



How To Have Less Stress And More Fun. During The Holiday Season



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Dear Friend,

The “Holiday Season” begins in early November and continues all the way through until after New Years. This festive time of year is supposed to be all about fun, good times with family and friends, peace, joy, harmony, and celebration.

Unfortunately, the Holiday Season can also be a time of significant stress for many people. Demands and responsibilities can increase dramatically during this time of year. Family tensions may rise. Finances can become strained. Overeating and other forms of overindulgence often occur. And there can even be the occasional unexpected crisis or untimely major tragedy.

Thus, the holidays are not always filled with total fun and joy for all individuals, and when this happens, stress is usually the primary culprit.

The primary purpose of this e-book is to help you reduce the amount of stress you encounter each Holiday Season. It will also introduce you to some excellent resources for stress relief, in general, to help you better reduce your stress throughout the year, in addition to just the upcoming Holiday Season.

Key Things To Know About Holiday Stress

- Much of the stress people experience during the holidays can be prevented or eliminated.
- While there are often increases in external demands, personal and family obligations, and other responsibilities during the Holiday Season, these are not the only causes of holiday stress.
- There are also **internal causes**, which occur **within us**, which are present all year long, but become much more troublesome during times of increased pressures/demands.

- The **best way to deal with holiday stress** is to recognize and defeat these internal causes. This e-book will introduce you to the value of this concept. However, you can't learn to do this overnight. But with the help of some additional free resources I will share with you at the end of this e-book, you can definitely learn to acquire these important stress relief skills.
- There are some immediate things you can do **right now**, to help reduce or eliminate your stress during the approaching Holiday Season, and these will be the primary focus of this e-book. While they may not eliminate all of your holiday stress this season, they can help you have much less of it, and have much more fun and enjoyment as a consequence.

What This E-Book Won't Cover

- This e-book is not about how to **mange** stress during the Holiday Season. It will not give you advice about stress management techniques, although you are certainly free to use these if you wish. I assume you've already been exposed to a good deal of advice about managing stress. If not, you can easily obtain this information from a multitude of other sources. The purpose of this e-book, in contrast, is to expose you to some lesser-known insights and coping strategies, which you might not be able to find elsewhere.
- This e-book is also not about helping you reduce the many external demands and pressures you might experience during the holidays. While it may briefly address external demands, and while your stress will certainly decrease the more you can reduce these external pressures, I am much more interested in teaching you how to cope with the **internal causes of holiday stress**. The reason for this is knowing how to deal with internal causes will enable you to reduce your stress during the Holiday Season, even if you aren't able to significantly lower or avoid certain external tasks or responsibilities.

- This e-book is also not about providing you with a bunch of simplistic “tips” or “how to” advice for reducing your stress during the holidays. Personally, I’ve never found simplistic tips all that helpful. I’m much more interested in teaching you better ways to think about (and correctly understand) what stress really is and what causes it to occur in your life, both during the Holiday Season and all throughout the year. So while I may throw in a few helpful tips, I’ll mostly be providing you with **a new conceptual framework** for understanding why stress occurs for you, and for so many other people, during the Holiday Season, when it really doesn’t have to.

How This E-Book Will Help You

This e-book is divided into **5 main sections**:

1. **Section 1** contains a basic overview of common types of stress that typically arise during the holiday season. It won’t cover all of the possible types of stress that can occur during this time of year, but it will briefly address the most frequent challenges most people usually encounter.
2. **Section 2** explores the reasons why most of the advice you may have received about coping with holiday stress doesn’t work all that well. This is a problem that hasn’t been acknowledged by the stress-management industry, which is why a book such as this is needed.
3. **Section 3** is where I begin to build your **new conceptual framework** for understanding the nature of human stress. This section focuses on how you can better think about the causes of holiday stress. Keep in mind that the principles I’m going to reveal to you in this section are not just limited to your stress during the Holiday Season. They are general principles for understanding the causes of stress all year long, regardless of the specific situations that might trigger you to become tense, nervous, irritable, angry, frustrated, or otherwise upset.

4. **Section 4** builds upon the principles you learned about in the previous section. Here, I pinpoint **10 common hidden causes** of holiday stress that you can do something about right now...this Holiday Season. This section gives you practical advice for how to make a few simple changes in your thinking and behaviors that can limit the amount of stress you experience during the holidays.

