

# ***Fight Stress & Win***

by Kathy Thompson



## **Contents**

Introduction  
Breathing  
Food  
Exercise  
Sleep  
Confidence  
Laughter  
Fun Stress Exercises

## **BONUSES**

1. Stress Chart
2. Complete Relaxation
3. F-L-Y Chart
4. A Little Squeeze

Conclusion

This program can help you fight stress and win anywhere, anytime, and improve your health. If you need any help, contact me, Kathy Thompson, at 512-353-7663 or [success4u@kathycommunicates.com](mailto:success4u@kathycommunicates.com)

Let me know how you are doing. Take care and have a good laugh every day. Thank you for ordering this program.

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## **Introduction**

The alarm didn't go off. You're late for work. The kids are fighting. Pulling out of the garage, you run over the kids' bicycles. Someone gets your parking spot. Running up the stairs, you trip and rip your nylon. Or you spill coffee on your suit. Do you know what happens to you when you are under a lot of stress? With constant rushing around, how do you cope with it?

Stress is with us every day of our lives. It's been with the human race ever since it began.

Stress is a nonspecific response of the body to any demand made on it. That stress causes wear and tear on the body. The body's defenses mobilize and get ready!

When you are under a lot of stress, your breathing speeds up, your heart beats faster, your muscles tense, your metabolism speeds up. You want to fight or flee. But you don't. You suppress it. You have a natural tendency to fight and flee. So how do you flight or flee when it's not appropriate? You need a release. Because if you don't, it will lead to; hypertension, heart problems, stroke, nervous disorders, death.

There are different ways you can relieve the stress and that is what this report is all about. Listen to your body. Watch for signs like; insomnia, headaches, indigestion.

The answer is a very simple secret 6-step formula, that doesn't cost very much.

## **The Formula is---**

**Breathing + Food + Exercise + Sleep + Confidence + Laughter = RELAXATION**

## **Breathing**

Proper breathing is the first step to preventing stress, because you cannot get angry when you are breathing deeply.

There are different types of breathing. We breathe from the nose, mouth, fast, neck, and yes, a yawn and a sigh is a type of breathing. Because of the bras that women wear they are breathing usually from the neck up.

We take about 18 breaths a minute and breathe in 12,000 quarts of air a day. We use only 1/8 of our vital capacity. Vital capacity is how much air you can inhale and exhale. This decreases with age.

Take a **COMPLETE DEEP BREATH** several times during the day, and you will notice the difference. *Just remember to breathe.* We take it for granted.

Try this exercise when you are quiet. Either sit up straight or lie on a flat surface. Put one hand on the side of your rib cage and the other on your stomach. Now take a deep breath. Notice what is happening to your hands.

Which one is moving? It should start from the bottom. Inhale, fill your stomach (it will rise), fill your lungs, (they will expand), work your way up, (your shoulders will rise), up your neck to your nose.

Hold it, then exhale very slowly. Work your way down. Release the air from face, nose, neck, shoulders, chest, abdomen, lungs, stomach.

Feel good!!! I'll bet.

An added benefit may be weight loss. You take in great amounts of oxygen when you gobble your food. When you breathe deeper more often, your body will take in the oxygen from the air instead of food. Thus your appetite will decrease, so you can lose weight.

The body will make better and more efficient use of the oxygen. Because of this proper breathing, you will feel better, the metabolism speeds up, and helps control weight.

## Food

Here is a little story "**Free Food**" that will dramatically put my point across.

It was early Saturday morning. A new grocery store was having a "Grand Opening" and offering FREE food. A line had started.

First in line was Henry Hyperson, an insurance salesman in his forties. Puffing a cigarette, he was nervously tapping his foot. His casual clothes just hung on his skinny frame. His breathing was short and quick. Impatiently, he was fidgeting his cigarette from hand to hand.

Second in line was Carol Calmton, a physical education teacher in her thirties. Standing erect her hands were behind her. She had a confident smile on her peaceful serene face. Slim, she had an athletic figure. Her clothes showed good taste.

Third in line was Fanny Floppy, a housewife in her twenties. Yawning and sniffing, she had a cold. Her complexion was broken out with pimples and blackheads. The heavy woman had a loud sneeze. She wipes her nose on her sleeve. Then she scratched her head through her curlers. Slouching she looked tired and bored. Her

dress was too tight and her slip was showing. Billy, 5 and Susie 7, were hanging on her slip. The manager opened the door and announced the first three people in line won a FREE cart full of food.

Jumping up and down, Henry was ecstatic and emotional. He hugged the manager and wanted to run and tell his wife. But he would lose his place in line. Everyone had to calm him down.

