



# 7+ Stress Tips

(**Special Holiday Edition**)

For When It's All Too Much

By Elisabeth Kuhn, Ph.D.

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<http://www.MyFavoriteSelfHelpStuff.com>

<http://www.ChristmasPresentIdeasBlog.com>

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The author assumes no responsibility for the use or misuse of this product. She is not a medical doctor.

While the information in this book (and in the full version of this book) has been shown to relief stress quickly for most people in most situations, it is not intended to diagnose or treat health conditions of any kind.

If you find that the techniques don't make you feel a lot calmer quickly or if you need medical help for any reason, please consult your physician or other medical professional.

Meanwhile, you may also want to get the full-size downloadable book with many more strategies, some of which are extremely powerful, to see if that will help you. You can find it at

<http://www.InstantStressReliefStrategies.com>

## Introduction

The Holiday Season is in full swing, and in addition to our usual stressors, NEW ones are being added constantly.

What to give people for Christmas (or Hanukkah or whatever you're celebrating)? How to pay for it? Where to find the time to do it all?

What about all those Holiday parties. What about getting the house ready for Christmas and and and...

Yikes! And this is supposed to be a wonderfully relaxed and contemplative time of the year!

So what I've done is I've created a special edition of my Seven Stress Tips ebook to help you make this Holiday Season happier and calmer than usual.

So if you have way too much on your plate and not enough day to do it in, read on.

If you're stressed or anxious about something, or you're discouraged or frustrated, read on

Here's another reason to read on: When you're in the middle of it, when you're stressed or worried, have you noticed that things tend to go from bad to worse? Why is that?

Thanks to "The Secret" and Abraham-Hicks, most of us have become quite familiar with the Law of Attraction: "Like draws like." Here's what this means on a practical level: The worse you feel, the worse things get.

As if you didn't feel miserable enough already! Well, the way it seems to work is that as long as you feel stressed and anxious you draw more things that justify your anxiety and make you even more stressed and worried.

So whether it's finances or creating a happy Christmas season for your loved ones, stress can throw serious road blocks in your way. If you're stressed, you're practically exuding "good-stuff repellent."

Think about it. When you're under pressure and feeling stressed, you're less responsive to others. Your focus is elsewhere. And that can really make for a less than wonderful Holiday season. There they are, your kids, wishing for some of those holiday traditions they've seen on TV, and you're all stressed out and unable to respond to them.

But you don't have to let it happen. Get a grip on your stress reactions, and you'll be able to think more clearly and be more proactive in your actions as well. Why allow stress to get to you and sabotage your Christmas when there are so many ways to tame it?

Of course, there are more good reasons to get a grip on stress and to get happy, like your health, but let's focus on getting less stressed and happy.

For the original [Instant Stress Relief Strategies ebook](#), I compiled my personal tool box of emotional rescue remedies as a matter of survival. I had ample opportunity to try out tips, tricks, remedies, and more, and eventually, I got better and better at actually remembering to put them to work.

And then, I pulled out 7 easy strategies and put them into the original 7 Stress Tips Report. They're included here.

But for this official Holiday Edition, I'll also point you to a few extra resources that may help specifically with reducing your Holiday stress and help you and your loved one enjoy that special time of the year.

About those basic stress tips... They work. Not all of them all of the time, and not even all of them for everybody, but

most of them work for most people. So dig in and pick a few that sound good to you and put them into action.

**Important Note:**

The techniques in this book are not designed to replace a physician or a skilled therapist if that's what you really need. However, many may work well in conjunction with your doctor-ordered other therapies.

Please note that these are only seven of the many techniques that are available in the full-size book. If you need more information, consider checking out <http://www.InstantStressReliefStrategies.com>

## 1. A walk in the park (or a tour of your local Christmas lights displays)

Or a walk on the beach, or anywhere else you like, preferably outdoors. There are two reasons for that:

1) Your body is producing fight or flight hormones, and unless you actually engage in some real physical activities, they're just floating around inside your system and create all sorts of havoc. So exercise will help with getting them out of your system. And the more intense the exercise, the better – within reason. A trip to the gym will work very well indeed.

