

**A PROACTIVE APPROACH
TO MANAGING STRESS**

BEAT



STRESS

find your positive

HEADSPACE

in 20 seconds

Developing Your Mind Tools

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Beat Stress In 20 Seconds – Find Your Positive Headspace



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CATS!

After writing two intense books; these books being *Reduce Stress* and *Reduce Anxiety*, it's with renewed vigour that I have written this latest book on the subject of *stress*.

Why cats? Cats are amazing creatures; they only do what they want to do and usually, take the time to mellow and enjoy the journey of life. Using the image of two cats in a dialogue about life became a refreshing break for my mind and I hope too you enjoy this different and refreshing approach to the serious subject of *stress*.



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Unmanaged *Stress* Can Be Overpowering



Chapter One

Showing The Signs Of *Stress*

Few people realise that they show the signs of negative *stress* in their face, body language, in their mannerisms and actions.

Negative *stress* and unmanaged *stress* ages people both in their looks and in the body they are in. *Stress* leads to many illnesses including blood pressure, (hypertension), ulcers, headaches, sweaty palms, cold feet – it also affects your general health and lifespan.

Unmanaged and negative *stress* affects the way you think; the flow of positive energy to your body, brain and mind and stifles your positive ideas.

Unmanaged *stress* is common and an everyday occurrence with many people around the world. *Stress* has a way of sucking the life out of people leaving them depleted of life-energy.

Stress can be managed but there are techniques to the way you work with it. When our distant ancestors were in *stress* and when they either lived in caves or trees, they had the mechanism built into their DNA that allowed them to go into

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fight or flight. Dr Walter Bradford Cannon (1871–1945).¹

In our modern society, for the most part, we cannot go into a *fight or flight* situation so we have to work with the bombardment of negative and destructive *stress* that daily comes our way.

When you experience a bombardment of negative *stress* it only happens because you have given permission to your mind to accept this. You are now going to learn to say 'NO' to such a bombardment.

It may surprise you to know that there are at least six types of *stress* that work in your body, mind and their systems 24/7.

¹ Dr Walter Bradford Cannon (1871-1945 identified the *fight or flight* reaction within people

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