Carol appreciated the opportunity and thanked the manager. Smiling, she was grateful and went in to fill her cart. She had a list in hand. Shrugging and yawning,

Fanny didn't think it was a big deal. Scratching her rear end, she sniffled. Tired, she wondered in. Billy and Susie were all excited jumping up and down, and pulling their Mother to move faster.

In the meat section, Henry grabbed the hamburger, pork chops, steak, sausage, bacon, spare ribs. In the frozen food section he took fish sticks, tater tots, pies, lasagna, ravioli, waffles, onion rings, pizza. He picked up sugar, rolls, muffins, danish. Then it was anchovies, olives, salt, pepper, pickles, mustard. Next he picked up canned peas and corn. In the dairy case he got processed cheese food, eggs, milk.

After that he took, potato chips, snickers, beer, coffee, 5 cartons of cigarettes, coca cola, vodka, tacos, Alka seltzer, Sominex, Anacin.

First, Carol got raisins, walnuts, sunflower seeds, honey, whole wheat flour, herb teas, orange juice and cranberry juice. From the meat section, she picked up chicken, haddock, flounder, and shrimp. From the dairy case, she got skim milk, cottage cheese, yogurt. Her last stop was in the produce section; potatoes, tomatoes, carrots, beets, lettuce, squash, onions, mushrooms, broccoli, cauliflower, peaches, bananas, grapes, grapefruit, apples, oranges, peaches.

In the dairy case, Fanny grabbed the butter, whipped cream, chocolate milk, whole milk. Then she picked up ham, hot dogs, sausage, bologna, hamburger. In the frozen food section, she got tv dinners, pot pies, coffee cakes, french fries, ice cream. Then it was wonder bread, cheese puffs, donuts, cookies. Her cereals included Fruit loops & Sugar Smacks. After that she grabbed the spaghetti, instant potato mix, gravy mix, Jell-O, kool aid, soda pop, ding dongs, crackers, miracle whip, jelly fritos. After all that, she had to get Roloids, Bayer, Comtrex, contact, laxatives, diet pills.

As they came to the check out counter, the manager noticed what was in their carts and their behavior.

Henry was in a hurry and searching for his cigarettes. Carol thanked him again. Fanny was slowly bringing up the rear with her kids pulling on her.

Cocking his head, the manager was sure their food choices affected their appearance and behavior. Which one are you and which would one would you like to be like?

Three different kinds of foods affect you differently. Stimulants (meats & spices) are addictive and can make you nervous, high strung, and hyper. Imitation, junk, overripe, rotten foods can leave you feeling lazy, lethargic, and susceptible to illnesses. Real food from nature are the best, ***leaving you healthy and relaxed.***

## **Exercise**

This can only lead to activity and exercise, because you will have more energy. Exercising on a regular basis promotes efficient breathing, relieves tension, increases circulation, lowers blood pressure and heart rate, keeps you more alert, and makes sleep easier.

An appropriate exercise program should include exercise for strength, endurance, and flexibility.

So a mixture of different types of exercise is needed; calisthenics and yoga for flexibility, aerobics for endurance, and machines and weight training for strength.

For relaxation yoga is the best. The yoga breathing exercises can go unnoticed just about anywhere. Once you get in the habit of exercising everyday (do something everyday!), it will become a part of your routine. You will feel sluggish if you miss it.

A regular exercise routine is fun, and you can get the whole family involved. It is a great way to stay healthy, get more energetic, sleep better, and have more time.

A good overall exercise program should consist of:

### **1.) ENDURANCE (aerobics)**

Swimming, running, jump rope, stairs, fast dancing, fast walking  
3-5 days/wk - Get heart rate 55-90% above its resting rate - 20-60 minutes/3 10 min bouts

### **2.) STRENGTH (weight training)**

Working with weights & machines 2-3 days/wk - 8-10 exercises (work with a qualified trainer), based on repetitions with equipment

### **3.) FLEXIBILITY (calisthenics, yoga)**

Stretching exercises 2-3 days/wk - work on different areas of the body (preferably with qualified trainer) Based on repetitions and muscle groups

### **TYPICAL WORKOUT:**

1. 10-min warm up
2. 15-30 min of weight conditioning
3. 20-50 min of aerobic conditioning
4. 5-10 min cool-down

### **TIPS:**

If you train aerobically 1 day/week, then you will have a 10% improvement in Cardiovascular Endurance.

Studies have shown that body fat begins to decrease (from 21.7 to 19.8%) when frequency reached 3 days/wk.

As long as you exercise above your training threshold, the total volume of work is what brings about improvement (i.e. studies showed same fitness improvements with varying intensity, as long as amount/volume of exercise was the same).

## **Sleep**

When sleep becomes better because of regular exercise, it is better quality, which means you should need less sleep. This will give you more energy and time to do other things. Here, you are usually better off with quality than quantity. It will ward off tension and help you to relax. A relaxation break (deep breathing) during the day can provide you with better rest to help you need less sleep.

Do you have trouble sleeping? Tired all the time? Here are some great tips for better quality sleep.

1. Exercise regularly. Your sleep will be better quality, which means you should need less sleep.

This will give you more energy and time to do other things. Exercise will ward off tension and help you relax.

2. Sleep only when sleepy.

3. If you can't fall asleep within 20 minutes, get up and do something boring until you feel sleepy.

4. Don't take naps.

5. Get up and go to bed the same time every day. Even on weekends.

6. Refrain from exercise at least 4 hours before bedtime.

7. Use your bed only for sleeping.

8. Stay away from caffeine, nicotine and alcohol at least 4-6 hours before bed.

9. Have a light snack before bed. Take a hot bath 90 minutes before bedtime.

10. Make sure your bed and bedroom are quiet and comfortable.

11. Respect your bio-rhythms- your internal clock. You may function better at night, than during the day. Or visa versa. You may need to change your sleep time.

12. Don't rely too much on sleeping pills. Sometimes it just aggravates your problem. They are sedatives and just sedate you.

## **Confidence**

When you are unsure of yourself, you become nervous, upset, and tense, which are enemies of relaxation. Confidence comes from believing in yourself. Evaluate your background and find out why you are putting yourself down. You will probably realize there is no reason for it. Just pretend confidence long enough and you will be confident. Study self-improvement books and tapes, and never put yourself down, or give up on yourself. Here is a great confidence building chart.

### **Building Self-Confidence** (Print this out and read everyday)

I am a human being. I am an individual. I am a man/woman. I am valuable. I am important. You are valuable, you are important. I have needs, you have needs. I am good and bad. You are good and bad. I can be happy. I can cry. I can be strong and weak. I can love. I can be sexual.

I need to be loved. I need to be angry .I need to be afraid. I need to be wanted. I can think for myself. I can trust my feelings to be right. I can be cruel, I can be naive. I am me. There is no one else like me on this Earth. I am unique. Why should I put myself down? I have power. I know how to

---

I am not even with everyone else. I am me. I am what I think. Every day in every way I am getting better and better. I am the best I can be.

I have faith, integrity , hope, optimism, courage, initiative, tolerance, tact. I will keep my mind only on what I want and the POSITIVE. I don't blame the world. If I am right, the world is right. It is my burden to find what is right and wrong, and to know what is good and evil. To do this I will seek help from my God.

I will concentrate on the positive emotions of desire, faith, love, sex, enthusiasm, romance, and hope. Anything in life worth working for, is worth praying for. I am in good health. I eat right and exercise regularly. I feel healthy, I feel happy. I feel terrific.

I will make others happy. What I share with others will multiply, and what I withhold will diminish. I will count my blessings.

There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.

My low self-esteem or inferiority feelings stem from wrong thinking acquired early in childhood or later experiences, that comes from one central idea; disbelief in myself. What are the circumstances that caused mine? What can I do about it? What will I do about it?

I am not defeated. I can change my life. I will change my life. I have changed my life. I know myself. I believe in myself and my God. I believe.

## Laughter

I'm going to try and keep this clean.

FAMILY MAN: The fellow who has replaced the currency in his wallet with snapshots.

FAT CHANCE: Two words that mean the same a slim chance.

FAT MAN: Only a little boy gone to waist.

>>

First Duck: "Check that twin-engine jet that just went by; don't you wish you could fly that fast?"

Second Duck: "Buddy, if I had two tails and they were both on fire--you wouldn't even seen me."

>>

Seeing his first American football game, the Englishman watched one of the teams go into a huddle.

"What do you think of that?" asked his American friend.

"It's not a bad sport," He observed. "But they have too many committee meetings."

>>

"Don't you and your wife ever have a difference of opinion?" a friend asked.

"Sure we do - but I don't tell her about it.."

>>

Judge: "And why did you park your car there?"

Motorist: "Well, the sign said, 'Fine for parking.'"

>>

I hope you don't think me too young for marriage with your daughter," said the young man anxiously.

"That's all right my boy," was the cheerful reply. "You'll age fast enough."

>>

"Pardon me, officer," the pedestrian said in a busy intersection, "can you tell me how to get to the hospital?"

"Yes," said the officer, "just stand right there a little longer."

>>

Surgeon leaving operating room. "That was close!"

Second surgeon, "What do you mean?"

First Surgeon: "An inch either way and I would have been out of my specialty."

>>

When you eat at some fancy restaurants these days you need an after-dinner mint--like the one in Denver.

>>

On a crowded bus, "Madam, would you like me to get you a strap to hang on to?"

"No, thank you, I have one."

"Then would you mind letting go of my necktie."

>>

Mother: "You were a very good boy not to throw your orange peel on the floor of the bus. Where did you put it?"

Johnny: "In the pocket of the man next to me."

>>

Mama bear to Papa Bear: "This is positively my last year as a den mother!"

>>

Overheard at a party: "They're a perfect pair. He's a pill and she's a headache."

ROAD MAP: A map tells you everything you need to know except how to fold it up again.

>>

OPTIMIST: A bridegroom who thinks he has no bad habits.

>>

PESSIMIST: A person who is only happy when he is wrong.

Laughter is great medicine for stress. It drains the stress both physically, emotionally, and mentally. Actually a good belly laugh will massage your internal organs. A laugh a day keeps the doctor away.

## **FUN STRESS EXERCISES**

Here are some easy natural exercises you can do anywhere, anytime.

### ***1-The Lion***

1-Open eyes wide

2-Open Mouth wide

3-Extend tongue and hold for 8 seconds

This exercises improves circulation, washes away germs, prevents wrinkles and sore throats, drains stress. Try it. See how it feels.

### ***2-Vitalic Breath***

1-Inhale a few short quick breaths through the nose

2-Open mouth, expel quickly with one blast. 2 or 3 times only, or you will get dizzy.

### **3-The 4-S's**

- 1-Smile broadly
- 2-Slack your jaw
- 3-Smooth your forehead
- 4-Sag shoulders

### **4-The Clock**

- 1-Pretend your face is a clock, start with 12. Look up.
- 2-Look at each hour on the clock, extending eyes
- 3-Close your eyes for a few seconds
- 4-Repeat-counter clockwise
- 5-Close your eyes - relax

### **5-2:1 Ratio Breathing**

- 1-Inhale slowly for 6 counts - stop
  - 2-Exhale slowly for 12 counts.
- Always exhale twice as long as inhaling.  
When comfortable, move up to 8:16, 10:20, 12:24, etc.

### **6-Deep Breathing**

- 1-Sit up straight in chair (or lie down), close eyes.
- 2-Place right hand on rib cage, left hand on stomach.
- 3-Slowly inhale from stomach, ribs, then shoulders.
- 4-Feel stomach lifting, ribs, expanding, shoulders lifting.
- 5-Exhale very slowly
- 6-As you progress, remove hands. Do it anytime, anywhere. 20 times daily.

## **BONUSES**

### **Bonus #1. The Stress of Adjusting to Change - Events Scale of Impact**

- 100 Death of a Spouse
- 100 Divorce
- 73 Marital Separation
- 65 Jail Term
- 63 Death of a Close Family member
- 61 Personal Injury or illness
- 53 Marriage
- 50 Fired at Work
- 47 Marital Reconciliation
- 45 Retirement
- 45 Change in Health of Family Member

44 Pregnancy  
40 Sex Difficulties  
39 Gain of New Family Member  
39 Business Readjustment  
39 Change in financial state  
38 Death of Close Friend  
37 Change to Different line of Work  
36 Change in Number of Arguments with Spouse  
35 Mortgage over \$10,000  
31 Foreclosure of Mortgage/loan  
30 Change in Responsibilities at work  
29 Son or Daughter leaving home  
29 Trouble with In-Laws  
29 Outstanding Personal Achievement  
28 Wife begins or stops 'fork  
26 Begin or End of School  
26 Change in Living Conditions  
25 Revised Personal Habits  
24 Trouble with Boss  
23 Change in work hours or conditions  
20 Change in residence  
20 Change in schools  
20 Change in Recreation  
19 Change in Church Activities  
19 Change in Social Activities  
18 Mortgage/loan under \$10,000  
17 Change in sleeping habits  
16 Change in eating habits  
15 Change in Family Get-Togethers  
15 Vacation  
From: The Relaxation Response, Drs. Holmes & Rahe

### **Bonus #2. Complete Relaxation**

1. Lie on a flat surface on your back with your arms laying loosely at your sides. Let your eyes be closed and maintain awareness.
2. Tense and relax the limbs in the following or; right leg, left leg, right arm, left arm.
3. Tense the buttocks and anal muscle. Then relax.

