



Bite Size Book on

I'm a little bit *stressed* today

How to Survive and thrive under pressure

By Dr. Deborah Kerslake

A practical guide on how to identify, cope with and eliminate any negative physical, mental *and* emotional symptoms of stress so you can be **happy, healthy and whole**

Stress! 'I'm too stressed to think straight!' 'I can't sleep because I'm so stressed!' 'The children/boss/milkman (insert your favourite) are stressing me out!' It seems everyone is talking about stress – or at least its side-effects. We blame our irritability, inability to get a good night's sleep and strange eating habits on the pressures of life and the stresses we put ourselves under in order to keep paddling in the mainstream. But is this the right thing to do? Are we prepared to suffer the painful and potentially tragic consequences of ignoring the relentless pounding of the stress-drum before we take action to put our stress into perspective and regain our calm?

I've written this Bite Size Book for you, so that you can very swiftly learn some practical tips and tools that will enable you to cope with today's full-on lifestyle – in style!

Whether you are in the workplace, are unemployed, are young, middle aged or old, parent or grandparent, everyone suffers from stress at some time in their lives.

It's interesting to notice that it actually isn't very difficult to become and remain calm and grounded, it's simply about knowing which principles apply best to you and your situation and then to continually apply those principles until you find that you are sailing serenely along the lake of your life.

Please enjoy the book and I wish you well on your journey into peace.

What is Stress?

The Health & Safety Executive defines it as follows: "Stress is the reaction people have to excessive pressures or other types of demands placed upon them."

Some stress in our life is normal and in fact can be an asset, it's part of what drives us forward. It's the 'buzz' of life. Exciting, exhilarating and motivating.

It's all about gaining some balance into your life



Brian came to see me exhibiting many signs of stress – he hadn't been sleeping well, was waking up tired, he wasn't as able to focus as well as previously, sometimes he just wanted to hide away and read a book and forget, but he didn't think he was stressed.

We worked together to untangle all the threads of the puzzle to gain some clarity.

It's rarely only one event or episode that causes long term stress, so there is no magic button to cure it – each thread needs to be examined and put into a context where it can be dealt with. During our sessions, we examined how his everyday thoughts that were ticking along in the back of his attention had become habitual, many of them he was unaware of before he consciously brought them to his attention.

Once he became aware of what exactly was going on in the recesses of his mind, it was amazing how quickly he began taking charge of his thoughts, challenging the negative ones and turning them into positive, affirming ones. Which helped him feel more in control, calm and relaxed.

"It's not stress that harms us, it's our reaction to it"

On completion of this BSB, you will:

- Understand the full impact that stress has on your life
- Recognise the early signs of unresolved stress and explore key stress triggers
- Gain practical tools and techniques to enable you to release stress from your body instantaneously
- Be aware of, and be able to avoid negative thought patterns, encouraging and designing a positive mental outlook.
- Instantly calm yourself and stop that chattering, argumentative mind
- Be able to recognise and deal with stress and pressure in others – imperative when working in teams or within families



- Have created a Personal Plan to identify and deal with your own stressors
- Identify work/life balance issues

So please do download this book and learn many simple, practical ways in which you can become calm and relaxed and feel more in control of your life.

With love
Deborah

