

Not Another Article on How to Relieve Stress

by David Markowitz

"But doctor, what should I do for this high blood pressure?"

"Well... take these pills, eat less salt, and avoid stress."

"Avoid stress? How do I do that?!"

"I don't know, so just take these pills and eat less salt. That'll be \$200, please."

And so it often goes. You leave your doctor's office with a prescription and a basic lifestyle change suggestion. The prescription will regulate the symptoms but fails to address the cause. And there are often nasty side effects. But it's not because your doctor doesn't want to help you; it's just that they were never taught how to relieve stress. So you then go to a more alternative practitioner, and they too might give you something to take, maybe an herb or a dietary supplement, still not addressing the root cause. And even though no one is getting better following these ideas, everyone still insists on covering the symptoms and that stress is a leading cause of most pains and illness. Or is it?

Let's say you and a coworker are given the same assignment. Your first reaction is one of disgust; you hate filing or cleaning up after dead bodies, whatever. But your coworker gets excited by the prospect. She even lets out a "Yeah!" And let's just say that this is a basic difference between you two in many areas. You dislike getting to work on time and she's up at the crack of dawn and always early. Remember, you're both doing the same job throughout the day! You're a half empty glass kind of girl and she's a half full kind of girl. Which one of you is going to be healthier?

Stress can't be relieved. It can't be avoided. In fact, if you had no stress, you'd die of boredom. That's why this article isn't about avoiding or even relieving stress. Those haven't worked yet, and they won't. What does work is changing your attitude about what you're experiencing. Even if you don't like what you're doing professionally, can you fake it until you've manifested your dream job.

Your body doesn't know the difference between what's real or imagined--it reacts to thoughts about certain things as much as experiencing those same things--so why not feel-imagine into enjoying your situation? In the case of vocation, think or write about how lucky you are to have this day job--how others might not even have that. Know that at least you can pay your bills and also have faith in your ability to manifest a better situation. In fact, as you begin to believe these higher-vibration thoughts of gratitude and joy, you're sending out more powerful attractors of what you really do want!

This is the only way to eliminate the symptoms--permanently. You have to get to the causative factors--in this case, your attitude about your vocation--for any chance at success. And know that other things can cause elevated blood pressure, too. I've helped many people change their perception of their situations--professional, social, familial, and more--no matter what they are or what those bring. Sometimes in just a few months' time, clients are feeling so much better that they ask their doctor if they can reduce or even stop taking the medication. Luster for life returns and health is optimized. People look at them differently because they are acting differently. And their dream job shows up, seemingly out of nowhere.

That'll be \$200, please.

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