5. **Section 5** introduces you to some additional free resources for long-term stress relief, once the holidays are over. I think you'll find these resources to be exceptionally helpful, and I encourage you to check them all out and take full advantage of them.

Why Am I Qualified To Speak About Holiday Stress?

My name is Mort (Doc) Orman, M.D. and I'm a physician, author, and stress coach, who has been helping people eliminate stress, without having to manage it, for more than 30 years.

If you want to know more about my professional background, and about some of the books and articles I have written, you can find these details in the "About Doc Orman, M.D." page near the end of this book.

You can also learn more about me and my Stress Mastery Academy by visiting:

<http://stressmasteryacademy.com> .

In addition, over the past 30 years, I have been asked to do numerous media interviews about holiday stress. I have also written several short articles and reports about how to best cope with stress during this challenging time of the year.

In this e-book, I expand upon those previous resources, to bring you the best advice for coping with holiday stress that I have

learned about over the years, and which I have personally benefitted the most from myself.

I truly hope you find this information helpful.

Section 1: Common Types Of Holiday Stress

Below is a list of the types of stress that commonly arise for people during the Holiday Season. This is not a complete list, but it does capture the essence of what we are often up against.

- Increased Pressures/Demands
- Added Responsibilities
- Crowds and Traffic Congestion
- Negative Emotions
- Relationship Conflicts
- Family Tensions
- Loneliness, Separation, Divorce
- Money Issues
- Overeating
- Alcohol and Substance Abuse
- Inadequate Sleep
- Illness
- Unexpected Crises or Tragedies

I won't go into detail about these common types of stress, as I'm sure you're familiar with them. Suffice it to say, we often feel under much more pressure than normal, during this final two months of the year.

First, there are the pressures of planning and preparing for any special holiday events we might be holding or helping others to put on. There is added shopping to be done, more costs to incur, and many more arrangements to be made and then followed up on.

As Thanksgiving Day approaches, friends and family members are placed under added pressures to interact. Relatives you may not see during the rest of the year arrive, and if there are any strained relations, these can quickly rise to the surface.

Overeating and overindulging are part of the Thanksgiving tradition, and this loosening of behavioral discipline can easily carry over to the few short weeks leading up to Christmas and New Years, as

multiple parties are often scheduled in advance of these two “official” days of overindulging.

As many people are simultaneously engaged in such increased activities, crowds and traffic congestion are to be expected. This can lead to frustration, anger, and other negative emotions, that can make you a little bit more on edge.

Sleep patterns can be negatively impacted, due to increased worries, frayed nerves, or just not having enough hours in the day to get everything done. And when our bodies are deprived of sleep, we become more irritable and prone to stress. This, in turn, can complicate matters even further by causing us to become sick. Given all we have to do during the Holiday Season, even having a minor cold or sinus infection during this time of year can be a major inconvenience.

Now, I don’t want to paint an entirely negative picture of this two month Holiday Season. Obviously, there are many positive, happy moments to enjoy. Having more quality time to spend with friends and family can be a great thing...or it can rapidly deteriorate into chaos.

That’s part of the problem with the holidays. We so desperately want everything to go well, that even when the smallest thing goes wrong, it can feel very distressing.

Section 2: Why Most Coping Advice Doesn't Help

So, it's pretty clear that most of us know, from personal experience, that the holidays can be stressful, but how good are we at combating this seasonal stress?

Well, the answer is...not very good.

Is this because we lack the basic capacity to prevent or eliminate holiday stress?

No.

It's because we live today in a society where stress, regardless of when it occurs, is widely misunderstood. We live in a society where we have many myths and misconceptions about what stress really is, what causes it to occur, and what we can do about it.

This is a huge problem all year long...not just during the holidays.

I've written extensively about these myths and misconceptions for years, in books and other publications, so I'm not going to detail them here.

If you are interested in learning more about them, I suggest you visit my Stress Mastery Academy website at <http://StressMasteryAcademy.com> .

Another reason we have so much difficulty dealing with stress today, regardless of the time of year, is that many of our coping strategies are directed only at the **symptoms** of our problems. They don't really help us understand or deal with the **underlying causes** of our upsetting situations.

