

THE BALANCING ACT

101 WAYS TO COMBAT
YOUR EVERY DAY STRESS.

BY BILLY TEO



Table of Contents

Introduction: Importance of Balance 1

101 Ways to Combat Stress4

Final Thoughts 33

Resources34



The Balancing Act

101 Ways to Combat Every day Stress

By Billy Teo (Dr)

<http://billyingteo.com/BalAct>

As my mission in life is to bring positive changes to as many lives as I can and to help them (including YOU) eliminate stress from our lives, you're welcomed to give away this special eBook (worth US\$37) to anyone you see fit, so long you **DO NOT** alter the content in any way!

The Publisher has strived to be as accurate and complete as possible in the creation of this eBook, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made/results. Readers are cautioned to rely on their own judgment about their individual circumstances and act accordingly.

This eBook is for informational purposes only and is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this eBook, only if you find it necessary!

Please do our part to reduce paper wastage and save Mother Earth. =)

Introduction: Importance of Balance

Stress, as you probably know, is the body's response to a perceived threat, or danger. The body reacts by going into fear, flight, fight mode, also known as the stress response. The adrenals produce cortisol and adrenaline. This puts the body into a state of high alert: the pupils dilate so they can receive more light, and more visual stimulation; the heart rate increases; the breathing becomes shallow; the blood is diverted to the extremities for movement; the digestive system shuts down.



We are faced with stress every day of our existence; yet it seems like managing it is no easy task. We can feel the stress response kick in if we are worried about work, about deadlines, or exams, or promotions, or finances or mortgage payments, or even if we worry about what others think about us!

Well, the truth is stress as a whole is not bad. Your stress response is what helps you get through tough times and can save your life in a dire situation. Stress can help us; it is a built-in defense system within the body that can help avoid disaster, attack, accidents, and provides us with energy and clarity of mind to get through deadlines, and chaotic situations.

However, when constant, pressures and demands of life leave the body in a heightened and continuous state of arousal, it will take a real toll on our

mind, body, and spirit. The constant elevated level of the stress hormone cortisol is a result of **chronic stress**, which can cause serious health complications. Chronic stress has been shown in studies to account for up to 90% of all health problems!

Hence, it is important to balance your stress level to maintain a healthy mind, body, and spirit.

Having grown up in Singapore, stress is unavoidable. Born in a typical Asian family, I was taught the way to do well in life is to perform well academically. So, I was exposed to stress since the age of 7. Whenever examinations are nearing, my Dad will make sure that I finished preparing for the next day's paper before I could get to bed. If I was found falling asleep, my Dad will try all ways to wake me up. This is pretty torturous to my mind and sometimes I would end up having nightmares. I was lucky that this was the only side effect from the stress I had!

If we feel worried about the way we look, act or appear to others, you can guarantee that your stress response is being triggered. When life throws you curveballs, or when life piles one challenge on top of another, your stress response will kick in. One big stressor is anger: Anger is an emotional stressor that can trigger heart attacks, arrhythmia, and even death! Chronic stress causes fatigue, poor concentration, and irritability.

Studies have found that stress even affects our genes, turning on or off genetic factors in our DNA that affect how much fat our bodies store, how fast you age, to whether or not you will develop cancer.

Chronic stress has been found in studies to decrease your immunity, negatively affect your memory and your emotions, lower bone density, and increase pain levels. Other stress related problems include muscular tension, skin problems such as rashes, eczema, or psoriasis, digestive and

gut related issues and breathing problems such as asthmas or panic attacks.

Knowing that consistent high stress level has such a major impact on our health, it makes sense to know how to balance it well! Here are some methods which I have gathered over the years (some are tried and tested) that helped me survive constant stress from my academic studies and emerged with a PhD in Chemistry. I hope they'll be useful to you to combat the every day stress!

101 Ways to Combat Every day Stress

1) Deep Breathing

Allocate a few minutes each day to focus on your breathing, and breathe deeply. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth. Repeat several times.

By doing deep breathing, your heart rate is slowed and blood pressure lowered, thereby countering the effects of stress.

2) Take Time For You

Although you undoubtedly have a busy schedule with work, family and other commitments, it is vital that you take time for you (or being alone time). You need downtime, to recharge your batteries, refresh yourself, and rejuvenate. You need time for you to destress so that you can continue giving to others.



3) Eat Well



An increase in green leafy and other vegetables will automatically increase your health, your resilience and decrease your stress. Eat lean white meat, oily fish, and healthy fats such as avocado, sesame oil, and coconut oil. Enjoy nuts, seeds, and berries.

4) Exercise

Moderate aerobic exercise such as brisk walking for 30-40 minutes, 4- 5 times per week will help you destress. Your cardiovascular and circulatory health will improve, muscles will strengthen, bone density will increase, and you will release “happiness” endorphins.

