

# HOW TO NEVER BE STRESSED AGAIN



**The Pain Centre**



# RETURN TO THE LORD, YOUR GOD

**This is a call from the Lord our God, who loves you, to return to Him. To seek Him out and decide to be with Him. He has seen how much you are suffering and wants to save you. He wants to guide you away from the evil you found yourself in.**

He wants what is good for you. He has infinite blessings and grace to give you if only you turn away from your path and turn towards him.

Your path has led you into the wickedness and evil of this world, away from his presence and grace.

You are now truly in Hell. Hell is not the pit of fire we were taught but rather, it is to be without God's presence in your life.

Turn away from your path and turn towards the Lord, who loves you.

The Devil, who hates you, has influenced you into a life filled with suffering, surrounded by evil.

God has tried to place obstacles in your path to stop you, but when you continued down it, he didn't force you back onto the good path.

He will never go against your will, even if you choose to hurt yourself and those you love with it.

## **He loves you.**

He wants you to be with him in his wonderful grace and fill your life with blessings.

Only if you choose him.

Don't be influenced by the wicked people that you have seen, who call themselves Christians, but who are hypocrites and do what's evil in the Lord's sight.

They are not a reflection of his love.

All you must do is call to God, pray to Him and ask Him to guide you back into His grace. Go back to church. Read His holy scriptures.

So that you may discover how much God loves you and how many blessings He wants to fill your life with. Find out how to walk out of the Hell your life has become.

Call to Him and see how much your life will change in an instant.

## **Become His child once more.**



# HELLO!

We have developed and are bringing you this course about stress and how to never be stressed again, provided you follow these instructions.

This course will act like a basic tool kit for you to handle and manage almost all stressful situations.

It is a basic tool kit like your dad might give you when you move into your first home.

You will be able to use it to fix most things.

If you need anything more than this, you need a professional.

***Just one piece of advice... do not skip around to the solutions.***

***You will miss out on all the reasons why the solutions work.***

Don't be surprised when it doesn't work if you didn't follow the plan and decided to do your own thing.

***Your own thing is what got you into this position in the first place...***

# INTRODUCTION

In this course, I will explain the following:

1. What is stress?
2. How it affects your body and your mind
3. The two main types of stress and what causes them
4. Principles on how to deal with the two main causes of stress
5. The stress tool for every situation and every emergency
6. What to do long term

I will break this all down for you in very easy to understand and simple concepts.

***You guys are smart. I am a simple guy that likes to keep things simple and easy to understand and that is how I am going to do it.***

# WHAT IS STRESS?

**According to Google, “Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body’s reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.”**

This makes a lot of sense. To add onto this, stress is our body and mind’s reaction to an increase in demand, greater than what we are used to in our normal day to day routine. The intensity of the stress or the intensity of our body’s reaction to the new demand is based upon how much more the demand is on us than our normal day to day demand.

A little more traffic than usual could cause only a mild reaction.

If you are being stuck in bumper-to-bumper traffic because an idiot tried to change lanes under a truck, this would lead to a much higher, more intense stress response.

**Stress is our body’s reaction to cope with the new demands. Our body wants us to raise to the occasion and thrive instead of wilt at the challenge.**



It can be a physical demand like walking through a whole expo and being on your feet the whole day, when your body is used to walking to the fridge and back to the couch.

It can be a mental/cognitive demand like working all day and into the late into the night to finish a project or idea, or solving a problem or situation that is completely new to you.

It can be an emotional demand such as your sister, who whines and complains about everything, that came to "visit" for a few days while her husband is away on business, so she doesn't feel alone.

It could be the loss of a friend or loved one. Any demand on your emotions.

It can also be a relationship demand such as talking your way through a serious conflict between you and your spouse, a friend or at work.

Stress is the body's reaction to a new demand. It is a good and healthy reaction that primes us to handle the demand with ease.

### **Stress is good for us in short bursts.**

However, stress is very unhealthy and dangerous for us when high levels of stress are sustained for a long period of time, like weeks and months.

Let me explain why.

### **In our bodies there are two main systems that regulate stress or the process that causes us to become more stressed or less stressed.**

The sympathetic and parasympathetic system are those two systems. Sympathetic is the one that readies you for the demand and causes or increases the "stress" response.



## **The parasympathetic system is responsible for decreasing or eliminating stress.**

The sympathetic system prepares you to fight, whereas the parasympathetic system prepares you to recover from the fight.

The systems oppose each other at the same time. They don't work like switches - when one is on, the other is off.

They work more like a hot tap and cold-water tap coming out of the shower. Hot water/stress to keep you ready to deal with the situation. The cold tap to cool you off and trigger the body to recover from the stressful event.

The mix between the two determines how you feel at that moment. It is not either or.

It could be blistering hot, all hot water, freezing cold, warm or any variation between hot and freezing.

