

# BODYMINDMOVEMENT

## TRANSFORMATIVE INTEGRAL BODYWORK & LIFE COACHING

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BodyMind Integration, to support resilience, awareness, and creative well-being is the mission of her professional work.



## ~ 10 Stress Management Tips ~ *to remain inspired and creative*

By Kate Jones

*Having a practice that supports mental and physical balance during stressful times pays big dividends to our health. Here are 10 practices to keep you in the center of your well being.*

- 1. Recognize when you are stressed.** Be aware of early signs of stress and overload & take it seriously.
- 2. Reduce The Stressors.** Reduce overload in your day to day life. Set boundaries.
- 3. Adjust Proper Balance.** The four important areas of life are: family, work, leisure & friends. Judiciously allot time for each; ignoring one to increase another is a danger sign for increased stress.

**4. Organize Life Effectively.** Assess your stress and ascertain solution options.\*

**5. Learn to Relax Your Body.** Learn the basics of relaxing with progressive muscular relaxation as well as bodywork.

**6. Relax The Mind.** Bring mindful awareness to the present moment with a quiet sitting practice.

**7. Exercise, Eat And Sleep Properly.** Keep body & mind fit with exercise... and release the hormones that soothe the mind and body. Eat a balanced & living food diet to keep bodily functions in a good mode. Sleep 7-8 hours daily. The brain & body need to rest in order to reset and be refreshed.

**8. Make Time For Fun.** Pleasure and regular doses of good feeling activity, recharges our lives and supports optimism

and perspective. Plan a fun dose for yourself every day .. and calendar special events that restore your happiness.

**9. Express & Share Your Feelings.** "Share your grief, it is halved; Share your joy, it is doubled." Share your stress with someone capable of giving you support.

**10. Pace Life Changing Events.** Anticipate planned life change events and adjust accordingly. Awareness here gives you leverage to balance the stress you are metabolizing.

\* Please contact Kate Jones & her work with Transformative Integral Embodiment.

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## **What are the symptoms of stress?**

There is a simple way to recognize your stress status and the symptoms of stress. When you are faced with any situation, just mentally pause for a few moments to analyze your reaction/response during the event and after the event.

### ***Do you suffer from any of the following?***

Heart Palpitations	Headache
Hesitation	Increased breathing rate
Restlessness	Sweating w/out physical exertion
Tremors	Constipation
Feeling guilty	Diarrhea
Feeling anxious	Dyspepsia
Feeling angry	Increased Urination
Experiencing difficulty	Irritability
Experiencing indecision	Hyperactivity
Loss of confidence	Weakness
Cold extremities	General uneasiness
Moist palms, brows	Depression
Tight muscles	Loss of appetite
Burn out	

If you experienced any of the above symptoms, then you may be sure you have been under stress due to that particular event, or are chronically stressed.

S.No	Stress Event	Stress Points	No of Times/year	Score
1.	Death Of Spouse/child.	100	X	=
2	Divorce	73	X	=
3	Marital Separation	65	X	=
4	Detention in Jail	63	X	=
5	Death of Close Family Member	63	X	=
6	Major personal injury/ illness	63	X	=
7	Marriage	50	X	=
8	Marital reconciliation	45	X	=
9	Fired From Work	47	X	=
10	Retirement from Work	45	X	=
11	Major Health Problems In Family	44	X	=
12	Pregnancy	40	X	=
13	Sexual Difficulties	39	X	=
14	Gaining a new family Member	39	X	=
15	Major Business Adjustments	39	X	=
16	Major Change In Financial State	38	X	=
17	Death Of A Close Friend	37	X	=
18	Changing To A Different Work	36	X	=
19	Major Arguments with spouse	35	X	=
20	Taking Of A Mortgage more than \$5000	31	X	=
21	Foreclosure on a Mortgage/Loan	30	X	=
22	Major Change in Responsibility at Work	29	X	=
23	Son/Daughter leaving Home	29	X	=
24	In-Law Troubles	29	X	=
25	Outstanding Personal Achievement	28	X	=
26	Wife Beginning/Ceasing Work outside	26	X	=
27	Beginning or Ceasing formal school	26	X	=
28	Major Changes In Living Conditions	25	X	=
29	Revision Of Personal Habits	24	X	=
30	Troubles With The Boss	23	X	=
31	Major Change In Working Hours	20	X	=
32	Change In Residence.	20	X	=
33	Changing To New School	20	X	=
34	Major Change In Usual Type Of Recreation	19	X	=
35	Major Change In Religious Activities	19	X	=
36	Major Change In Social Activities	18	X	=
37	Taking A Mortgage less than \$5000	17	X	=
38	Major Change In Sleeping Habits	16	X	=
39	Major change in family get togethers	15	X	=
40	Major Change In Eating Habits	15	X	=
41	Vacation	13	X	=
42	Festival Celebrations	12	X	=
43	Minor Violations Of The Law	11	X	=
	<b>GRAND TOTAL</b>			=