Whether it's using alcohol or smoking a cigarette or taking illegal drugs to deal with our stress, or whether we use more healthy coping techniques, such as meditation, yoga, physical exercise, or simply taking more time to relax, all of these strategies address just the symptoms of our problems. They don't do anything to eliminate

or reduce the **causes** of our stress. So we are destined to continue suffering and to continue requiring symptom-oriented strategies, just to get by.

Section 3: A New Way Of Thinking About The Causes Of Human Stress

I believe the best way to deal with any type of stress, including holiday stress, is to learn how to recognize and then deal with its underlying causes.

Here again, we have many myths and misconceptions about what really causes our stress to occur.

Much of this confusion stems from the fact that we've been conditioned to focus only on the obvious, external causes of our problems in life.

When stress or other problems occur for human beings, there are always two major types of causes. There are the external causes, circumstances, and events that occur, and there are also internal causes, that occur within us, and that are much more difficult for us to notice.

Thus, there are always what I call obvious and non-obvious (or hidden) causes whenever we are feeling stressed. The obvious causes are the ones most people easily see, focus upon, and complain about to others.

These are things like traffic congestion, crowds, long waiting lines at department store checkouts, the behavior of other people, the unwillingness of family members to pitch in and help out, the Christmas tree falling down after you've spent hours painstakingly decorating it just the way everyone wants, etc.

However, if these are the only types of causes you focus upon, you are going to be at a huge disadvantage. You may find it difficult, or even "impossible," to limit the amount of stress you experience during the holidays, and at other times during the year as well. On the other hand, if you know how to recognize and deal with some of the internal (i.e., hidden) causes of holiday stress, you'll discover you have much more control over your feelings, your

emotional reactions, and even the behavior of others than you ever dreamed possible.

Now, being able to deal with stress in this way...by recognizing and dealing with internal causes...is not easy for people to master right away. It often takes time, practice, and a good bit of training to learn how to do this.

Fortunately, I've spent much of the past 30 years learning how to do this myself, and teaching this skill to others. I've created many excellent resources that can help you acquire this knowledge, over time. Many of these resources are absolutely free and are available to you anytime you want to access them (like the two Facebook pages with free e-books I've already recommended to you). There are other free resources, which I'll tell you about later, and I hope you will explore these as well.

But right now, I just want to give you a brief introduction to 10 common hidden causes of holiday stress that might be able to help you right away.

Again, these are not the only hidden causes of stress during the Holiday Season, but they are definitely some of the most common ones. If you just gain a little knowledge about these ten hidden causes, you could mitigate a great deal of stress during the upcoming holidays.

In a short e-book like this, I am limited in how much detail I can provide you for each of these individual causes. Hopefully, you'll want to learn more about them from some of the other free resources I'm going to tell you about.

But just by reading this e-book alone, I think you'll be way ahead of most other people.

Section 4: 10 Hidden Causes Of Holiday Stress

HIDDEN CAUSE #1: Social and Personal Expectations

During the Holiday Season, social expectations are a huge source of stress for many people. The holidays may not be a happy time for everyone. And not everyone feels like celebrating or being in a party mood all the time.

Yet just about everyone feels compelled to look and feel merry during the holiday season. This is a form of social pressure that can be very stressful, especially if you happen to be in an emotional down cycle at the time.

In addition to social pressures, watch out for your own personal expectations as well. Often, people believe something is seriously wrong with them if they don't feel merry or if they aren't in a celebratory mood. Or, they can become angry or frustrated when their own expectations about how the holidays are "supposed to be celebrated" don't get realized.

Watch out for these and other unrealistic expectations. They're a common cause of holiday stress for many, many people.

HIDDEN CAUSE #2: Too Many Responsibilities

Be careful during the holidays not to over burden yourself with too many commitments. Don't take on more than you can comfortably handle, and stop trying to be Superman or Superwoman by doing it all yourself. If you have too much to reasonably do, try to enlist others to support you and to help share some of the load.

But don't just assume that family members or other people will volunteer to help you out with added responsibilities. You may need to discuss this with them first and get their agreement. And remember, scheduling too many parties, extra activities, and other obligations can put a big strain not just on you, but on your entire family as well.