Stretching can also be a good form of exercising. It helps to relieve muscle tension, which in turns relieves stress.

5) Meditate

Taking time out to meditate every day, even if just for a few minutes, has been shown in studies to decrease stress and increase happiness. A daily practice is the best way to reap results.

If you wish to achieve a deep state of meditation, you could check out Jack Costa’s [“The Depth Factor”](#)



where he teaches how to eliminate mental chatter and restlessness so that one can experience deep meditation in less time.

6) Be Mindful

Mindfulness is a form of meditation that can be done anytime, anywhere. It involves being present to what is happening now, rather than reminiscing about the past or worrying about the future. Notice your different senses (colors, sounds, textures, tastes, scents) as a way to keep you connected to the present moment.

7) Practice Gratitude

Gratitude is like magic! The more you practice it, the happier and more relaxed you feel. Try being thankful for one hundred things every day! Really experience the feeling of being grateful and you will become more contented.



8) Think Positive

It's not so much what happens to you in life as how you respond to what is happening. You can choose to see the glass as half empty or half full. What will you choose?

9) Change Limiting Beliefs

Certain beliefs you hold may be holding you back in life. The good news is, once you identify them, you can [change them for more helpful beliefs](#). Next time you catch yourself thinking a negative thought, just say, "I am no longer subject to that belief. I choose" Then insert your new, more empowering belief.

10) Let Go

Instead of trying to control everything, once you realize that ultimately, nothing is under your control, then you can let go and relax. You may find that when you do let go, things miraculously resolve themselves, all by themselves!

11) Try Yoga

Yoga is a practice with many benefits: It tones the muscles, increases strength, and flexibility and prepares the mind for meditation, causing both body and mind to relax.

12) Try Laughter Yoga

Laughter yoga makes you feel more relaxed and happier: Even when you fake laughing, your brain thinks the laughter is real and understands it



must create happiness chemicals because you are acting happy. Therefore, you become happier. Laughter yoga causes tensions to be released, mood to be elevated and stress to dissipate.

13) Take Nature Walks

Nature walks have been shown to help relax both body and mind, causing a greater sense of peace and tranquility to pervade the body. Being in the fresh air with natural beauty is a balm for the soul.

14) Stay Connected With Friends

Human beings are social animals. Humans need to feel a sense of belonging. Reaching out, calling a friend, or making a “friends,” date is a wonderful way to help ease the burdens of your stressful day. You will share problems, support one another, and laugh together.

15) Do Something Meaningful

If you have a sense of purpose in life, and are able to make a productive or meaningful contribution to society, your sense of self-worth will increase. You will feel valued and competent and your resiliency will improve, as you feel more positive about yourself and your role in society.

16) Put Yourself First

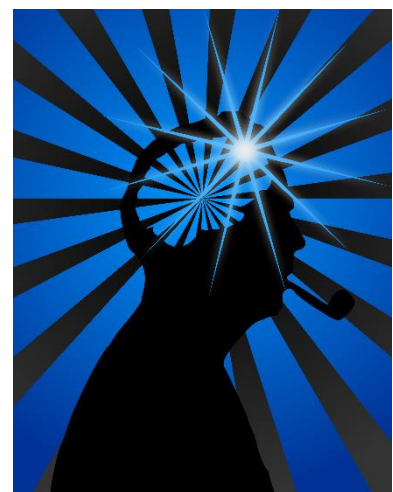
Putting yourself higher up in the pecking order is one of the healthiest things you can do, and, “NO!” it’s not selfish! It’s better for you, and others too!

17) Relax

There are so many ways you can learn to relax: A hot bath with Epsom salts, relaxing your muscles one by one, lying down with your feet up against the wall. When the body is relaxed, stress and tension melt away, the parasympathetic nervous system takes over, and the body can heal.

18) Learn Visualization

Visualization can help you increase productivity or effectiveness and help you reach your goals. Imagine a goal: Picture yourself as having reached the goal already. Imagine in as much detail as you can the positive outcome you desire. Science shows that visualization causes you to act in ways that increases your chances of achieving your anticipated outcome.



19) Nada Yoga

Nada yoga is a particular form of yoga that incorporates deep relaxation with visualization and positive self-talk. It is very beneficial in releasing stress, changing self-defeating beliefs and attaining desired outcomes.



20) Get A Massage

Massage relaxes the muscles and the mind and induces a deep state of relaxing. Different kinds of massage include, Swedish, aromatherapy, and shiatsu.

Some good essential oils that gives calming effects include Lavender, Rose, Ylang Ylang, and Frankincense.

21) Try Acupuncture

[Acupuncture](#) works by balancing the body's energy system. Imbalance in the energy system is believed to bring about a state of "dis-ease." It causes the recipient to feel deeply relaxed and is an excellent way to release stress.