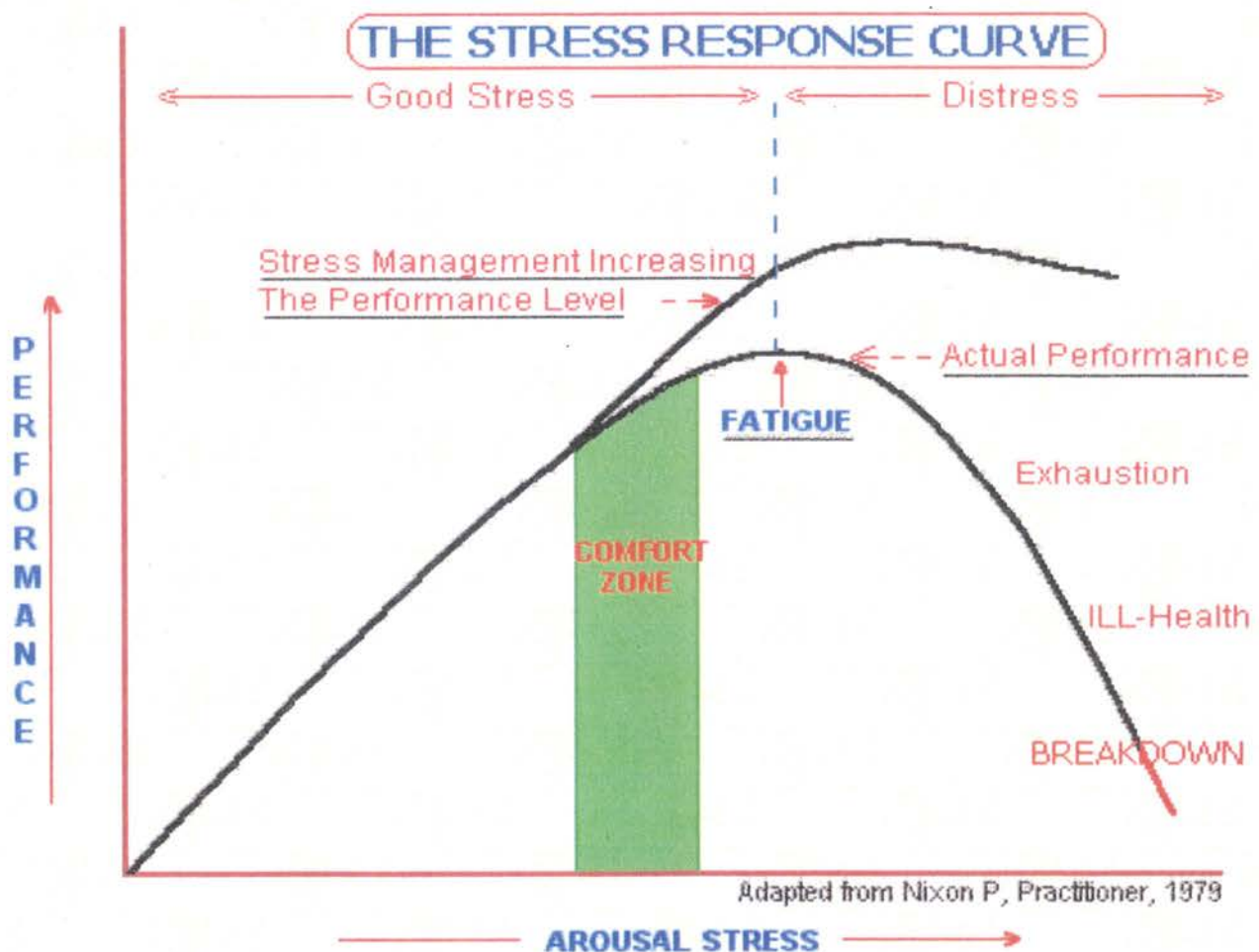
SCORE KEY	
Total Score	Comments
Below 50	Are you bored with life? Take action!
50-200	Congratulations! You are managing well.
200-300	Watchout! You need to slow down! Learning how to manage your stress is beneficial NOW!
Above300	<b>You are above the board!</b> Make an appointment with BodyMindMovement for stress-reducing education & bodywork.

