

WHAT IS EMOTIONAL STRESS

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Quick Quiz: What is the #1 source of stress for American adults? Our jobs!!

The most commonly recognized type of stress is "Emotional Stress" (i.e. fears, pressure, depression, negativity, hurt feelings). This type of stress can wreak havoc on a person's life, and can lead to a host of physical ailments. In fact, it is estimated that by the year 2020, depression will be the second largest killer after heart disease. Some other potential health effects of stress include:

- ~ Weight gain (usually around the abdomen)
- ~ High blood pressure
- ~ Cancer
- ~ Suppressed immune system
- ~ Complications during pregnancy
- ~ Pain and tension

And just so you don't think that "Emotional Stress" only affects adults, according to a 2004 study in the journal *Psychiatric Services*, preschoolers are the fastest growing market for anti-depressant drugs. Emotional Stress can be the most debilitating type of stress because it attacks your body, mind and spirit. People often worry themselves sick because of work stress, home stress, school stress, etc...but, guess what: Emotional Stress is the EASIEST type of stress to conquer! *Say that again?* Emotional Stress is the EASIEST type of stress to conquer!

Let me put it this way: Do you have any control whatsoever over your significant other, kids, boss, co-workers, friends, neighbors, doctors, lawyers, pets, that rude lady at the bank who's always having a bad day???? NO!!

The only person you have 100% control over is YOU! Therefore, since **you** possess the ultimate power over your own mind & body, one way to conquer Emotional Stress is to **stop** absorbing the stress of everyone else around you! Other effective methods of relieving Emotional Stress:

- Yoga, Tai Chi, Pilates
- Massage, Energy work
- Exercise
- Emotional counseling
- Hot bath with essential oils
- Write in a journal

The bottom line is that only **you** can decide how you handle emotional stress, and NO ONE can ever take that away from you!