

Overcome

The Habits

of Stressed Out People

Are you stressed? Then let's take a look at what's causing you to be stressed. Are you stressed over money, being lonely, too much to do, what others are saying about you, what others are doing, there's just no fun in your life, and worrying all the time? These are the seven big areas that people have a hard time dealing with.

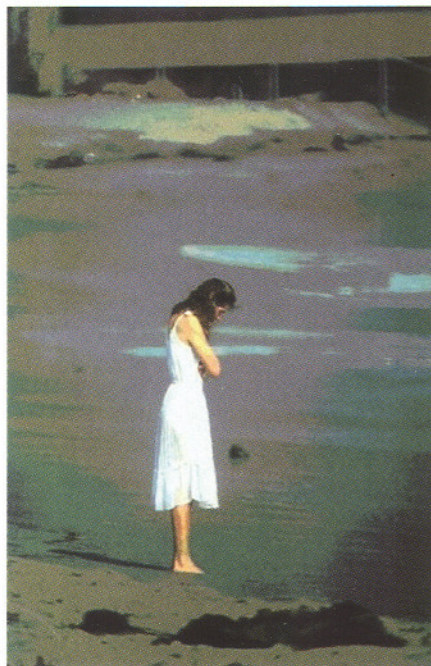
By Paul Haider

Money

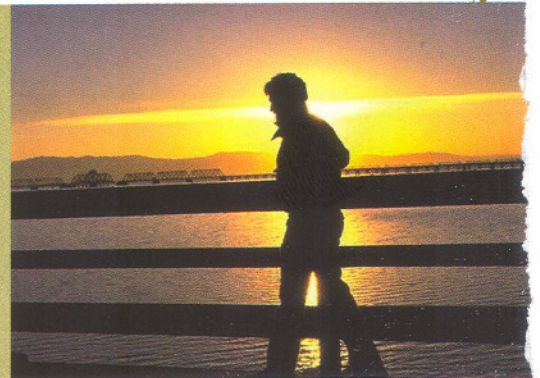
Let's take the first one, money. Are you doing all you can do to earn your maximum earning potential? If not, then you must sprinkle action over your ideas to make wealth take root in your garden of prosperity. Perhaps your actions and energies are being sent in the wrong direction. Sometimes you have to stand back, and see if you are happy at what you're doing, and find others to give you ideas as to what the next step might be. And lastly, you just might have to stop what you are doing and try something different until you find the right work that will help others. All else is needless worry.



Loneliness



Are you stressed over being lonely? You're not the only one. There are so many people who are lonely. So what are you doing about it? Are you getting out and meeting people? Or are you sitting at home hoping someone will come knocking on your door? Another attitude is to find love and intimacy with lots of people. You can extend love to everyone around you and ask for a big hug anytime. Here, we look at love as being a romantic relationship between two people. In other countries, love is everywhere. Love is extended to neighbors and friends, and love, care and compassion is given back freely. It doesn't have to be romantic to be love. Love comes in many forms and packages.