2) Exercise also raises endorphin levels and will make you feel better. Exercise fights both stress and depression. A veritable miracle drug! Bonus: sunshine.

And if it's cold and dark outside, seek out your local Christmas lights displays to cheer you up! There's something hardwired into us that releases endorphins just from looking at them.

**en·dor·phin** (ĕn-dôr'fĭn)  
*n.*

Any of a group of peptide hormones that bind to opiate receptors and are found mainly in the brain. Endorphins reduce the sensation of pain and affect emotions.

## 2. Take your Nose off the Screen

This one I learned from Roger Mellott. His image of a fly sitting on the TV, able to see just one dot and not the big picture, made it oh so clear what often happens, especially in times of challenge or stress: We have our nose on the screen. We don't see the big picture.

What we need to do is back up. Get some perspective. Whatever it is that's bugging us, is it really as monumental as it seems? How important will it be in a week, a month, a year, or ten years? Probably not very.

Another aspect of the nose-on-screen game is forgetting to look to the past. Chances are you've been there before. You've thought this time for sure it would be all over. And yet, here you are, worrying all over again.

And when it comes to Christmas Season, it's especially important. Enjoy being with your family. And if you need some help with recreating that magic of your own childhood for your family (and get some trouble-shooting tips), check out <http://www.christmaspresentideasblog.com/fhm>

Or just visit my Christmas Present Ideas Blog, which has lots of additional tips and a FREE gift for you:

<http://www.ChristmasPresentIdeasBlog.com>

### **3. Sleep on it**

Sleep deprivation affects your ability to cope with stress. But there's something else going on, and this one is connected with the previous point: Get your nose off the screen.

Sleeping on it gets your nose off the screen very effectively. Your brain does some wondrous things while you're in z-land. How often have you been stressed or unhappy when you went to bed - and the world looked like a much better place when you woke up in the morning? Happens to me all the time.

Life swings back and forth. Sometimes a situation may look hopeless, yet a week later you wonder what the heck seemed so impossible about it. So when things look bleak, promise yourself that you'll defer judgment until you've slept on it at least one full night. Maybe even two or three. Things really do look better in the morning.

Just think about it... Christmas Eve, the kids go nuts in anticipation of what Santa may bring... And yet, the next morning: Pure Magic! At least hopefully.

Meanwhile, if you need some help with making that magic happen, do take a look at my Christmas Present Ideas blog

at <http://www.christmaspresentideasblog.com> and especially the Family Holiday Memories ebook you'll find there.

Sign up for my news updates and get a FREE ebook with fabulous edible gifts (saves a lot of \$\$) -- and a discount on "Family Holiday Memories" as well!

#### **4. Music**

Listening is good. Singing or playing it can be even better. Check out <http://www.singforyoursoul.com> which is Lauren Lane Powell's website. Her mission in life: teaching singing to those who think they can't sing. She created a series of amazing videos and DVDs of her workshops. They're pretty funny too.

Find a CD of your favorite Holiday songs and play it often. Sing along! Maybe start a tradition of caroling, or, if you are a member of a church that has a choir, consider volunteering as a temporary member (or a permanent one). Singing really lifts your spirits and relieves stress in a hurry while filling you with joy.

Speaking of joy... Another great CD, "Joy, Joy, Joy," is available from <http://www.abraham-hicks.com>. It's very uplifting and designed to get your vibrations sky-high.

## 5. Collect inspirational refrigerator magnets

And greeting cards or mugs too. Contemplate them when you need encouragement or perspective. Ask your friends to buy them for you whenever they see any with encouraging messages. And buy them yourself whenever you see one that lifts your spirits or even just makes you smile. I have quite a collection. A few of my favorites:

*Don't take life so seriously. It's not permanent.*

That's on a mug I bought while going through chemo

*The purpose of life is not to arrive safely at death.*

(Alan Cohen)

This one reminds me that there's a reason for why I am where I am and that I chose to be there even if it was a bit riskier – and scarier -- than playing it safe would have been.

*When you're going through hell, keep going.*

(Winston Churchill)

That one says it all. Hang in there. When the night seems darkest, the dawn is just around the corner. Or something.

