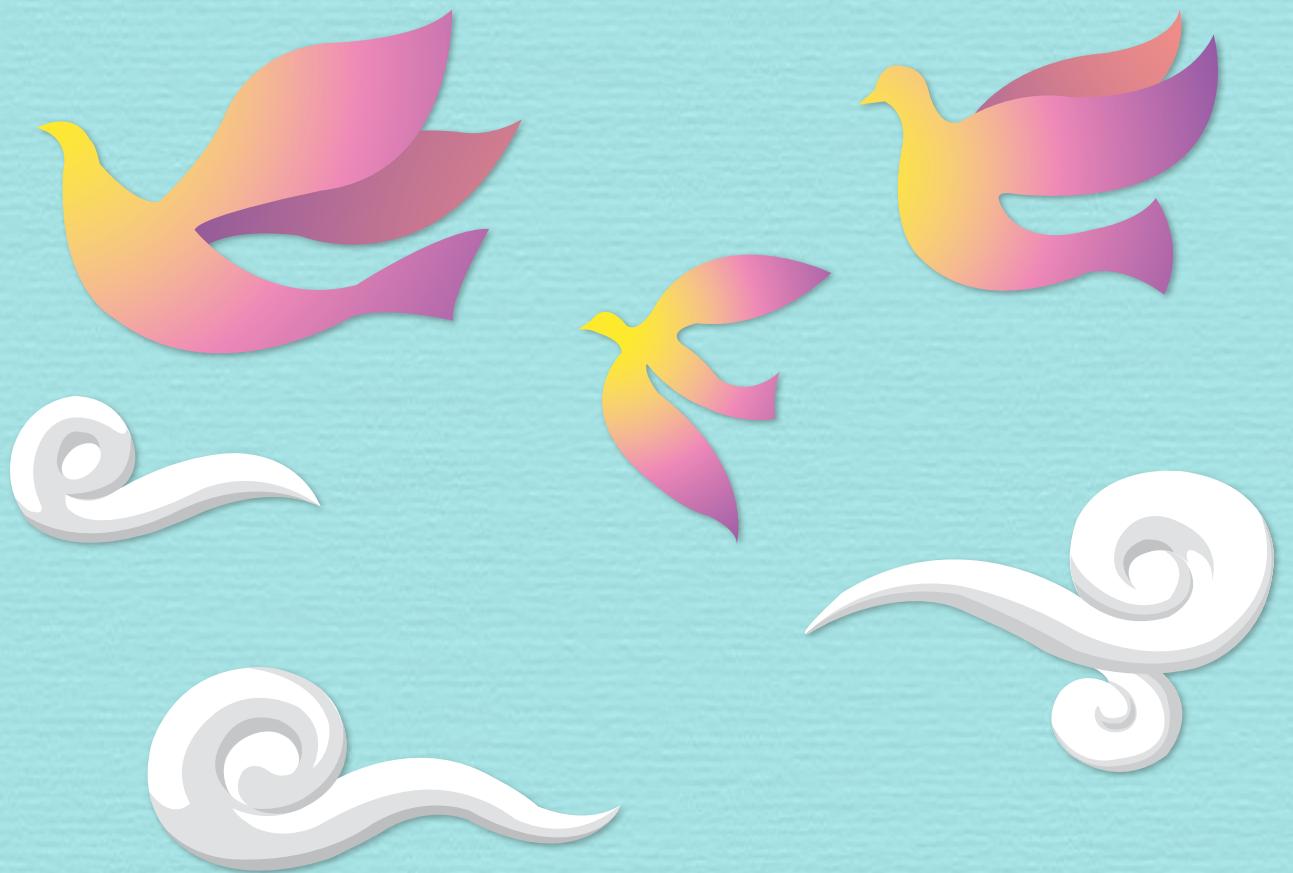# Breaking Free from
# STRESS

**Breaking Free From Stress: Executive Summary**

This book provides a thorough discussion about stress.

***Inside, we examine causes of tension, reasons for it, and ways you might behave when experiencing stress.*** Finally, effective methods of stress management are discussed.

**1. What is Stress Anyway?**

This chapter provides a workable definition of stress. "Stress" describes both a feeling and the actual source of the tension and anxiety. The basic elements of stress: fight or flight response, perceived loss of control, and change are discussed.

**2. Is There Such a Thing as Positive Stress?**

Believe it or not, not all stress is negative. This chapter describes positive stress and gives examples.

### 3. What Does Stress Look Like?

This chapter describes behaviors that can be signs of tension, worry, or anxiety. ***Because you are unique, your stress "fingerprint" naturally varies from the responses others have to stress.***

### 4. Causes of Stress

Here, we cover the reasons for stress. Some of us might feel tense in the presence of certain people while others will be anxious about being short of funds or about a friend getting angry with them. Specific causes of stress are explored.

### 5. Unhealthy Ways you Might be Managing Stress

Whether we're drinking too much, eating too little, or speaking sharply to others, there is an array of unhealthy ways to express stress. We go over some of the primary ones to prepare for our discussion of stress management techniques.

**6. Effective Methods of Stress Management**

This chapter lists ways you can deal with your stress in a healthy fashion. You'll learn many techniques to address feelings of tension, anxiety, and worry.

**7. Summary**

This book will educate you on all aspects of stress, from what it is to how people under stress behave and react.

***You'll also gain some valuable insight into effectively managing your life when you're under pressure.***

Understanding your own stress is the first step toward living a life free of its worries and hassles!