22) Reflexology

According to the ancient art of reflexology, or therapeutic foot massage, the soles of the feet contain a map of the body. By pressing different points on the feet, the body's energy system can be brought into balance. Very relaxing and refreshing.

23) Counselling

Sometimes it is good to talk to a professional. There will be times in your life when talking to friends just isn't working for you. Talking to an impartial professional can give you perspective, an unbiased point of view and a reflection of your own thoughts and feelings to help you gain clarity and insight.



24) Psychotherapy

Psychotherapy can help you dig deep to heal traumas from childhood, change limiting beliefs and heal the body mind. It can help you change your responses to stress for the better, by healing often unconscious wounds.

25) Learn Good Sleep Tips

A good night's sleep leaves you feeling refreshed and rejuvenated. Turn off technology an hour before you put the lights out. Read a book to help you fall asleep. Go to bed and wake up at the same time every day, including weekends. Your body will appreciate the regular rhythm and will sleep better for it.

26) Go On Vacation

Everybody deserves a vacation, and in fact, everybody *needs* a vacation. "All work and no play makes Jack a dull boy," is true for us all. Think of a holiday as an essential part of your health regime, rather than as a luxury. Plan one into your schedule each and every year.

27) Spa Weekend

Try a mini-getaway to break up the routine, give your body a chance to rest, and recuperate. A little pampering works wonders for the soul and boosts your self-esteem, allowing the buildup of stress to dissipate.

28) Try Something new

Doing something completely new shakes you out of your boring old routine and stimulates the brain. Doing something different will take you out of yourself, help you gain new perspective, challenge you in a positive way and meet your need for variety.

29) Change Your Routine

It is said that, “A change is as good as a rest,” and how true that is. Being stuck in a rut only helps cement the stress in! Doing something out of the ordinary can refresh you and help recharge your batteries. Of course, there are studies to back this up, so, get planning that new activity to change your routine!



30) Do What You Love

Expert Mihaly Csikszentmihalyi talks about the “psychology of optimal experience,” that place where time ceases to exist, when you are so utterly engaged with what you are doing that each moment seems effortless and you feel energized, focused and filled with the enjoyment of the process of the activity. When you are doing what you love, you can experience this sense of flow.

31) Do More Of What Works

When you find that place of flow, the trick is to find ways to feel it more often. Figure out what brings you joy, and then go get more of it! For example, it can be cooking your favorite food, or walking your dog, or even just shouting your lungs out while facing the sea.

32) Have Fun

Life without fun is no life at all. If you are working all the time, chances are you are not having enough fun. And if you are not having enough fun, you will feel unhappy, stressed out, maybe even aggressive, according to research. Having fun is a serious business!

33) Take Up A Hobby

Taking up a hobby is one way to have fun, engage the brain, experience flow, stay present, find possible purpose and fulfilment, and enjoy yourself. The list of hobbies is endless. What appeals to you? Maybe it's gardening, journal writing, knitting, or crochet, singing in a choir, building treehouses or computers. Try different things and find an activity that sticks. Then, stick with it. Hobbies can help you get into the place of "flow" where time seems to stand still and you become completely absorbed in what you are doing. Hobbies can give you a sense of accomplishment and satisfaction, as well as causing your mind and body to unwind.

34) Get A Dog, Cat Or Goldfish

Studies have found that owning a pet can calm you down, and help you relax, feel less alone and more connected. Having a pet can bring you a sense of purpose. Stroking cats and dogs brings about a feeling of calm, as does watching a tank of fish.



35) Walk Away

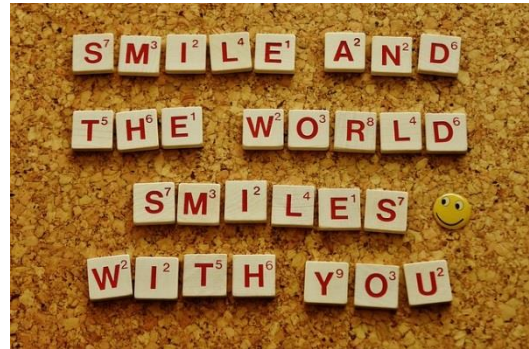
One way to avoid being stressed is to walk away from an escalating situation. Rather than engage with someone who is volatile or hostile, simply walk away. You can explain that you will connect with them when they can feel calmer. Learning to discern when something is not serving you is an art. Discovering that it is OK to set healthy limits for yourself can work wonders for your stress levels.

36) Non-Violent Communication

This is a four-step process of communication created by Marshall Rosenberg as a way of increasing the positive connections between people. Focusing on feelings and needs, it uses empathy to engage with another, to acknowledge and validate the other person's feelings and in so doing bring about solutions for greater peace and ease. You can read more about non-violent communication at cnvc.org.

