
stress management at work Stress tips and info

Posted by Todd Hauter - 2008/11/17 19:50

There is an old saying, If you always do what you have always done, you'll get what you have always gotten. As I read the posts in here for the past 4 weeks, it was clear to me that many have, fallen into this statement on a regular basis. 10 to 15 years of living life in FEAR, using every drug that comes out on the market. The Medical establishment is not at fault, when you realize each doctor sees their patients 10 minutes or less. I always set my appointments with my clients for 2 hours, this way they can express their feelings. Using an entirely new approach in recovery, by offering someone to talk to and who will listen. Better than 90% of all Anxiety disorders, are derived from cumulative stress, the every day stuff that many mis manage and suffer from it. It is our belief that Stress is not a Physiological problem it is a Management problem. When I do certification classes, I have professionals from the mental health field attending, they want to learn more. Stress, it's causes and symptoms are covered in less than 3 hours of instruction. They will always agree that once you identify the cause, then it is a management problem. Using the simple approach to life is the easiest way to get through many of the daily stressors. My first anxiety client, came to me with agoraphobia. She had been married to an verbal abusive man for 11 years. She found a better paying job than him and he left her. Being a single parent, with no child support coming from her X, she struggled. She started having panic attacks weeks after he moved out. 5 years later she fell in love again with a man that treated her like a queen. She was happy, her panic attacks started to decrease, 30 days after she married him, he died from a heart attack. They were in bed talking about their future on a Saturday morning when he passed. She developed the fear of sleeping in that bed. Her panic attacks increased and at that point she developed Agoraphobia. She called me a year after she was into her condition. The doctor had her on Lorazepam (Ativan), I don't remember the dosage at this time. The assessment tool that is use had indicated that she was out of balance in these areas. 1. Her personal index was 780, off the graph, the norm is 300 or below. 2. Her Assertive index was at 450, the norm is 300 and below, above 350 is major stress. (The inability to openly express her feelings to others for fear of hurting their feelings, is what her problem was) 3. She was a strong Type A personality, her index was at 560. 350 and above is a Type A, 325 and below is a Type B. For those who don't know the difference Type A is a fast pace person, hates setting at traffic lights, eats fast, very time orientated. Type B is just the opposite, more laid back, likes doing repetitive work and is not preoccupied with time. 4. Her work index had indicated that she was bored on the job, the score came in at 210. This index is tied to the type personality index, it should be within 100 points + or - the type personality score of 560. Boredom is a major stressor on a job for anyone. 5. Her suitability for the job was indicated at 380, 300 or less is the norm. When above 300 it indicates a strong hate for the work being done. When you don't love the work you are doing, then it is time to look for a new career or job. 6. Her stress indicator was 590, this shows if any methods are used to reduce the daily stress. She was using nothing. Being an agoraphobic, she locked herself in the house after work and would not leave. Her dad did the weekly shopping for her. Tip: Exercise is a key factor in any recovery program. You must get the body in motion and let it burn off the excess stress. Tip: Nutrition plays a role. The average body needs 50/75 mgs of Vitamin B complex daily. This helps the adrenal glands function properly. When stressed the adrenals are drained the body draws it's energy from muscle tissue, not a good thing. In addition the average body needs between 500/1000 mg of vitamin C daily. If a person smokes they need between 3000/5000 mg daily to counter the cigarette. One cigarette will deplete the normal levels of vitamin C. There are more vitamins, how ever they are not water soluble and if taken in large amounts may toxify the body. Vitamin E and Niacin are the other two, they should be used under doctors supervision. To much E, can cause the symptoms of a heart attack, to much Niacin can cause liver damage. With our society thinking, if a little bit works then more will help, in this case it will damage not help. Tip: eliminate caffeine and sugars from your diet. Caffeine is in coffee, teas, colas and chocolate of all types solid or liquid. Tip: get rest, sleep is a needed item. The body repairs it's self while sleeping. Melatonin, which is manufactured naturally in the pineal gland, and may need to be supplemented during the later years in life when natural production diminishes. Three mg taken prior to bedtime can help stabilize the sleeping cycle. The Pineal gland starts to harden at age 30 and up. The need for the supplement may begin as early as the mid 30's using one mg daily to aid in sleep. Because we live in a culture that stays up long into the night, with lights blazing, our pineal gland can get a little confused. Night shift work, newborn babies, and crazy schedules also disrupt our natural circadian rhythms and quality of sleep suffers. Here again 1 mg is good in aiding those that fall into the above listed categories. Her self esteem index had indicated that she had low self esteem. The Anxiety level was at 1491 out of 1600 points. She fell in Phase four anxiety level, and one of the symptoms was agoraphobia. General symptoms of Phase 4 include: Asthma, coronary artery disease, diabetes, cancer, severe emotional depression, severe withdrawal, uncontrolled emotions: anger, rage, grief, agitation, carelessness, intense feelings of paranoia, moderate to severe thought disorder, and many more. It took me 14 sessions over a 6 month period of time to have her living a normal life. It works that is all I can say. When you dedicate your life to work with one topic, you learn a lot about the subject. I have over 4000 hours of research and study for the stress management certification classes I teach. Another 2000 hours of research and study on the wellness coordinator classes I teach. The Wellness program deals with stress related immune dysfunction's. I take the time to work with my clients and not just 10 minutes. Did you know that \$47 billion is being spent on alternative health care every year? Did you know it is all out of pocket money? As far as I know there are only two insurance companies that are set up for alternative healing payments. As I train professionals across the country and open up stress management centers, then the face to face treatment will be covered by insurance payments. The only alternative was to establish a self help program until I get to that point of established centers nation wide. On the site I have much free information and the self help packet which does have a cost factor. I have included links to other areas like nutritional sites. Dr. Earl Mendell established Freelif, vitamins and herbs is his specialty and he is one of the nations leading expert in this field. Dr. Jesse Stoff, established