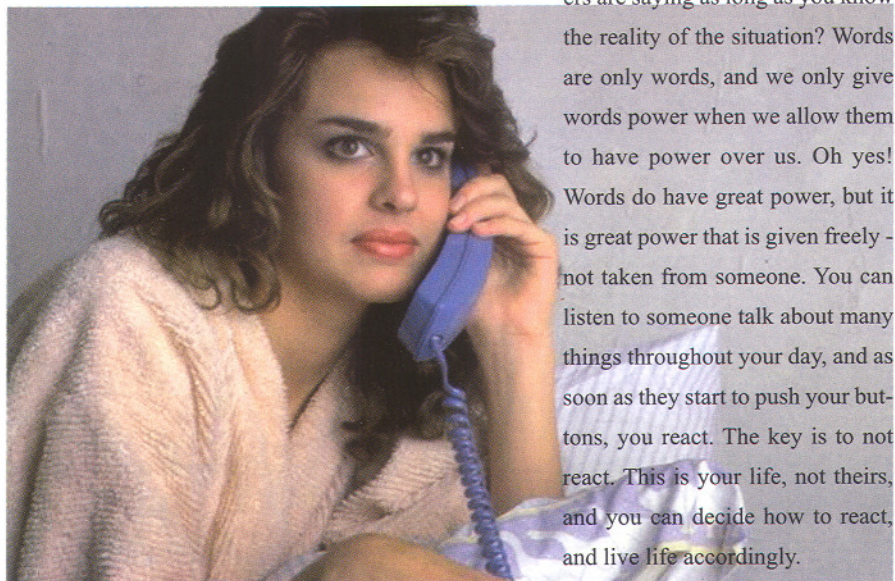


What Others Say

Are you stressed over what other people are saying about you or about other people? So tell me, what does it really matter what others are saying as long as you know the reality of the situation? Words are only words, and we only give words power when we allow them to have power over us. Oh yes! Words do have great power, but it is great power that is given freely - not taken from someone. You can listen to someone talk about many things throughout your day, and as soon as they start to push your buttons, you react. The key is to not react. This is your life, not theirs, and you can decide how to react, and live life accordingly.

Too Much to Do

Are you stressed with too much to do? Then stop and rethink what you are doing. Are all the things you're doing important? Would it be possible for someone else to help you out? Perhaps it's time to ask for help. And lastly, perhaps it's time to simplify your life. If all the running around you do ends up killing you, is it worth it? Of course not! So why not stop now? The biggest reason is that you have habits built around all this busy stuff that need to be changed and re-prioritized. So make time to find out what's important in life.



What Others Do

Are you stressed over what other people are doing? Then who made you the ruler of the Universe? We only have control over one person, and guess who that is? Ourselves! We cannot make anyone do anything; they have to live their own life. When we worry about what someone else is doing with their life, usually it's because we don't want to look at our own life. This is the time to pull in the reins and look at the home turf. This is where all the answers lie for your life. Stop putting off the changes you have been thinking about for a long time. At this point it doesn't matter what other people are doing. What you are doing is more important.



Life is No Fun

Stressed because there is no fun in life? Then it's time to open your eyes and go out and find fun. Where I live there are all kinds of fun things going on almost every day. But most of us sit at home wishing we were having fun. That won't cut it. Again, it's time to put action in place and make life happen. Have fun for you, not for anyone else, and don't wait for that special someone to come along. It may never happen. Start having fun now because now is the only time there is. You can't have fun in the future on the past, now is the name of the game. Go out and make it happen.

Worry

Are you stressed because you're worrying all the time? The only thing worry does is bring you down, and start the cycle of depression. If we could harness the energy we put into worrying every day and make energy from it, we could light up the city of New York for a full month. Don't waste that energy; put it to good use. Instead of worry, make good use of your time and volunteer with people that need your help. Then if you still find yourself worrying, allow yourself to be in the moment and know that everything is fine right here and now.

If you deal with these seven major habits of worry and stress in your life, you will be closer to attaining a state of Inner Peace.

As the old saying goes: *"The Symptoms of Inner Peace are: A tendency to think and act spontaneously rather than on fears based on past experiences. An unmistakable ability to enjoy the moment. A loss of interest in judging other people. A loss of interest in judging the self. A loss of interest in interpreting the actions of others. A loss of ability to worry. Frequent, overwhelming episodes of appreciation. Contented feelings of connection with others and nature. Frequent attacks of smiling. An increased tendency to let things happen. And an increased susceptibility to Love, which is extended by others, as well as the uncontrollable urge to extend it."*

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Mr. Haider is the author of the book "Relax Into Success" which has been a best seller in Puerto Rico and is coming out in the US. He is a specialist in the area of Stress Management and Life Coaching, showing you how to live an Extraordinary Life full of peace and abundance... with more time for your family and loved ones, doing the things you really love to do. If you have questions or need more information, please email him at relax@paulhaider.com. Visit his website at www.paulhaider.com or call 1-866-368-8399