37) Surround Yourself With Positive People

Do you feel drained by certain friends? It is time to ditch them. It sounds cruel but you are doing yourself a kindness by surrounding yourself with positive, supportive, and encouraging friends.



38) Progressive Muscle Relaxation

Lie down in a quiet place. Breathe. Clench our toes and feet as you breathe in. On the out breath, let everything go. Work through all the muscle groups in your body in this way, from toes to head.

39) Shiatsu

Japanese finger pressure is a relaxing and healing kind of massage, which utilizes the 12 energy meridian lines in the body. It is well known to be relaxing and great for getting rid of tension.



40) Naturopathy

A naturopath will look at the whole person to determine advice, which can include diet, supplements, vitamins, massage, or homeopathy. This can help with stress symptoms.

41) Affirmations

Affirmations are present tense statements in the first person (“I”), which help you change negative thinking to positive. Louise Hay and Shakti Gawain are the “grandmothers” of affirmations.

Here’s some affirmations to help you get started:

“My mind is free of resistance and open to endless opportunities.”

“I recognize every new challenge as a new opportunity.”

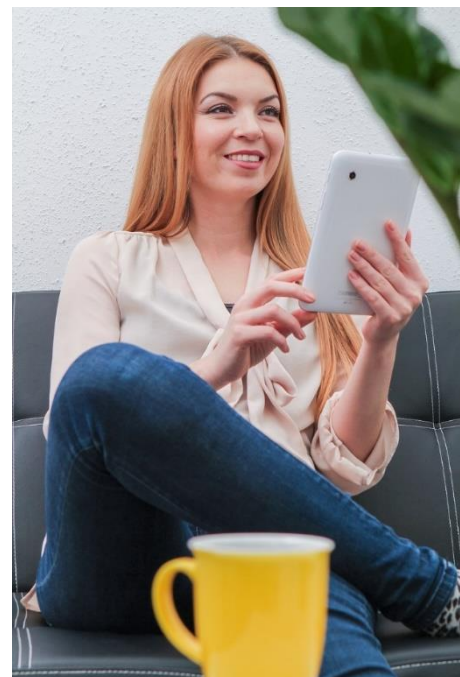
“Something wonderful is happening to me today”

42) Positive Self-Talk

“I think I can, I think I can, I know I can”. Just like the “Little Train Who Could,” when we talk positively to ourselves we can accomplish much more than we thought we could.

43) Smile

When you raise the corners of your lips to a smile, your brain is tricked into believing you must be happy, and starts making “happiness hormones” for you. So smile, even if you don’t feel like it. It will make you happy! Smiling also relaxes the muscles in your face and helps you release tension that way.



44) Inner Smile Meditation

In this meditation, you imagine a benevolent being smiling down on you. You send this positive, loving, smiling energy, all around your body. It helps you relax and feel a warm glow of happiness on the inside of you.

45) Have Sex

[Having sex](#) is a great way to bust some of that stress. Studies show that it helps you release tension and relax deeply. It aids deeper sleep. It helps boost your immunity and it's good cardio too!

46) Tantric Sex

[Tantric sex](#) an ancient Hindu practice that has been going for over 5,000 years, and means 'the weaving and expansion of energy'. It's a slow form of sex which multiplies the above benefits by allowing you to prolong the pleasurable period *before* orgasm. It trains you to slow down, relax, and enjoy the ride! The buildup of sexual energy can be sent to areas of the body for healing purposes.

47) Avoid Alcohol

Alcohol dehydrates you, corrodes your liver, and can create dependency, not to mention make you act in terrible ways at times! If you want a less stressful life, a sure-fire way is to get rid of alcohol.

48) Avoid Stimulants

Stimulants such as sugar, coffee, and amphetamines have been shown to keep your adrenals overactive and your stress levels high. Your sleep will suffer and you will experience fatigue, so you then take more stimulants to stay alert and the cycle continues.

49) Give Up Coffee

The experts tell us that coffee taxes the adrenals, and robs the body of vitamin C, as well as dehydrating us. It can make you anxious and jittery, and does nothing to alleviate stress. Cut it out gradually to avoid the unpleasant withdrawal symptoms.

50) Chamomile Tea

By contrast chamomile teas helps you sleep by inducing a drowsy state of well-being and relaxation. Sip a cup in the early evening to help you get to sleep.



51) Green Tea

Scientists have found that green tea is loaded with antioxidants and lots of nutrients. Even though green tea contains some caffeine, it will not give you the jitters, and it has a compound in it, which reduces anxiety levels. Some studies have found if you drink up to five cups of green tea per day, you may reduce your stress levels, significantly, although studies that are more conclusive are needed.