Matol. I looked over hundreds of nutritional programs and these two offer the most. They both have immune system enhancing products. Biomune from Matol modulates the immune system, and keeps it stable. This is good when it is either high or low, Chronic fatigue is low functioning immune system, caused by stress. Panic attacks is another example of a low functioning immune system caused by cumulative stress. Carbsaway from Freelif, lowers the amount of carbohydrates being absorbed by the body. Being a diabetic myself it has many benefits, I can now eat my favorite foods like pasta and not have that sugar rush that is a killer for me. For those who suffer Anxiety disorders, cutting sugar from your diet helps, carbohydrates is a sugar that many fail to realize. For those who criticize the efforts of those who try to help so be it. They are the self proclaimed expert of their disease, it is there's and no one can tell them any different. They have tried every drug the doctors have given them and they are willing to try new stuff. That is their choice. If you are a 15 year veteran or more of any anxiety disorder, you know the anguish you have gone through, the events that you have passed up because of your condition. Here again it comes back to the same old statement. If you always do what you have always done, you will get what you have always gotten. Stress is the root cause, we identify the root causes, work on the causes. Drugs are needed to transport you from point A to B so you can get through the day, but they are not working on the casues, just the symptoms. A very simple approach to an age old problem, but for many suffering, you can not see the beauty of the forest when the tree is in your face and is blocking your view. Good Luck, Todd

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Posted by watergirl - 2008/11/17 19:50

Better than 90% of all Anxiety disorders, are derived from cumulative stress, the every day stuff that many mis manage and suffer from it. I agree. I think anxiety disorders, especially GAD, are merely the breakdown of whatever coping mechanism one has been relying on for years, rather than this new disorder (or mental illness, God forbid) that just popped up out of the blue. Speaking for myself and people I know, 37 seems to be the magic age for cracks to start showing. It really irritates me when doctors just write it off as neurosis or give the tired old line it's not the stressors, it's how you handle stress. That may be partially true, but sometimes people really do get overwhelmed by external stressors that are beyond their control! Not all of us have lived a charmed life. Most of us can't dump a screaming baby on a nanny or one of our brown-nosing buddies while we skip off to the golf course, health club or emporium. Watergirl Sent via Deja.com <http://www.deja.com/> Before you buy.

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Posted by DClax28033 - 2008/11/17 19:50

im 37 i started having panic attacks last year after dad died. donny

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giving your self some time. This kind of advice annoys me as much as the doctors writing it off to neurosis. When someone has been accumulating stress for years and years, taking a hot bath and roaming around the yard is useless. Most self-help exercises just caused me more anxiety. In my own case, even if I could mentally relax, I couldn't physically relax. When mental anxiety starts to manifest itself as physical ailments or conditions, you know you're getting close to going over the edge. When I got to that point, I knew I'd have to take drastic measures - either live on a deserted island for 3 months, or take medications. I felt sedatives like Xanax were just a band-aid because by the time you take it, you've already experienced anxiety which I feel is partially a physical habit your body gets into. Sort of like a cigarette addiction. A smoker's body will physically let them know when it's time for a cigarette. So I took Paxil because I figured it would keep me calm 24/7 and I could undo my habitual anxiety long enough for my body to relearn what it was like to not be anxious all the time. When I quit Paxil. Then I'd at least have a reference point when I felt anxiety or insomnia coming on. Well, it worked. If I do have anxious moments or insomnia, I don't get anxious about it and allow it to snowball into the vicious cycle I was once in. I just tell myself you know you can fall asleep on your own without sleeping pills. You did it for months. Then I fall right to sleep. I don't allow myself to think On no! It's back! I'm sunk! One word of caution regarding Paxil et al. Withdrawal symptoms mimic anxiety for about a month or two so you think you need to get back on it which I did once. The second time I decided to stick it out and the withdrawal anxiety did go away, but it took a good 4-6 weeks. At least that was my experience. Sent via Deja.com <http://www.deja.com/> Before you buy.

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