

Elizabeth Eckert
1225 4th Street SW
Minot, ND 58701
Office: (701) 839-4755
Cell: (701) 240-6266
www.WordCures.com
info@wordcures.com

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6 Wellness Opportunities

Relieve Stress by Optimizing your Personal Environment

Look around your world. It seems like stress is everywhere!

Unmanaged, stress can lead to health problems you don't want: compromised immune system, heart trouble, muscular aches and pains. When stressed, you're more likely to ignore preventative health behaviors like exercise and healthy food choices. Stress can even make you fat.

In turn, those problems lead to life complications you *really* don't want: early death, physical disability, pain, financial loss, lack of mental alertness, compromised personal relationships, disappointment at being unable to fulfill your dreams – and that's just a start!

The key to reclaiming your life and health is to gain control of your stressors.

These six tips can help:

- 1. Bring order into your environment.** When your environment is chaotic, you don't think straight. Clear clutter and organize your lifestyle to minimize confusion. Let order prevail!
- 2. Become an efficient manager of your personal resources (time, money & energy).** In other words, prioritize. Get clear on what your highest priorities are and attend to them first. Take on any additional agenda items as possible.
- 3. Resolve personal conflicts and power struggles.** When you're faced with an interpersonal conflict, chances are there's a power struggle involved. Resolve it. You don't "win" if winning makes you crazy! When you want two things that conflict with one another, resolve that, too.
- 4. Learn to appreciate the freshness of a new approach to an old situation.** How you've always done something isn't always best. Especially if you didn't care for the results you got.
- 5. Give your word. Keep it.** Think before you give your word. Then keep it. With practice, you will come to trust that your word is good. So will those around you. Notice that your word must be given to be kept – withholding is a "cheat" that doesn't work.
- 6. Express your creativity.** Who's going to do your life if you don't? Just think how "zapped" you feel when you compromise yourself in an attempt to be practical. Express yourself and watch your energy soar.

Healthy living expert Elizabeth Eckert is the author of the health guide, *Transform Stress into Power*, and creator of **The Ultimate Stress-Buster Kit**. Find both at www.WordCures.com.

Editor: Please contact Elizabeth Eckert as needed for Healthy Living topics.
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