52) Supplements

Many supplements claim to reduce stress. These include magnesium, a muscle relaxant, melatonin, to help you with sleep cycles, valerian for anxiety and B-complex for improving mood.

53) Homeopathy

Homeopathic medicine uses very minute traces of a medicine found in nature, to treat “like with like.” It is recommended to seek a qualified and experienced practitioner because it can be very difficult to find the right remedy if you are trying to treat yourself. For acute and mild symptoms, this is okay.



54) Avoid Fried Foods

Fried foods are high in fat, calories, and salt and have been shown to contribute to serious problems like heart disease and obesity. If you have stress in your life, it is a good idea to avoid this type of greasy food.

55) Adjust Your Expectations

Does everything have to be perfect, and have to be done “Now”? Perhaps you are setting impossibly high standards for yourself and others around you. Life is messy and impossible to control. As soon as you learn to let go, you will feel so much better. Lower your expectations and you will feel less stressed.

56) Say “No”

Once you learn the art of saying, “NO,” you will be able to set much healthier boundaries for yourself. You will be less likely to overload yourself and you will feel empowered and capable. Perhaps surprisingly, most people are able to receive a “No” with understanding and respect. Try it and see!

57) Express Your Feelings

Find a way to safely express yourself. Bottling up your feelings only increases your stress and can lead to health problems. It is far better to find a way to release your emotions.

58) Express Your Creativity

Whether it's painting, dancing, writing, singing acting, poetry or a combination of any of the above, being creative can leave you feeling satisfied, accomplished, and complete.

59) Avoid Stressful People And Situations

Surrounding yourself with people of like-mind can be a great way to avoid generating stress. If someone is aggravated, loud, or vexatious, it is a good idea to avoid them if possible!

60) Be Flexible

Often we have a plan in our heads about the way things should go. Often, life has a different idea. Things don't always go according to plan. Being able to bend like a willow tree, or go with the flow, is a skill worth cultivating. Embrace unexpected change graciously.

61) Compromise

If you can't win, compromise. It saves a lot of heartbreak. Just think to yourself "How important is this issue? Do I want to be right, or kind?" Sometimes, when my wife and I don't agree on small issues, I would normally be the one who compromises. Because I know there's no harm to doing it; she's happy and I'm stress-free!

62) Manage Your Time

Print off a weekly schedule and organize each day. Leave ten minutes earlier. Prioritize. Make lists. Cross off each item when completed. Delegate. Know your limits and learn to say, No!



63) Get Organized

Being disorganized can exacerbate your stress levels beyond measure. It may feel counter-intuitive, but taking an extra five minutes to organize your desk can save you headaches and sleepless nights of anxiety in the long run. Instead of procrastinating, take a few minutes getting organized. You will thank yourself.

64) Anticipate; Don't Procrastinate

Rather than say, "I need to" or "I have to," tell yourself, "I choose to." This helps empower you. Give yourself rewards for tasks accomplished. Tackle each task as it arises so things don't build up. Look forward to the outcome. Do the most unpleasant tasks first.

65) Emotional Freedom Technique

EFT is a technique that stimulates various energy meridian points in the body by using gentle finger tapping, while simultaneously saying custom-made verbal affirmations. This technique helps you eliminate emotional "scarring" and reprogram how your body responds to emotional stress.

66) Find What Works For You

Just because you read it in a self-help article (such as this) does NOT mean it's going to be useful to you! Simply take what you like, and leave the rest.



67) Rediscover Yourself

Reflect on what works for you and write it on a piece of paper. Then plan to do more of it. If getting a massage, for example, helps, then regularly invest in it as a vital part of your stress-busting regime.

68) Flow

Flow happens when you are doing what you love. You lose all sense of time and become completely absorbed in what you are doing. All your stressful thoughts, sensations, and emotions will melt away and you will feel a sense of spaciousness and presence. Get into the flow as often as you can.

69) Make Meal Times Social Times

Inviting friends over might seem like a lot of effort, but it will pay off: connecting with friends over food can bring a sense of warmth and togetherness that helps the stress dissolve. Laughter and social engagement gives you a healthy break from stress. If a dinner party is too much, organize a potluck. Everyone brings a dish and it's so easy!



70) Find Community

Joining a group of like-minded individuals can help overcome any sense of isolation and bring a healthy sense of belonging into your life. Community is vital to our well-being as we are social animals. Reach out and connect.

71) Love

Love doesn't have to be in an intimate relationship. Love can come in many forms. The old myth that we need a partner to sustain us can give way to the idea that we can find Love in many ways.

Count the number of ways love comes to you in your life, a friendly smile, a sunny day, the laughter of children, a puppy wagging its tail to greet you. The Taoist masters say that, "Love heals." And it does. And if you want Love, give Love...