The problem is the more we are stressed, as we are and the longer we are stressed the greater the toll on our bodies gets.

If it's for a short period, like having to move out of the way for a reckless person walking or driving past you, you might only experience being pissed off, your heart beating fast for a bit then everything is back to normal shortly thereafter.

However, if the stressful situation carries on for a long time, the greater the toll it causes on your body. Instead of just having your heart beat fast for a bit, it is continuously beating fast.

You always feel you are on the brink of another panic attack. You constantly feel uneasy and paranoid that bad things will happen.

You are irritated by even the smallest things.



The longer this persists the more drained your body gets of its resources and the more overwhelmed you feel. Over time, you will develop depression and anxiety, the body's response to chronic stress. At this point, your body stops you in your tracks and forces you to recover.

The chronic effects of the stress will cause permanent harm to your brain and the stress-induced depression and anxiety will become permanent.

While this is going on, your mental wellbeing and the body is starting to eat itself and use itself to keep up with the demands of continuous stress.

As you are always stressed, the body doesn't have any time to recover from the consequences of being stressed. Like restoring the energy in your muscles and brain and replacing all the used-up hormones and natural chemicals throughout the body and in your brain.

Things like regrowing the stomach lining. Lowering your blood pressure and heart rate.

Over time your body ends up breaking itself down to have the ingredients it needs to keep the body going during the stressful situation.

It does that instead of properly digesting the food you eat. Then using that food to make all the chemicals and energy it needs while you are resting.

When your body doesn't rest, it attacks itself to try and keep itself alive. It does this as a short-term solution to what it thinks is a short term problem. The body thinks a lion is chasing it and it knows that "soon" the lion that I saw in the bushes that stressed me out will go away. As that is how it was made from the start. To respond to short term stresses.



This is how I want you  
to think of it.

The house and the firewood  
and house are your body.

You are living in the bush during  
winter. You have a lovely house  
and a small stash of firewood  
for the fireplace.



When winter comes along, it is not too cold at the start and you might do fine with just a blanket with no need to light a fire.

As winter progresses, there is a cold snap.

If it lasts a day, you will be fine. The house will protect you from the wind and the fire will warm the house.

You might not even need to use much firewood to warm your whole house. You laugh at yourself and say, a little cold and difficulty builds character....

If the cold snap persists for a week instead of a day, the more wood is required to keep the fire going and the house warm.

By the beginning of the seventh day, you have used up all your firewood and it has been too cold to leave to get more.

If the cold snap ends, the day after, you would be cold to your bones; however, you will warm up enough to go out and collect more firewood for the next cold snap.

In this case, enough that it would take two weeks to collect enough firewood to replace all that was used up.

If, however the cold snap lasts months, what will happen then?

Maybe this time you are more prepared for the cold, you use less wood and it lasts for twelve days instead of six. As the cold drags on, the colder the house and you become. You might start to collect all the wood nearby, risking frostbite to do so.

But as that wood runs out, so does your will to brave the freezing winds.



You look around your house for anything you can burn. At first, it is things you know you will not need, like old newspapers. Then it is books, furniture, floor planks.

The more of your house you cut up to use, the less house is left and the more panicked and irrationally afraid you get.

Soon the inside of the house is nothing but concrete foundation, walls and roof timbers and sheets - there is very little left to burn.

Except maybe the roof beams... you think. You know that if this were the beginning days you would never do that because if you do, it will let the cold wind blow inside the house. But you are desperate.



This is what stress does to us. How we respond to it at first is healthy. We use what we have to get through it, but the longer it lasts unabated the more of ourselves we consume to meet the demand until we are sick from stress.

Our stress these days is no longer caused by natural things like lions who try and eat us, where it is a momentary or short lived stress response followed by rest and recovery.

It is now a consistent always-on stress that is there for months that only relieves itself the few times a year we go on holiday.

Our body's stress mechanism has been flipped on its head. Instead of mostly rest and recovery with very short bursts of fight, it is now almost always fight and rarely rest and recover.

So even if the thing that caused us to feel stress is long since dealt with, our body is still stressed and slowly trying to recover from it. If we have been chronically stressed for a long time, it might take two weeks of no stress for our bodies to calm down, or even longer.

Meaning that our bodies could still be stressed even though the things that make our minds stressed has long since passed.

Now how will you deal with that?

Lets look at the two main types of stress to help you understand why the solutions work.

# THE TWO TYPES OF STRESSORS

**There are only two types of things that cause stress, called stressors. A situational stressor and an environmental stressor.**

A situational stressor is stress that is directly caused by an identifiable event.

An emergency at work.

A death in the family.

A very ill child.

A huge fight with your friend.

Any specific event that caused you to become stressed is a type of situational stressor.

This type of stress where you will always know what caused it as the reason is obvious.

