

Stress is a normal psychological and physical reaction to the demands of life. Everyone experiences stress. It's unavoidable, and we all respond to it differently. The key to successfully managing stress is to make sure we approach it in a positive way.

The Power of Positive Thought

"Look on the bright side" is more than a clever saying. The benefits of being optimistic and having a positive mindset are huge. Changing the way you think about yourself and how you approach life impacts your outlook and self-esteem.

People who think optimistically tend to take more risks. If they should fail, they avoid blaming themselves and are more likely to try again. On the other hand, those who think negatively often blame themselves for failures and are less likely to try again. The challenge is to replace negative, unrealistic thoughts with positive, practical ones.

Recognizing and changing behavior takes practice. When optimistic thoughts dominate, positive events will seem more rewarding and you will feel a greater sense of control. So take a step back and "look on the bright side."

Using Humor for Stress Relief

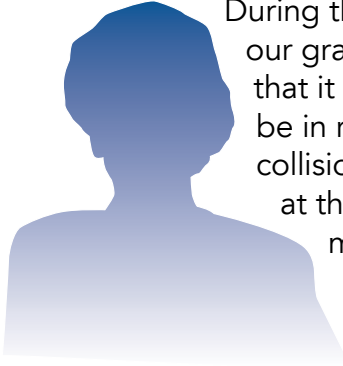
Laughter is great medicine and a fantastic way to take a break from stress. After you laugh, your muscles relax and the levels of stress hormones in your bloodstream may actually drop. When you laugh, you take in more oxygen and your body moves more blood to your heart and lungs. Your energy level increases, and you feel better instantly.

Laughing also creates a sense of closeness between you and the people around you. That sense of connection brings an immediate feeling of well-being and counteracts negative emotions that stress triggers. Since laughter isn't sold at the pharmacy, rent a funny movie, watch a sitcom or see a stand-up comedian. Surround yourself with friends who smile and laugh. Their outlook can be contagious.



Success Stories

"Believe me when I tell you there is no way I could have made it through this difficult time without this program."



During the last two years, our family has had some very stressful times. At age two, our granddaughter was diagnosed with an incurable disease. The good news is that it is treatable, and thankfully, after almost two years in treatment, she should be in remission soon. Then her mother and father (our son) were in a head on collision, which only by a miracle, they survived. The other man, who fell asleep at the wheel, was killed. Believe me when I tell you there is no way I could have made it through this difficult time without this program. With the help of my Health Coach, I continued to work on proper nutrition and exercise. Amazingly, it kept me focused and helped me deal with the stress. I feel great and have an amazing amount of energy and stamina. My Coach listened when I needed to talk and was very compassionate and sincere, and that really helped. Thank you so much!

Melissa

Coach Highlight

Seeing someone accomplish their goals has to be the most rewarding aspect of coaching. It's exciting and contagious to watch participants overcome the various challenges along the way. Even after 12 years in the fitness industry, it never gets old when someone changes their life for the better. It's addicting, and it's why I love being a Coach.

Arnold