72) Turn Towards One Another

If you are in an intimate relationship, one of the ways to help each other maintain equilibrium and dissipate the stress of an argument is to "turn towards one another." Embrace, forgive and look towards each other (rather than turn your back, or give the cold shoulder).

73) [Find A Life Partner](#)

Studies show that people in long-term intimate relationships are happier and live longer than people who live alone. Be specific about what you are looking for: Write it down in detail. Then, go out and date.

The key is, don't stop until you find who you are looking for! Dating is a numbers game; it is a bit like getting a job. If you persist, eventually you will succeed.

74) Be OK Being Alone

Learn one of life's ultimate lessons, the art of loving yourself. This is a skill you can cultivate over time. Be gentle and kind with yourself at all times. Practice sending loving-kindness to yourself.

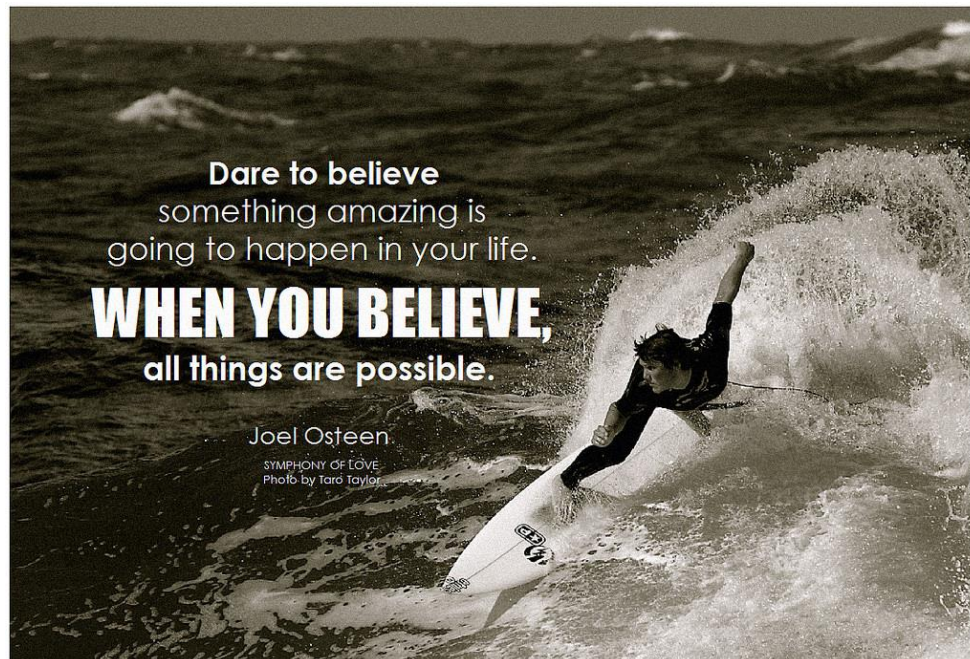
75) Trust

Learning to trust in the ultimate goodness of life can be hard, but a very worthwhile lesson to learn. Part of our stress is a worry and anxiety about the future. But how often has life proved to you that things eventually turn out okay? Life is either for you, or for your growth.

Even when the going gets tough, there are usually vital growth lessons to be learned, and special gifts to be garnered from the challenges that life presents us with. Trust life, and you can feel at peace, no matter what your circumstances.

76) Believe

Whether you believe in the ultimate goodness of life, or in a higher power, or a divine being, having a spiritual belief system can help you offload some of your stress. It can be such a relief to hand all your troubles over.



77) Surround Yourself In Love And Light

Healers will say that surrounding yourself in “white light” is a good way to protect yourself from life’s impacts and from any negativity that may be directed towards you.

Try it next time you visit the mall,

and see if it makes a difference in how stressed you feel.



78) See The Best In Others

Studies show that when you think a thought about someone else, your body registers it as being about you. In other words, what you give out comes back to you. Therefore, when you send loving kindness out to others, your body believes it is being sent to you. This is one reason why being kind towards others helps you feel better too.

79) Forgive Yourself

You can relieve your stress in a big way by learning how to forgive yourself. Often, we are our own worst critics. Forgiving yourself unconditionally can unburden you of a heavy load. You will feel lighter and more energized when you truly forgive yourself.

80) Forgive Others

Of course, forgiving others is a wonderful way to release yourself from internal angry and resentful chatter about other people, for perceived wrongs against you or perhaps those other people just weren't behaving in the way that you wanted them to.

Forgiving others frees up more energy for you to focus better on the task at hand. You will be more efficient and more productive when your energy is not being sapped by negative thoughts about others.

81) Accept What Is

Another energy sucker is railing against the way things are. Perhaps you are going through some stressful circumstances right now. You believe that “This wasn’t part of the plan!” As long as you resist the facts and the events of the moment, you will experience a tension in your body and an increase in stress. Believing that the “universe” either supports you, or supports your growth, is a good way to “reframe” events to have an ultimately positive outcome for you.

