

20 - SECOND STRESS BUSTERS

**Simple Keys to Relieving
Daily Stress**



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SO-LU'SHUNZ LEADERSHIP SERVICES

DAILY STRESS BUSTERS,
ONE MINUTE DAILY STRESS BUSTERS,
ONE MONTH OF DAILY STRESS BUSTERS
&
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DEDICATION

This book is dedicated to each of the people whose words have formed the basis for these daily musings. Each spoke something of personal value to me, from the serious to the whimsical. I hope they do the same for you!

INTRODUCTION

"It's not stress that kills us; it's our reaction to it."

Dr. Hans Selye

Stress is at the root of an incredible number of society's ills! Emotional, psychological and physical health are all severely compromised when stress takes over and has its way!

Its origin is surprisingly simple. Stress is the result of attitudes arising from our *perceptions* of events and circumstances. The key to mitigating this daily stress is in taking a step back from the circumstances and changing our focus. Our perceptions will often change and, along with them, our attitudes and ultimately the degree of stress we experience.

Events don't *cause* stress; they *trigger* potent perceptions.

The level of stress we experience is a result of what we *believe* about events more than about the events themselves.

In the days and weeks to come, we will be looking at some *stress busting words* and examining how they can help us to take that step back, change our

focus and alleviate that daily stress before it begins to eat away at our wellbeing.

*Karin Syren
December, 2013*



Another great stress buster is turning your New Year's [Resolutions into Realities](#). Click for details on this powerful coaching program offered at a January discount for a limited time.

-DAY 1-



“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.”

Bertrand Russell

“What we must decide is how we are valuable, rather than how valuable we are.”

F. Scott Fitzgerald

Taking ourselves and what we do too seriously is a surefire way to increase stress levels and equally stressful is being unaware of the value we have to offer. *Balance* is the key and perspective is the means of achievement.

Take a step back, just far enough to see your *human impact*. Is your work ultimately of value to people, particularly to those within your immediate sphere of influence? If so, keep that perspective in mind as you pursue your deadlines and press toward your goals. The value of your work will become clear and you will be assured of your personal value in the overall process as well.



Click to learn more about So-lu'shunz' answer to work/life balance, [The Juggling Act](#).