HIDDEN CAUSE #3: Trying To Change Or Control Other People

When people don't behave as we want during the holidays, as well as other times of the year, we often set out to change or control their behavior. When we fail to accomplish this goal (oh, let's say 98% of the time) we end up feeling angry and frustrated.

Thus, it's not just the behavior of others that drives us crazy during the holidays, but rather that people fail to think, feel, or behave in exactly the ways we want them to.

The answer to this problem is simple to point out, but not always easy to do: DON'T TRY TO CONTROL OTHER PEOPLE!

Within reason, grant others permission to celebrate the holidays any way they choose. Even grant them permission not to celebrate the holidays, if that's what they want to do.

In return for this "gift"--and it really is a gift--don't let anyone tell you how to celebrate the holidays either. If all members of your family were willing to let each other be any way they want, or do anything they want during the holidays, much family tension would immediately disappear!

HIDDEN CAUSE #4: Memories Of Past Holidays

Many people have bad memories of past holiday seasons. Perhaps a friend was killed, a close family member died, a valued relationship came to an end, or some other crisis occurred.

Under such circumstances, it's not unusual for negative memories to resurface during the holidays. This can be disconcerting, since it's assumed everyone should feel "good" or "happy" this time of year.

Even positive memories of past holiday seasons can be stressful. If you compare your present experiences to how great you felt in previous years, you can end up feeling bad.

Or, if a child, loved one, or other valued person has died or is otherwise not with you, happy memories of past holiday celebrations with them can put a damper on your joy.

HIDDEN CAUSE #5: Unpleasant Emotions And Body Reactions

Even when negative memories don't surface consciously, their emotional and physical counterparts can sometimes be felt. This can be stressful, since you might not understand why you're feeling "down" or "depressed" when there may be no apparent reason.

Deep-seated memories and other negative associations with the holidays can cause you to unconsciously sabotage your holiday enjoyment. I personally witnessed an example of this many years ago, when a friend and I went on a Christmas cruise to the Caribbean.

Our first evening at sea, we had dinner with a lovely mother and her teenage daughter from Denver, who were celebrating the holidays away from home for the first time. They told us how every Holiday Season in Denver for the past eight years had been utterly disastrous. There were family fights, financial crises, accidents, injuries, and all sorts of other unpleasant occurrences.

This particular year, they decided to get as far away from Denver as possible for the holidays. And what better place than to be on a cruise ship in the middle of the Atlantic ocean!

Well, after two days at sea, the mother and daughter were at each other's throats. The mother got so enraged, she refused to reboard the ship as it was leaving one of its ports. She later had to be helicoptered back to the boat, once she calmed down.

For the rest of the trip, she and her daughter behaved better towards each other, but not much. Thus, for these two people, the holidays were associated with such strong negative memories, that wherever they traveled, and no matter how much they tried to escape their "ghosts" of previous holidays, these memories haunted them unconsciously.

HIDDEN CAUSE #6: Blaming Yourself Or Others When Things Go Wrong

I don't know about you, but whenever something goes wrong around me, my first response is to automatically look for someone to blame. It's not that I necessarily WANT to respond this way, but my body has been programmed to do this automatically.

Most of the time, my automatic assumptions of blame turn out to be inaccurate! For example, I might automatically blame my wife or daughter for doing something "stupid" or "wrong," only to discover later on they weren't really at fault.

Or, I might blame myself for the same types of things, when I was not totally to blame. (Even when I am, it's usually not that big a deal.)

During the holidays, there are many opportunities for things to go wrong. Thus, our automatic patterns of BLAME will get triggered more frequently. Watch out for this insidious cause of stress, not just during the holidays, but all year long as well.

HIDDEN CAUSE #7: Failing To Anticipate Likely Problems And Delays

Another common hidden cause of stress during the holidays is FAILING TO ANTICIPATE LIKELY PROBLEMS AND DELAYS.

During most of the year, this pattern comes into play when we schedule our daily activities too closely, when we don't anticipate certain problems and plan contingencies for them, or when we don't allow enough time to travel to important meetings.