82) Practice Loving Kindness

Loving kindness is a form of meditation known as “metta” meditation, originating in Buddhist philosophy. In a nutshell, you first picture yourself sending loving, kind,



energy, or intention towards yourself. Then, send it to someone towards whom you feel neutral. Next, send it to someone whom you love. Then send it to someone for whom you feel antipathy. Finally send it out to the whole world and the whole universe. Do this daily, if only for a few minutes and you will definitely experience more peace and inner tranquility.

83) Perform Random Acts Of Kindness

Science shows that being kind to others produces oxytocin, the “love hormone” which makes you feel happier; kindness reduces blood pressure, stress levels, depression and anxiety. It even gives you more energy. Perform a random act of kindness today!

84) Give

Just as being kind increases your feelings of self-worth and self-esteem, so does the act of giving. When you give, you feel better, happier, more fulfilled and calmer, and more at peace. Practice the art of generosity. It is like exercising a muscle: It gets stronger with use. Studies have shown that when we give to others, we feel better about ourselves, our self-esteem improves, and we increase our sense of connectedness and belonging.

85) Receive

Receiving is much harder for some people than giving. Yet when you open to receive, you are also helping the other person by allowing them the privilege of contributing. When you open to receive, you experience more joy, more happiness, and less stress. Allow your “receiving muscles” to get some exercise too. It is important to keep a healthy balance!



86) Die Before You Die

The Sufis talk about the “little deaths” our egos must undergo as life shapes us into wiser and better people. By relaxing our egoic grip on life and surrendering to its Mystery, and to being in service to that Mystery, we can lead a life more fulfilling and more purposeful and peaceful.

87) Face Your Own Mortality

Once you become aware that we all live in the “crucible of death,” to quote author Stephen Jenkins, you can live with more aliveness and vitality, knowing, as the Tibetan Buddhists say, that death can come at any moment.

88) Process

Whether through journaling, talking to a friend, or a counsellor, or thinking things through as you walk your dog or do your daily jog, processing your stress can be a good way to off-load the burdens of the day.

89) Offer Blessings

To bless means to offer good words about someone or something. When you bless things, the blessing simultaneously comes back to you, as science has shown: The brain cannot distinguish between self and other! So, think kind thoughts, and give blessings, and you too will be blessed.

90) Sit In Silence

Just sitting in silence and focusing on quiet helps to elicit the relaxation response in the body, and calms your mind. You can do this after meals, sipping on a cup of tea, while watching passerby rushing away on the streets.

91) [Reintroduce The Romance Into Your Relationship](#)

Is your relationship feeling overly familiar, boring, and routine? Have you fallen into patterns of falling into bed each evening to watch a movie or read a book? Plan a special date night, an intimate candlelit dinner, or a romantic walk along the beach. Quality time together with your sweetie will bring you both into a more positive and relaxed, uplifted state of mind.

92) Learn to Love yourself

Learning to truly love yourself is one of the greatest gifts you can give yourself. When you love yourself, you will have greater self-esteem; setting healthy boundaries for yourself becomes easier; saying “No,” is easier. You will be able to discern what is healthy and good for you and what is not.

93) Focus On What Is Going Right

When you take your focus off the negative and give attention to the positive stuff in your life, you start to spiral up towards more and more positive emotions, as psychologist Barbara Fredrickson has theorized. When you take your attention off the negative, it becomes less of an issue. “Energy flows where attention goes,” actually has scientific merit to it.

“What we repeatedly think about and where we focus our attention is what we neurologically become. Neuroscience finally understands that we can mold and shape the neurological framework of the self by the repeated attention we give to any one thing.” — Joe Dispenza from *Evolve Your Brain – The Science of Changing Your Mind*.

94) Keep Things In Perspective

It is easy to let our mental thoughts get out of hand, blow things out of all proportion and have us panicking unnecessarily. This is called “catastrophizing” and is an example of limited beliefs. We can change all that. Next time you have a negative thought about something, ask yourself, “How will I feel about this in five years’ time?”

95) Take A Hot Bath

Even better, add magnesium salts to your bath. Magnesium salts can draw toxins out of your body. They help relax your muscles and can make you feel very sleepy. A good idea before bed!

96) Lie With Your Feet Up

If you can, lie on your back, scoot your butt in to the wall, and rest your legs up against the wall for just five minutes or so. Your legs will get rested and the blood will go to your head, leaving you refreshed, relaxed and alert.

97) Learn Hand Stands

You can do handstands against the wall too, to start with. Build up from just a few seconds to a minute or more. You will strengthen your arm muscles, bring fresh blood to your brain, and de-stress. Handstands bring fresh blood to the adrenal glands, allowing the stress response to turn off.