## **6. Write a Gratitude List:**

This is a very powerful tool for both calming yourself in times of stress and manifesting better things in your life. And there's no better time to do it than the Holidays!

Take time out to feel and express gratitude for all of the blessings you have received over the year as well as those you are receiving right now. There are the big or obvious ones, such as friends and family, and your health.

And then there are the seemingly smaller ones. For me, those include, for example, the soothing warmth of a freshly brewed cup of coffee with just the right amount of cream -- and the fact that I have access to all that, which means the little things aren't so little really, just less obvious.

You get the idea. Sometimes even things that don't seem cause for gratitude actually are! Sometimes much more so than we realize at the time.

So start a gratitude journal. Buy a beautiful journal at your neighborhood bookstore and keep it next to your bed. Every night (and/or every morning), write down a few things, that you are grateful for. Watch your mood shift. Watch many more things appear that will be cause for gratitude. And why not build it into your Christmas tradition!

## **7. Putter, Go Sailing, or Bake Cookies ;-)**

Do you feel guilty when you just putter around the house, without doing anything specific? I used to. But then I came across a book about coping with too much stress: Robert Bramson's "Coping with the Fast Track Blues."

Bramson's revolutionary advice? Puttering. Free time spent in utterly unstructured activity. One of my friends has figured it out. He goes sailing, and if you think about it, sailing is about as unstructured as you can get, unless you're in a race, which obviously doesn't count for this purpose. Sailing for fun is relaxing and absorbing at the same time, a perfect combination.

I remember being quite surprised when I discovered that. I got on the boat worried about falling into the water and getting seasick. Instead, I found myself feeling more relaxed than I had in a long time.

Free time — this, by the way, does not mean vegging out in front of the TV, but truly free time. Just hanging out, alone or with friends. Bramson mentions floating down a slow-moving stream (this is what reminded me of sailing, which works much the same way and for the same reason).

And since it's the Christmas Season, let's think about another way to "putter."

How about decorating the Christmas tree? How about baking some cookies. Or creating holiday crafts as gifts or as decorations for your own home?

All of these have the same effect -- they get you focused on the moment and let the stressors of the rest of your life drift away. And cookies provide a powerful aromatherapy bonus!

You might have guessed that [Family Holiday Memories](#) has some great ideas for what to do along those lines. It really does. That's what it's all about -- creating a space for you where you'll get to enjoy the Christmas spirit for weeks and not just for one day. And a lot of the ideas are designed to reduce your stress.

And speaking of baking cookies... That "edible gifts" book I just mentioned? It's FREE! Just go to my [Christmas Present Ideas blog](#), sign up in the box at the top right, and you can download it right away. It's filled to the brim with recipes that you can fill into a jar and give as presents to your loved ones.

Of course, I highly recommend that you also bake yourself a batch of cookies or three ;-)

## **Bonus Tip: Get a Grip on your Time**

Do you ever find yourself with too much to do and not enough day to do it in? If so, time and how you manage it could be at the core of your stress issues.

Of course, we all have the same 24 hours available every day. How come that some people manage to get more done than others?

Some of us are simply being "too nice" and don't set good boundaries. Others have issues with procrastination.

No matter which group you belong to, you'll find that your stress levels will get lower quickly if you figure out where the bug is in your system and how to eliminate or tame it.

Here's a resource that can help you tremendously. It's not your traditional time management advice either. Take a look and see what you think: <http://www.IMTimeMastery.com>

In fact, I highly recommend this amazing course, especially for Internet Marketers or busy professionals (and those who would like to be liberated from their day jobs (it has a special bonus program to help you with escaping your day job). But it also helps a ton with getting ready for Christmas!

## What's next?

Pick your favorites from the above tips, and be sure to remember to use them whenever you're stressed or in any situation that could benefit from higher vibrations. And before you know it, your moods will have shifted, along with your vibrations.

Of course, there's lots more information where these seven tips came from. You can get the full-size downloadable manual at <http://www.InstantStressReliefStrategies> and will find many more tips, some of them extremely powerful. They include strategies that help relief stress at all levels, mind, body, and spirit.