During the holidays, this pattern comes into play when we let things go until the very last minute. Since thousands of other people do the same thing, an enormous wave of last-minute shoppers pours out and floods all the roads, malls, and shopping centers.

Many of these last-minute shoppers return home feeling angry, frustrated, and totally exhausted from fighting the crowds. But if they had anticipated this likely problem--and avoided it by shopping earlier during less busy hours--much of this type of holiday stress could have been eliminated.

Also, letting things go until the last minute puts added pressure on you (and other people) to get more done in any given day. This added stress can also be avoided by simply accomplishing just a few tasks every day, over a longer period of time.

HIDDEN CAUSE #8: Using Food, Drugs, Or Alcohol To Cope With Stress

During stressful times, many people turn to food, drugs, alcohol, or other chemical substances to cope with their stress. These coping strategies are popular for one important reason--THEY WORK!--at least in the short run.

However, they aren't good coping strategies for dealing with stress. Even as short term measures, they can cause serious problems such as car accidents, family blow-ups, injuries, etc.

One major problem with these coping strategies during the holidays is **THEY ARE ALL SOCIALLY SANCTIONED!**

Wherever you go, food and alcoholic beverages will be plentiful, and you'll be encouraged to partake of them in large quantities. What a great way to have fun and deal with your stress at the same time.

Right?

Wrong. If you're suffering from increased levels of stress during the holidays, don't turn to food, drink, or illegal drugs for relief. Not only will these make you fat, obnoxious, and injury prone, but more importantly, they will shield you from learning how to deal with the deeper causes of your problems. As a result, you'll end up in the same boat again, needing to rely upon these substances every future holiday season.

So force yourself to find other, and hopefully better, coping strategies. The knowledge you'll gain by doing this will be very useful to you for many years to come.

HIDDEN CAUSE #9: Expecting Things To Go Well

Expecting things to always go well, or to go as you planned, during the holidays (or any time of year) is an excellent way to end up feeling stressed.

A better approach is to adopt the attitude that no matter how things go, **YOU'LL MAKE THE BEST OF WHATEVER HAPPENS.**

Remember my friend from the cruise story? Well, another Christmas, we went on a ski trip together to Killington, Vermont. The only problem was--**THERE WAS NO SNOW!**

None. Nada.

You could see patches of green grass all over the mountain slopes. Needless to say, there were many unhappy holiday travelers. Think my friend and I were among them?

No way.

We both had brought our tennis rackets along, so we found a local indoor tennis facility and converted our ski trip to a tennis vacation instead. We had a great time, even though most other people went home feeling unhappy and depressed.

The point I'm trying to make here is that you can always find creative ways to deal with any unexpected negative situation or event. The more you work at developing this skill, the better you'll become at using it...all year long.

HIDDEN CAUSE #10: Expecting Others To Behave As You Prefer

Expecting others to behave as you prefer during the holidays is another sure fire way to end up feeling stressed.

Please, please avoid this.

And if you do catch yourself trying to fulfill this unrealistic goal, stop yourself immediately.

Always remind yourself that your own opinions, attitudes, and "rules" for celebrating the holidays might not be shared by other individuals. Your personal history and past experiences regarding the holidays will most likely differ from those of your spouse, your friends, and other relatives.

To expect others around you to think, feel, and behave as you would like them to is pure folly. Hey, how about this for a new Christmas carol--"Deck the halls with thoughts of folly...fa,la,la,la,la...." (Just something to help you remember this point!)

Well, there you have my top ten hidden causes of stress during the holidays. Of course, these aren't the ONLY causes of stress at this time of year, but if you understand these ten hidden causes, and learn to deal with them well, you'll be way ahead of most other people.

What If Something Really Tragic Happens?

Many people ask me, "but what if something truly tragic happens during the holidays? How is it possible not to be stressed by that?" Well, it is possible to relieve some of the stress associated with such events, but you may need to do some work to achieve it.

Death, illness, disasters, and other major calamities don't really care that it's a holiday. They often occur at inopportune times, and if this happens to you, to a friend, or to a family member during the Holiday Season, this can be a source of great stress.

Once again, if you don't have the expectation that things will always go well, or that the holidays will always be joyous, you can deal with these negative events more easily. Some years, you may have to forgo celebrating the holidays to mourn the death of a loved one or to provide emotional support to a friend.