## Why is stress the number one proxy killer disease?

Stress plays an important role in modulating the psycho-neuro-immunological players of the body. Thus it is behind the initiation, exacerbation and maintenance of most killer diseases like heart disease, hypertension, diabetes, cancer, mental illnesses etc. Hence, stress is known as the number one proxy killer disease. Proxy because most often than not, stress as the real cause of the illness goes unnoticed!

## How Does Stress Affect Performance?

Answering the question "how does stress affect performance" is very important in pacing out your life change events and limiting exposure to stressors. It will also help you in planning a timely stress management program.



Look at the curve. Our ability to perform increases up to a certain level of stress arousal. This is the healthy tension.

But if this stress continues uncontrolled and a fatigue point is reached, any further stress arousal will take the performance level down, ultimately leading to exhaustion, ill-health and, finally breakdown.

The good news is this: If stress management is applied daily and regularly before the fatigue point is reached, the stress performance curve can be straightened up dramatically! Meaning, you can improve your performance level even up to 50% just by learning to relax!

Take a printout of this graph and keep it with you. If your boss is pushing you too hard without providing a break, show him/her the graph!

Look at the stress performance curve again and mark out where your position is now. If it is above the danger level, take immediate steps to bring it to normal.

# The Cold, Hard Stress Facts

Stress is very expensive and dangerous. Just glance through these stress facts:

- Stress is recognized as the number one proxy killer disease\* today. The American Medical Association has noted that stress was the basic cause of more than 60 percent of all human illness and disease .
- It is estimated that American businesses lose approximately \$200-\$300 billion dollars per year to stress related productivity loss and the treatment costs.
- Every week, 95 million Americans suffer some kind of stress related symptoms for which they take medication.
- A 20-year study conducted by the University of London concluded that unmanaged reactions to stress were a more dangerous risk factor for cancer and heart disease than either cigarette smoking or high cholesterol foods.
- A survey of 201 U.S. corporations revealed that 60% of all managers felt that stress related illness was pervasive among their workers and decreased productivity at an estimated cost of 16 days of sick leave and \$8,000 per person per year.

All these and thousands of similar studies point to the huge negative impact stress has on individuals and the society as a whole. The implications of these stress facts are too real and harsh to be ignored! Stress speeds up the ageing process and produces conditions in younger people that are more commonly associated with growing old. Virtually no part of the body can escape the ravages of stress. It becomes imperative on our part to take positive and effective steps to tackle this silent proxy killer TODAY!

Most people know what stress is and realize how dangerous it is. But majority goes around nonchalantly doing nothing about it! Spreading the word about stress facts will definitely help in creating awareness about this proxy killer disease.