.

### ***Do Not Lose the Humor***

Even if the going is tough, it does not mean that you should become all grumpy and grouchy. Do not forget how to laugh. Watch some good comedy shows or read some funny books or just hang around with your friends who like to live with a light mood. These things can perk you up immensely. If you forget how to laugh, the stress could eat you from within.

### ***Do Not Entertain Negative Thoughts***

Stress may induce thoughts such as jealousy, hatred, feeling of vengeance, a general low feeling and so on. You should avoid these thoughts at all costs. Remember that this is just a transient phase; it will soon pass away. There is no need for spoiling your way of thinking over it.

### ***Pamper Yourself***

It is a good idea to pamper yourself when you are stressed. Go to the salon and get some treatment that you would like to have. Get a massage if that's what you like. You will find these are great stress-busters.

## ***Do Not Over-expect***

A lot of stress comes from the fact that we tend to over-expect. We think too much about what we could get and then we let those feelings rule us. This should not happen. You should not build irrationally high expectations. Things will take their course, and you will get what you deserve. If you learn not to expect higher than what you deserve, then you can live a happier, stress-free life.



# Chapter 6:

## *Dealing with Stress at Work*

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### Synopsis

7 in 10 people who have jobs claim that their work is causing them stress. This may be your situation as well. Maybe your job is what is giving you something more than just your livelihood... it is also giving you the stress to live with. If this is happening, you are not alone.

But at the same time, there are things you can do in order to combat workplace stress. All of these things are quite doable. It is all in planning the right way and avoiding the negatives.



## **Dealing with Stress at Work**

Workplace stress is one of the most common forms of stress. In today's times, it is very difficult not to carry some work back home. People are usually inundated with work, and that causes a great deal of stress to them.

In order to cope with your workplace stress, you need to first accept that your job is the cause of your stress. It is only when you come out of your denial can you overcome this form of stress; something that is true for every kind of stress that you might face.

Here are some tips you can use to deal with stress at the workplace.

1. Take only as much work as you can do. For a lot of people, the stress is because they take up a lot of work, work that they cannot do. Promotions and incentives notwithstanding, the one thing that is very important to you is your health. You should know what your limit is, and then you should work within that limit. This is a very important point. If you just give your nod to work that you can realistically do, then you will be much happier about your job.
2. Accept work with realistic and practicable deadlines only. Many people accept work with difficult deadlines just because of the lure of money or because of the fear of losing a client. But, if you are good at your work, you can always ask for more time to do your work. No work needs to be unrealistically chased. At least, not at the cost of your health. When you take up work that you can easily do, then you are not only preventing stress from

sapping your innards, but you are also able to provide better quality work to your clients.

3. Learn to say no. Most people cannot do that. Workplace stress actually stems from the fact that people don't know how to say no. When you cannot refuse, you end up taking things you cannot do. You take more work than you can handle, you accept unrealistic deadlines, you agree to help out your friends with things that they are supposed to do, you agree to do tasks for the company which you need not (such as organizing parties) and so on. There is no harm in doing all of this if you are capable of doing it. But, most people do not have that kind of powerhouse capacity. If you have to take up a lot of work and eventually it is going to cause you an immense deal of stress, then it is certainly not worth creating that impression of the 'guy or gal who can do it all'.
4. Manage your time. This is one of the most important things that anyone should learn, whether they have a job or not. When you are in a job, this becomes all the more important. When you learn how to manage your time, then you are able to fulfill your tasks in a much better way, with enough time left over for fun and recreation as well.
5. You have to absolutely learn how to prioritize things. This is extremely important. When you are able to fulfill tasks according to their order of importance, then you find the situation much easier to handle. One way of prioritizing things is by deciding which of your tasks can help the faster accomplishment of another task. If there is a particular task

that should be done earlier so that the next task becomes easier, then follow that logical order.

6. Learn about new technologies all the time. You will be amazed to see the kind of progress that technology is making right now. This is the world of automation; there is a simple software solution for almost anything. Keep updated. There are chances that you could use some new technological solution to make your job easier. At the same time, when you are better informed, you simply know how to get your job done faster.
7. Trust in your team. So many people build up a great deal of workplace stress just because they do not believe in the people around them. Give them their due importance. You should know that these people have also been employed by the same organization that has employed you, so you need to have at least some amount of faith in their judgment. If there is some task that someone else should do, let them do it. Do not insist on taking it up just because you feel you can do a better job. The whole thing could actually backfire. You may not be able to finish that and your work would be left in limbo as well.
8. Keep time for your family and friends. Never immerse yourself in your work. Always remember that you are working for your family and yourself. Hence, give them due importance. Refrain from working on holidays and the weekends. Spend time with the family. Go out with your friends whenever you can. All these things really matter because they take your mind off work. When you revisit your work after such brief sojourns, you find that you can attack it with renewed vigor.