Several years ago, my wife Christina and I left home to spend New Year's in Maine with a good friend of ours who lived in Boston and his new girlfriend, who had flown to Boston from her home town a day or two earlier.

By the time Christina and I arrived, the girlfriend had broken off the relationship with our friend and returned home. Our friend was devastated, and he begged us to go to Maine on our own, since he wouldn't be much fun to be around.

But we wouldn't have any of that!

If our friend was hurting, we wanted to be by his side to provide comfort and support. So the three of us packed up, drove to the vacation spot we had previously picked out, and we all had a truly memorable time.

People Who Are Single, Divorced, Widowed, Or Separated

If you are single, divorced, widowed, or recently separated, it's not uncommon to feel unhappy or depressed during the holiday season. With all the images of couples and families enjoying themselves together, it's easy to feel that you're missing out on all the fun (or worse, that something's wrong with you because you're alone).

Unrealistic expectations, social pressures, painful memories, and other hidden causes of holiday stress can be much more intense for people who are alone.

Madison Avenue has never been kind to single individuals during the holidays. If you understand this, however, and know that you're going to be bombarded with lots of painful advertising messages,

you can prepare yourself emotionally to keep these from affecting you.

You can also remind yourself, every day, that there's nothing wrong with being single or alone during the holidays. You have just as much right to celebrate and have a good time (whether you choose to be alone or with others) as anyone else.

Just because the whole world buys into the "happy family" mystique, you don't have to let this get you down.

How To Deal With Financial Stress During The Holidays

The last issue I'd like to discuss in this Section is the problem of financial stress during the holidays.

Financial difficulties are a great source of stress for many couples, families, and individuals throughout the year. During the Holiday Season, long-standing financial problems can become intensified.

Many couples, for example, struggle with money decisions all year long. During the holidays, issues such as: How much do we spend? Do we go into debt? And who makes the final decisions? can be particularly stressful.

Some years, financial problems may only surface under extreme conditions, such as the loss of one's job, a big loss in business, or some other failed financial venture. But when they occur on a regular basis, just about every Holiday Season, the best thing to do is to consider them a warning sign that you may have a poor or dysfunctional financial management system.

Make it a point to handle this issue for yourself, or with your spouse, once and for all! Don't be afraid to seek professional advice if you can't arrive at a better arrangement.

Once you have a healthy financial system in place, you and your spouse should be able to handle any increased financial pressures during the holidays with no trouble at all.

Again, what I've tried to do in this Section is give you just a taste of how **hidden causes** play a role in any holiday stress you might experience.

I've also tried to show you that gaining more knowledge about these specific hidden causes can help you to recognize them more easily, and this can lead you to having much less stress and tension than you normally might have.

The general principles of learning how to recognize and deal with the hidden causes of stress are applicable all year long, not just during the holidays. I haven't focused much on what you can do about these hidden causes, once you notice them. Some of the coping strategies will be immediately obvious to you. Others may require a bit of training to learn about and then employ.

In the final section of this e-book, I'm going to introduce you to a number of excellent resources for expanding your knowledge about the hidden causes of stress.

If you like what you've learned so far from this e-book, I hope you'll explore many of these excellent resources. I've been researching the stress reduction literature, both online and in print, for many years, and I've found very few resources that really help. Hopefully, you'll find that the ones I am going to recommend to you will be the exception to this rule.

Section 5: Year-Round Stress Relief

In this Section, I'm going to introduce you to some additional resources and concepts that can help you improve your ability to eliminate stress not just during the holidays, but all year long.

If you invest the time to fully explore these high-quality resources, I think you'll find them even more helpful, in the long run, than some of the immediate holiday stress relief suggestions I've shared with you so far.

Hopefully, if you take full advantage of these resources, the amount of stress you experience each future Holiday Season, and all year long, will progressively lessen, year after year.

Stress Mastery vs. Stress Management

Let me give you some context for understanding how the resources I am about to recommend to you differ from the standard advice you are likely to receive about coping with stress.

The major difference stems from the distinction between stress mastery and stress management.

As you may have already discovered, my passion is helping people learn how to develop true stress mastery, rather than simply managing their stress.