98) Live In Harmony With The Natural Cycles Of Nature

Before the advent of electricity, humans lived in a closer relationship with the natural cycles of the earth. Consciously tune into these by observing the changing seasons, the shortening or lengthening days and nights, and the cycles of the moon.

You will feel more in tune with the natural rhythms of the earth and the cosmos. This will help you feel connected to something much larger than yourself and can bring you inner peace, knowing that you are part of a larger order.

99) Practice Qigong

[Qigong](#) (alternatively spelled chi gung or chi kung) is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

The practice of Qigong will give you inner tranquility, helping you manage the stress, anger, depression, and general confusion that prey on your mind when your chi is not regulated and balanced. You may wish to check out Macus James Santer's [Qigong Secrets Home Study Course](#) on a clear guidance on practicing Qigong in the comfort of your home.

100) Keeping A Diary

I know it is now the 21st century and most of us have gone digital. But hey, keeping a physical diary helps to vent all your anger, negative thoughts and emotions onto paper, which is likely to make your feelings and problems seem less intimidating. Writing can be both insightful and therapeutic, so I would advise you to get those words down on paper.

101) Get A Coloring Book

Coloring books have gained popularity in recent years as a tool for relieving stress, for a simple reason – it helps you chill out because it's very difficult to focus on other things when you're doing it.

Final Thoughts

Knowing how destructive chronic stress can be, and the significant impact that stress can have on your health, it becomes obvious that stress management is detrimental to achieving a balanced life. We live much longer today than ever before and have the knowledge and the tools to take the power into our own hands when it comes to our own well-being.

In my country, one in ten adults suffer from mental health disorder, and the number 1 cause is stress. Therefore, there's a need to look into reducing this number.

We can minimize our suffering and pain, and maximize our longevity, our health and our well-being, by being proactive when it comes to vanquishing stress. There are so many ways to go about it: Try out different techniques and find what works for you.

Then, do more of what works. By keeping your stress level to a minimal, your quality of life will necessarily improve and you can be a happier, healthier, more energized, more life-loving being, with less trips to the doctor and much greater peace of mind.

Take care of your stress, before it takes care of you!

The final section of this eBook is a compilation of resources which are helpful towards your positive health, as well as mental well-being. Do check them out.

P.S. And if you think this eBook is awesome and would like to support my cause in creating more self-development resources, do [make a donation here](#). Any amount is appreciated 😊

Resources



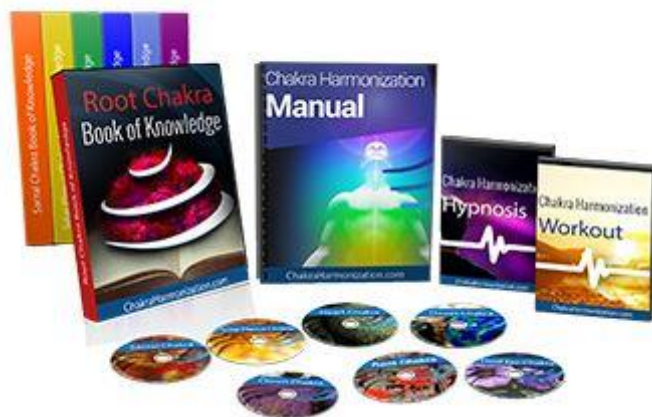
Shapeshifter Yoga

The shapeshifter yoga program teaches simple, gentle but effective yoga moves that will help you firm and tone your body, increase your flexibility, suffer less pain and discomfort, and also improve your sex life.

<http://billyingteo.com/yoga>

Chakra Harmonization

Every one of us has 7 chakras, each represents an energy centre of spiritual powers in our body. These chakras can be affected by other energy surrounding you everyday and all 7 need to be kept in balance. Because an imbalanced energy ecosystem could sabotage your reality. Check out how Chakra Harmonization will help you keep your 7 chakras balanced, help you erase stress, and increase your quality of life.



<http://billyingteo.com/chakrahar>



[101 Toxic Food Ingredients](#)

Anthony Alayon's 101 Toxic Food Ingredients documents harmful food products which we're still consuming in our daily lives, because we're taught that they're safe! For instance, the Blue #1 artificial color in your gatorade used to be made out of coal... now they use synthetic oil instead, the same kind that you put in your car! And the new artificial sweetener in town is potentially dozens of times worse than Aspartame... Discover more facts about our food from him.

<http://billyingteo.com/101toxicfood>

[4 Week Diet](#)

Learn more about Brian Flatt's diet program for safe, rapid weight loss. Based on a decade of scientific research, it promises 24-32 pounds of body fat in just 28 days. The diet system has helped thousands lose weight, proving virtually foolproof.



<http://billyingteo.com/4weekdiet>