It includes a primer on aromatherapy, with examples of scents that are especially calming, and one on Bach Flower.

Speaking of aromatherapy, did you know that even just baking cookies is FANTASTIC aromatherapy for calming you down and lifting your mood?

The manual also includes a detailed introduction to EFT (Emotional Freedom Technique) where you literally tap away your stress (and other distressing emotions).

It includes several other more involved techniques -- and other fast-acting ones as well. And EFT, once you've learned how to do it, may well be one of the most powerful and fastest-acting you'll ever find.

Meanwhile, I hope you enjoyed my report, that your stress levels have dropped noticeably, and that you have a fantastic Holiday Season!

Once again, please visit my Christmas Present Ideas blog for gift ideas and more (and to get your FREE edible gifts book):  
<http://www.ChristmasPresentIdeasBlog.com>

Also please visit my brand new Squidoo lens at  
<http://www.squidoo.com/last-minute-gift-ideas-tips>

And take a look at "Family Holiday Memories" at  
<http://www.ChristmasPresentIdeasBlog.com/fhm>

And... please come visit my self-help stuff blog too:  
<http://www.myfavoriteselfhelpstuff.com>.

Have a very Merry Christmas!

A handwritten signature in blue ink that reads "Elisabeth Kuhn". The script is cursive and fluid.

Elisabeth Kuhn

## Resource List:

Christmas Resources (Gift Ideas):

<http://www.ChristmasPresentIdeasBlog.com>

<http://www.squidoo.com/christmaspresent-ideas>

<http://www.squidoo.com/last-minute-gift-ideas-tips>

More Christmas Resources: Make Family Holiday Memories:

<http://www.ChristmasPresentIdeasBlog.com/fhm>

Aromatherapy: <http://www.aromatherapeutix.com>

Time Management, especially for Internet Marketers or busy professionals (and those who would like to be liberated from their day jobs): <http://www.IMTimeMastery.com>

And if you believe in fixing the situation by making more, go to <http://www.make-money-online-step-by-step.com> to discover a VERY cool ebook that not only has 20 ways to make \$100 a day -- with step-by-step instructions by 20 veteran internet marketing experts -- but it even comes with complete resale rights (and its own sales page), so you'll have an instant business in a box (and you'll be able to make your investment back with the very first sale!)

Speaking of business-in-a-box. A blog isn't quite that, but it's a tremendous tool for helping you make more money, directly or indirectly, and you can get in on a very special offer for my blogging course where I'll help you BUILD a money-making course with easy step-by-step tutorials.

Check out the Dime Sale Special at

<http://www.warriorforum.com/warrior-special-offers-forum/142898-get-your-money-making-blog-set-up-before-christmas-special-starting-right-now.html>

And if that's expired, you can get it here:

<http://www.TheBloggingCourse.com/go>

Last but not least, here's a FREE ebook on Amazon.com vs. eBay for selling stuff:

<http://www.ebayvsamazon.info>

And a FREE ebook on building an eBay business:

<http://cbpirate.com/s/auction/drk>

For an updated list of resources please visit the "Resources" section at <http://www.myfavoritselfhelpstuff.com>

While you're there, please sign up for my self help stuff newsletter as well -- you'll get lots of information about stress

relief, the law of attraction, and other resources for body, mind, spirit, and prosperity.

If you want the full-sized version of my stress manual (year-round version) with more strategies and FREE updates, or if you believe someone you know might benefit from a copy, you can get it anytime at

<http://www.InstantStressReliefStrategies.com>

And if you'd like to apply for one of my ten monthly complimentary exploratory coaching sessions to help you through stressful times or make a change in your life, please email me at <mailto:coaching@myfavoriteselfhelpstuff.com> and I will personally get in touch to set up a phone meeting.

Here's wishing you a fabulous and stress-free life!



Elisabeth Kuhn

<http://www.ChristmasPresentIdeasBlog.com>

<http://www.MyFavoriteSelfHelpStuff.com>

<http://www.TheBloggngCourse.com/go>

<http://www.LinguisticLeverage.com>

<http://www.RichmondWebMarketing.com>