To this end, I've created a Stress Mastery Academy, where I offer high-level, advanced training programs to help people achieve this goal. But first, let me be clear about what I mean by **stress mastery**.

To me, stress mastery is very different from stress management. As I've already pointed out, most stress management techniques deal with just the symptoms of our stressful problems.

Stress mastery, on the other hand, is all about knowing how to prevent or eliminate stress by recognizing and then dealing with its **underlying causes**.

This, in a nutshell, is the primary difference between the two.

As I'm sure you'll agree, the best way to deal with any problem in life is to identify and correct its underlying causes, rather than to simply minimize, reduce, or mask just its symptoms alone.

Now, I know you might be thinking there's not much you can do about most of the causes of stress in your life. But this is only because you haven't been taught to understand these causes correctly.

Instead, you've been taught to focus primarily on the external, obvious causes. This, however, is only half of the full story.

The real action...the real power you have over stress in your life... comes from learning how to recognize and deal with your own **internal causes**. I've tried to give you a glimpse of what some of these internal causes are, especially when it comes to holiday stress. But there are many, many more of them that you really do need to know about.

There are also very effective coping strategies you can learn to employ, once to know how to recognize these hidden causes. These powerful strategies can enable you to make most types of stress in your life completely disappear, whenever you want, without having to use drugs, relaxation exercises, or any other time-consuming, symptom-oriented stress management techniques.

Would you like to learn how to do this?

How Can You Achieve Stress Mastery?

Over the past 30 years, I have had the privilege of working with many different people who truly believed that it was impossible for

them, or anyone else, to actually achieve mastery over the stress in their lives.

To their surprise (and delight), however, many of them discovered they were totally wrong about this!

Once they gained the proper mindset, and once they were able to free themselves from the many of the myths, misconceptions, and other false understandings about stress that are so prevalent in our society today, they were indeed able to achieve remarkable breakthroughs in their ability to reduce or eliminate stress from their lives.

Stress Mastery Takes Time And Dedication

While you too have the ability to achieve similar breakthroughs in your abilities to deal with stress, this is not something you're going to easily accomplish overnight.

You're going to have to invest some time...and maybe even a little money down the road...but you definitely can do it. You definitely can achieve personal breakthroughs in your ability to cope with stress.

But in order for you to do this, you first have to become a student of human stress. You'll need to get some training, and you'll need to find a mentor.

You'll also want to know how to avoid some of the traps and pitfalls that you can easily fall into when you set out upon this path, and that have kept many people from ultimately becoming successful.

Fortunately, I've traveled this path ahead of you and have worked much of this out already. I've also provided a good bit of the training you will need...for free. These free training resources will help you build a new foundation for understanding what stress really is, where it really comes from, and what your best coping options are for dealing with it.

As an internal medicine physician who practiced medicine for 23 years, I saw the ravages that stress can have on people's health almost every day. I cared for people who had heart attacks, strokes, digestive problems, headaches, tense muscles, palpitations, and many other health-related problems that were either caused or aggravated by high levels of stress. And for many of the early years of my practice, I secretly wished that I had something to offer my patients that could help them to avoid these preventable health consequences.

Well, now I can do something about this, and that's why I created a host of free educational resources, and my Stress Mastery Academy, to share what I have learned with you and many others.

Stress Relief Resources

So here's my best advice for how you can start to build yourself a totally new understanding of human stress that will set you apart from, and way ahead of, most other people.

I hope you'll take full advantage of all of them, and that you will both learn from them and will enjoy them as well. And while you may find some repetition of key points among them (which isn't a bad thing), each has something different and unique to offer you:

To get started on your path to developing true stress mastery, here's what I personally recommend you do:

- 1) Go to my Stress Mastery Academy website at <http://StressMasteryAcademy.com> and sign up to get the special free report offered there.
- 2) Visit my stress relief website and blog at <http://ormanstressrelief.com> and sign up to receive a weekly digest of my Monday, Wednesday, and Friday new blog posts (every Sunday in your email).
- 3) Go to <http://facebook.com/beststressrelief>, my main Facebook fan page, "like" the page to become a fan.
- 4) Also, you can follow me on Twitter @Doc_Orman.