9. Live a healthy lifestyle. Take care of your health. Go for a jog early morning, or at least get a treadmill. Leave only after having a healthy breakfast. Learning a good meditation technique such as Yoga is also not a bad idea. Do not drink and smoke just because you are stressed at work. These can only give you a temporary boost. When their effect wears off, you will be feeling more despondent than ever. Avoid calorie-rich junk foods and pile up on those veggies instead. Have fresh fruit juice instead of coffee at work. Sip water throughout the day; it helps keep your metabolism in a good working condition.
10. Celebrate when you should, and don't just celebrate with your work people. If you have achieved some kind of victory at work, treat your family and friends. This gives you a sense of self-satisfaction. When you see your near and dear ones sharing in your victory, you feel that your achievement is not in vain. This also acts as a great motivating factor and you are able to tackle your next job with better enthusiasm.

Keep these points in mind. Workplace stress is sapping everyone's mind at the moment, but you need to keep this demon away. Like with every other kind of stress, you should learn how to use the influence of stressors on your mind to bring about creative solutions. Do that, and workplace stress will become history for you!

# Chapter 7:

## *Dealing with Stress in Relationships*

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### Synopsis

Relationships are strange things. If handled carefully, they can generate an untold amount of pleasure in your life. But if you stumble with them, they could spell disaster... and stress. All the same, you can never do without relationships. We are social beings and we need to be around people. That is the reason we need relationships in our lives.

However, relationships are bound to bring stress at some point or the other. It is for that reason that we should know how to deal with this stress. Keeping one up here can really make your life much better.





## **Dealing with Stress in Relationships**

Relationship stress is the other most common form of stress in the world today, after workplace stress. You cannot do without relationships, but once you are in a relationship, you begin to understand that there is a great deal of stress in it. Even if your relationship is quite good on the face of it, there is always a possibility of some friction due to something or the other. This is what can build up the relationship stress in you.

Dealing with relationship stress is not easy. You have to be careful about it at every time. The following are some things that can help you here.

1. First and foremost, understand that the person you are in a relationship with is also a human being. When you have those little squabbles between you, place yourself in their position and see. Maybe you would have reacted in a similar manner as well. And, even if you wouldn't have, remember that they are human beings and they also have their limitations. Just understanding this one fact can keep a lot of the relationship stress away.
2. Even before plunging into a relationship with anyone, you should ask yourself—*'Why am I seeking a relationship with this person?'* The reason needs to be profound. If you are looking at the relationship for just fun and entertainment, then probably it is best not to get into the relationship in any way. If feelings come in the way, you are bound to get hurt. Enter into relationships only when you mean to fulfill them. There should be no ulterior motives for your relationship.

3. One very important thing to remember is that you should not have high expectations from your relationship. At least, not in the initial stage when you are probably just trying to find out whether things will work between the two of you. You must allow nature to take its course and then see where you are headed.
4. Do not expect to change your partner. A lot of relationship-related stress is on account of that. People try to change each other. Remember that you fell in love with this person just as they were. If you change them, you may lose your attraction for them. Wants are deceptive; you feel like you want something, but when they are fulfilled, you may try to run away from them.
5. Do not let your emotions blind you. Be practical. This is the best way to avoid relationship stress. At every point in the relationship, think about what will work best for the two of you. Do not look at merely your selfish interests and do not pander to your partner's selfish interests as well. If you think well before your actions, you will be happier.
6. Work hard at maintaining the relationship. As far as possible, do not give cause for even the smallest complaint. You never know what might snowball into a big problem later.
7. Do not keep secrets. If you are communicative with your partner, there are high chances that they will be communicative as well. This always works between two people. When you are clear and transparent with each other, the cause for clashes are fewer.

8. Talk about your relationship with each other. This is always a very good idea, and you should never procrastinate such discussions. What, do you think, is the future of your relationship? Where are the mistakes happening? What can each of you do to improve upon them? These are the things you should talk about.
9. Whenever an issue crops up, communicate with your partner. Do not keep things inside the heart. Instead of thinking how the other person will feel and being in turmoil throughout, it is better to come clean about what you feel and let them know the concerns you have. This is a much better solution, and when you know what they are thinking, your stress will be definitely much reduced.
10. Do not move too fast in your relationship and, at the same time, do not move too slowly. Look at the response of the other person and act accordingly. This way, you can be surer that you are doing things correctly.

Use these ideas. More importantly, treat your relationship very cautiously and make sure not to make mistakes. Do not expect much from your partner. That way, whatever happens, you will take it in your stride. Being practical about your relationship is the best way to avoid stress in it.

# Wrapping Up

Stress comes in various forms, but it is up to us to recognize it and deal with it in the right manner. Throughout this book, I have laid emphasis on how you should not be fazed by stress. Instead, you should take it constructively and use its influence to deal with the factor that caused the stress in the first place.

Stress can happen due to internal as well as external factors. Anything and anyplace could be a causative factor of stress. It can happen at work, it can happen in a relationship, it can also happen when you are sitting at home, doing nothing.

You have to keep that in mind. You have to realize that the monster of stress will come in various forms and you will have to counter it at that moment.

This eBook has given several ideas on how you can do that. But, what you should really take from this eBook are the various methods that help you lead a stress-free life forever. Improving your lifestyle is important; but you should pay attention to your health as well, especially your mental health.

So, stress isn't all that it is cracked up to be. It is present in the world outside, and we have to tackle with it in the right manner.

The best thing is that... We can deal with stress!!!

All it takes is the right knowledge and the right motivation to come out victorious from your stressful situation.