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Simultaneous Submission; Non-competing market  
Word Count: 334 words

## Resolve Lifestyle Stress: 4 Simple Tips

Minot, ND September 15, 2006 – Tired of crisis-managing your life? If so, you're in good company. Survey results released just last week show that 2/3 of those polled are worried about the effects of social and lifestyle choices (such as lack of sleep, fatigue, and stress) on their health.<sup>[1]</sup> Which demonstrates exactly how smart we really are!

Unmanaged stress leads to unhealthy behavior choices – from sweet or greasy comfort foods, to excessive worry, to burning the midnight oil. Those behaviors, in turn, make us sick. Big sick. Nobody wants that!

Let's turn things around. The kids are back at school. The heat of summer has passed. Nature prods us to prepare for winter. This is the very moment you've been waiting for. It's time to put things in order.

Healthy living expert Elizabeth Eckert, author of "*Word Cures: How to Keep Stupid Excuses From Sabotaging Your Health*," offers 4 tips you can use immediately to resolve lifestyle stress:

1. **Pick your top "symptom."** Choose anything about your life that bugs you. Just pick one. [Once you've got that handled, you can always take on something else.]
2. **Think Backwards.** Picture it finished. Plan backwards from there to create your best strategy.
3. **Plan Horizontally.** Forget "to-do" lists. They're overwhelming! Instead, flow-chart your strategy one simple step at a time.
4. **Schedule it now.** Your activity doesn't exist until you give it a place in time. Make an appointment with yourself for each major step you'll need to take.

Your mind will relax once it knows you're in control again. Put these tips to use, and you'll be in great shape. It's simple! In fact, you might just be feeling better already.

Elizabeth Eckert supports healthy living through her WordCures.com website and HealthyLivingDIY.com blog. She lives in Minot, ND, where she practices neuromuscular therapy, helping people find freedom from chronic pain. Visit [www.ResolveStress.com](http://www.ResolveStress.com) for more information on resolving lifestyle stress and Eckert's free guide, "*Transform Stress Into Power*".

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<sup>[1]</sup> <http://www.legalandgeneralgroup.com/media-centre/press-releases/2006/q3/2006-09-08.html>