The other is environmental stress.

Environmental stress is the general level of stress your body is under all the time. It is not caused by anything specific but is rather just there the whole time in relation to other things going on.

A classic example is when the whole country went mad and rioted and looted in KZN. You might be in Bloemfontein where nothing happened. There were no problems where you live but your body is still starting to prepare you as if you heard that they were coming to your town next.

What makes things a bit more complicated is how these two types of stress interact with each other and make our bodies more and more stressed.



Like how an environmental stress would cause a situational stressor to feel so much more stressful which in turn increases the body's environmental stress level and just makes each other worse and worse.

They are sadly like a toxic couple when they are together. They make each other and the entire situation worse but cannot seem to stay away from each other.

When this spiraling happens, it is very easy to become completely overwhelmed.

It can be so severe that you do not even know why you are so stressed. There could be a long list of things. It is the dog's poop outside, the leaky tap that is still not fixed, the fourth night you slept badly because of the neighbours' chickens, your boss being an asshole for the hundredth time and your kids don't want to eat anything but waffles.

When this happens, you become so overwhelmed that you cannot see anything logical. You are so deep inside the stress ocean and the problems. All you see is stress. Nothing else.



**MAY GOD HAVE MERCY ON THE PERSON  
WHO TELLS YOU, "IF YOU JUST DID THIS...  
YOU WOULDN'T BE STRESSED" - BECAUSE  
YOU WON'T HAVE ANY MERCY ON THEM.**

Let me tell you what you need to do when you feel like that.

# THE EMERGENCY TOOL THAT WORKS STRESSORS

## THIS IS A 4-STEP PROCESS.

1. Remove yourself from the stressful event and go to a quiet place alone.
2. Take 10 deep breaths. Slowly in and slowly out. Concentrate on the sound of the air moving in and out.
3. Now that you have calmed down a bit enough to think, take out your pen and paper or note app on your phone.

List all the events or things that are stressing you out. Be very specific about them. If there are 5 things about a specific situation, name them individually.

## PLEASE PRACTICE BY DOING YOUR OWN NOW.

4. Now that you have written all of the stressful things down, I want you to number them. Start at the one causing the most amount of stress then go down the list until the last one is numbered.
5. Focus only on the first thing that causes you the most stress and ignore the rest. Try and fix or resolve the stressful event with the purpose of resolving it permanently. So that it is never a problem that will cause you stress again.

After you have done that, take a few days for the body to calm down. Once everything has calmed down review your list and see which factors, if any, cause you any stress.

Every time you feel overwhelmed, stressed, and cannot seem to get ahead of the situation do this.

It does not matter how many times you do this. What matters is to be sincerely honest with yourself about your stress and make sure to fix the cause of your stress permanently. You must fix the cause so well that it will never cause you stress again.

If you do not, it will keep recurring again and again.

If you do not know how...

Ask! Ask someone who has successfully solved a problem exactly like yours and ask them how they did it!

The solution may not be quick to implement. It may require work and disciplined effort for a long time, but it will be worth it.

If the cause of your stress is related to any of the problems we have courses for, please do our courses as well. They are here for you, for free, for as long as you need them.

# WHAT TO DO LONG TERM

**Now that we have covered the most effective way to manage situational stress coupled with environmental stressors making everything worse, let's talk about an environmental stressor solution.**

This type of stress is unavoidable. All we can do is to manage its effects on our body by restoring ourselves and seeing that all of our needs are met.

Our needs are simple.

We have:

1. Physical needs
2. Social needs
3. Spiritual needs

These needs being met are all that we need to feel calm and restored. We need not try to escape our environment and go to another place, like having a holiday, to have them met.

Our physical needs are made up of two things.

**Food and exercise.**

What you put in is what you get out. What we choose to eat to feed our bodies will determine what we get from our bodies. If we only eat junk food that hasn't grown from a plant or been born or contains minerals of this earth, we will get no nourishment from it.

It will only give us enough not to starve ourselves, and more likely make us sick and fat.



Exercise is just as important.  
Exercise is the best and fastest way to trigger our nervous system to relax and restore.

It really does not matter what you do.

All you need to do is **“DO something that YOU ENJOY that is EFFECTIVE”**.

Be it boxing, dancing, weights, group fitness classes or whatever you decide.

For it to be effective you must sweat. You must be working so hard that you struggle to speak while doing it and feel tired afterwards.

Do this at least 3 times per week for an hour.

Social needs are very important. We are social beings. We need to be around and with people, no matter how much of a loner/introvert we think we are.

Spend time with the people that matter. Nurture and protect a few deeply meaningful and valuable relationships.

In person is always better than calls. But if calls are all you have, they will make do until you see them.

**Hugs save lives.**

Aim to spend uninterrupted quality time with those loved ones at least twice a week. The more time you have with them the more restored you will feel. