



How to Eliminate Stress Using 4P's

Situations in and of themselves do not cause stress, What causes stress or not is how we handle the events After all what is a phobia? "one man's meat is another mans poison". Personality and sex also play a major part in how we handle stress and respond to stressful situations.

"Stress is nothing more than a socially acceptable form of mental illness" - Richard Carlson

People with Type A personalities are ambitious, driven, hurried, Type B personalities are more relaxed and less time and goal driven. Our upbringing, biology, beliefs and demographics greatly influence our personality and in turn stress levels. Men and women also handle stress differently. This is due to the hormones males and females possess, scientifically woman should be more stressed than men but in practice it is the other way round, This is due in part to the greater support network many women have in comparison to men. Listed below are some of the main issues that cause stress;

debt,
unemployment,
health concerns,
work,
phobias,
poor relationships,
bereavement,
moving home,
marriage and divorce.

So how can one go through life making it as stress free as possible? We can never totally eliminate stressful situations. We all need some level of stress in our lives in order to function. Feeling stressed can have positive benefits for us; stress can motivate us to take action, it can be seen as a sign to us that we should get out of a situation or seek some

outside help and advice to manage a situation better.

Why not try to apply the 4P's to alleviate stress

Perspective
Prioritising
Play and Partnership

Perspective

Whatever you are going through is normally not as bad as it seems, Try to take yourself out of the situation and look at it again impartially without emotion and from different sides, This will cause you to think differently and reduce any anxiety you may have. You will also be more open to new ideas and solutions. Recite some affirmations such as "There's always someone worse of than me," "What doesn't kill us, makes us stronger," "You can't have a problem without a solution," "I can do all things, through God who strengthens me"

"What happens is not as important as how you react to what happens"
Thaddeus Golas

Prioritising

If you are facing a situation or event which is making you stressed. write a list start of by writing down what the main desired goal/ outcome is, then list all of the actions required to achieve the final outcome as they come into your head, put the list down for a few minutes then look over it again and number the actions on order of priority which may not be in the order the actions came into your mind.

Play

Always look on the bright side of life, enjoy and play with life. Make time to spend doing activities you enjoy, exercising, playing sports, spending quality time with family and friends, reading positive books and magazines, watching your favourite movies.

Partnership

This is probably the most important "P" because it has the potential to naturally action the other three Ps, perspective, prioritising and play. Through dialogue with another allied with the unique life experiences and expertise that each individual has. We can also kick back, relax, share a meal, catch a film or attend social events with our friends.

"A problem shared is a problem halved of if you tell the right person and quadrupled of you don't"

If you are going through a stressful situation or are struggling to enjoy your life and tackle your experiences in a positive way, try and look for a friend who you trust and value to share your thoughts and feelings with.

"Coming together is a beginning. Keeping together is progress. Working together is success."
Henry Ford

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Personality types Courtesy of Healthdiscovery.com