



Stress Management Toolkit

34 Tools and Techniques to help you get your stress under control

New Product !

Ask yourself the following questions:

- *Do I drag myself out of bed in the morning to go to work?*
- *Am I feeling more tired and exhausted than I usually do?*
- *Am I battling to concentrate on tasks?*
- *Am I becoming more irritable and cynical?*
- *Am I losing interest in hobbies I usually enjoy?*
- *Is my memory worse than it used to be?*
- *Am I making mistakes more often?*
- *Do I find myself sometimes feeling useless and incompetent?*
- *Is it difficult for me to get a good night's sleep?*
- *Is everything starting to get under my skin?*
- *Am I feeling more anxious and depressed than usual?*
- *Is my motivation to achieve my goals decreasing?*
- *Do I have more frequent headaches or backaches?*
- *Am I craving unhealthy, junk food?*

If you answered yes to a few or more of these, then you most likely have a lot of stress and could be heading towards burnout.

One of the most important things we can do for our health, and for our relationships, career, and finances too for that matter, is manage our stress. Long-term chronic stress has been called the "silent killer" for a reason. High levels of chronic stress are correlated with heart disease, cancer, digestive problems, autoimmune problems, memory and concentration problems, skin problems, infertility problems, hair loss, an increase in inflammation in the body, increased accidents, an increase in anxiety and depression, as well as higher rates of suicide. Long term chronic stress harms the immune system and never gives it a chance to recover, so it makes you vulnerable to all sorts of illnesses.



I have developed this toolkit to help you understand and manage your own stress in particular. It is a 120 page A4 PDF e-book. It enables you to really understand your own specific situation. This book contains questionnaires, checklists, rating scales, self-assessment exercises, and tables for you to populate with your own information, as well as thirty-four different methods (physiological, mental, emotional, and behavioural) to manage stress.

In this e-book you will learn:

1. **To understand exactly what stress is**
2. **To understand what goes on in your body when you are stressed**
3. **To understand how stress impacts on your physical and mental health, work and relationships, among other things**
4. **What the sources of stress in your life specifically are**
5. **How to recognise the signs and symptoms of stress in terms of physiology, mental, emotional, and behavioural states**
6. **To measure your own level of stress**
7. **To get an idea of how at risk you are for illness given your particular level of stress**
8. **How to add activities in your life that act as buffers against stress**
9. **34 Tools and Techniques for managing stress (physiological, mental, emotional and behavioural)**
10. **How to create a stress management program for yourself to use on a regular basis**

The cost of the toolkit is R250 all inclusive.

Contact me for more information or to order a copy. penny.holburn@live.co.za