4. Take a deep breath into the abdomen only, hold the breath, tense the abdominal muscles, then let the air out through an open mouth.
5. Do the same with the chest only.
6. Raise just the shoulders of the floor, tense them, and relax.
7. Gently roll the head from side to side, then center it.
8. Tense your face muscles, then relax.
9. Without moving any part of your body, bring you awareness over all parts once again, checking to make sure that all the tension has left in the following order; the feet, legs, back, spine, abdomen, chest, fingers, hands, arms and shoulders, face and head.
10. Be aware only of your breath, without trying to control the breathing, watch the breath as it flows freely and easily in and out of the body.
11. Bring your awareness to your mind, and watch the thoughts as they enter and leave your mind. Without trying to control or stop any of them, be aware of the thoughts
12. The thoughts are like ripples in a pond. As they face out, the mind becomes still. Be aware of the stillness, the silence and peace which is present. Feel at one with this peace.
13. When ready, bring the awareness back to your body, and first be aware of the top of your head. Feel energy pouring into the body through the top of your head, filling the head and face. Feel your face aglow with energy.
14. Feel the energy come into your neck and shoulders, arms, hands, fingers, check, back, abdomen, legs, feet and toes. Feel the entire body filled with energy and refreshed.
15. To awaken completely, gently move your head and limbs. Then stretch like a cat waking up, sit up, and breathe deeply.

Practice this anytime to attain a state of relaxation deeper than sleep. Practice it before going to sleep, for better sleep. You will soon require less sleep and have more energy in the day.

### **Bonus # 3. F-L-Y Chart**

#### **FAITH**

1. Faith Is the Force Behind Belief
2. Change Your Attitude
3. Release Your Lack & Limitation
4. Visualize What You Want - "Name it & Claim It"
5. Affirm Your Goals
6. Persist in it - Never Give up
7. The Answers Will Come

#### **LOVE**

1. Love Yourself & Others Unconditionally
2. Stop Judging Yourself & Others.
3. Forgive Yourself & Others
4. Learn to Give and Take
5. Learn to Care and Share

#### **YOU**

1. You Are Unique, Valuable, Important, One Of A Kind
2. You Have a Purpose, Set Goals.
3. Set Them, Keep Them, Use Them
4. Take Care of Yourself
5. Feed Your Body, Mind, and Spirit Only the Best
6. Discover & Reach Your Potential

F-L-Y is also available as a customized program for any group. Contact me to schedule your program.

### **Bonus #4. A Little Squeeze!**

It is contagious, a wonder drug. It defuses anger and frustration. It is used for chronic pain and diabetes. It is a very intense way to communicate with someone. It improves your self-worth.

Experience a HUG!

Your skin needs reassurance. It has been used as a therapeutic tool because it takes us back to our earliest experiences in life. We don't touch enough in our lives. We are taught not to touch.

But our skin hungers for touch. It makes us feel good. Here is where quality and quantity count. There was a doctor in Los Angeles who gave this prescription to his patients.

"4 hugs a day without fail."

How do you hug? Simple steps should be taken.

1. Open arms wide.
2. Step up to the person.
3. Wrap your arms around him/her.
4. Apply pressure.
5. Let go.

Some of us need a little nudging and coaxing. Which hug type do you give?

1. Frame Hug - Only heads touch.
2. Burp Hug - chest to chest and a pat on the back.
3. Twist Hug - upper half of chest twists away during embrace.
4. Wallet Hug - the hips touch.
5. Pick-up Hug - one lifts up and twirls the other.
6. Full Body Hug - both parties squeeze and feel good!

When you hug, you give permission to hug. Listen to your body, trust it, it is wise. Tell the person you need a hug. Ask for one. When we hug we share a commonness.

You can hug anywhere you are comfortable, the least scary. Or you can become more daring and do it in public; work, store, parties, airport, anywhere!

Here is good advice: 4 hugs a day for survival, 8 hugs a day to maintain balance, 12 hugs a day to grow.

Be generous with your hugs.

## Conclusion

Review this program again and again. The most important thing is; **Listen To Your Body.** It will tell you what it needs.

I hope this information will help you to change you lifestyle and attitude towards stress. I can't do it for you. You must take the steps.

This information comes from 30 years of watching, observing and studying the world of health and healthy living.

For the next 1 month you will receive FREE consultation via your health hot line:  
[success4u@kathycommunicates.com](mailto:success4u@kathycommunicates.com)

Be Happy & Successful – Peace

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