Advanced Stress Mastery Trainings

There is a wealth of immediate and ongoing information about stress and stress mastery that you can benefit from in these helpful free resources. I am happy to provide them to you, for as long as you wish to receive them. With my website/blog and my main Facebook fan page, you can stay in touch with me, and continue to interact and learn from me, for as long as you want...without having to spend one thin dime!

However, if you really become excited about the possibility of developing true stress mastery, and if you want to learn faster, with the help of some advanced, more intensive in-depth trainings, I have such programs available through my Stress Mastery Academy. These programs are not free, but they are not expensive either. And each comes with a full money-back guarantee, if for some reason you are not fully satisfied.

Stress Mastery Basic Training Program

The first core advanced stress mastery training you should consider is my Stress Mastery Basic Training program.

This program consists of a series of four PDF e-books. If you want to learn the basics of how to eliminate stress, quickly and easily, without having to manage it...**this is the training program for you.**

To find out more about how to obtain this outstanding, advanced stress mastery training, simply visit <http://StressMasteryAcademy.com> and download the free special report called "How To Be Happier, Healthier And More Stress Free."

This is another free stress relief resource you can benefit from, and it will tell you all about the Stress Mastery Basic Training and how to sign up for it.

Thank You

Thank you for taking the time to read all the way through this e-book. I hope it makes a difference for you, both during this Holiday Season, and for all future ones.

Also, if you found this information helpful, please share this e-book with your friends and family. You are welcome to make copies of it, as is, or otherwise distribute it for free to as many people as you like.

Hopefully, you'll keep in touch and I look forward to sharing with you much more of what I have learned about coping with stress during the past 30 years.

Wishing you good health, happiness, and much success,

Doc Orman, M.D.

About Doc Orman

Mort (Doc) Orman, M.D. is a Board-certified Internal Medicine physician who has been helping people eliminate stress— without having to manage it—since 1981.

He is a graduate of Duke University (B.A. 1969) and the University of Maryland Medical School (1973).

He is Founder and President of the Health Resource Network, Inc., a non-profit health education organization that has sponsored National Stress Awareness month, every April since 1991. He is also a co-founder of the Society for Professional Well-Being, a national association for the prevention of stress in physicians and other health care professionals.

Doc Orman has lectured widely about stress for both health professionals and the public. He has also written numerous books and articles about human stress, including an award winning book, *The 14 Day Stress Cure*, which received a top non-fiction book-of-the-year award (1992) from the National Association of Independent Publishers.

In the courses he offers free to the public, and for purchase through his Stress Mastery Academy, Doc Orman shares many of the insights and coping strategies he uses in his own life, and that have helped thousands of people deal with stress more successfully.

About The Stress Mastery Academy

The purpose of Doc Orman's Stress Mastery Academy is to provide you and others around the world with high-quality, innovative educational programs designed to improve your health, expand your happiness, and maximize your success in areas of life that are important to you.

Advanced training courses that are either available now, or that will be offered soon, through The Stress Mastery Academy include:

- Overcoming Negative Emotions
- Overcoming Relationship Stress
- Overcoming Stress at Work
- Overcoming Stress at School
- Dealing With The Stress of Illness in A Loved One
- Overcoming Public Speaking Fear
- Dealing With The Stress of Deaths, Disasters, and Other Major Tragedies
- Dealing With The Stress of Major Life Changes
- Understanding the Complex Relationship Between Stress and Your Health
- Dealing With The Stress of Retirement

Reduce Your Stress NOW!
 With **Doc Orman, M.D.**, Physician, Author, Stress Coach And Founder
The Stress Mastery Academy

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Reduce Your Stress Now...Even If Little Has Helped In The Past

Reduce Your Stress Now | Welcome Video

Gift For You

In my FREE Special Report, You'll Learn:

- ✓ New ways to **THINK about stress** that can help you tremendously.
- ✓ The reason why **MANAGING stress** may not actually be good for you.
- ✓ Why the true causes for you having trouble eliminating stress have **little to do with you.**
- ✓ How to finally learn how to conquer your stress **no matter how unsuccessful you've been in the past.**
- ✓ How to improve your relationships, your **relationships**

To learn more about this academy, visit <http://StressMasteryAcademy.com> .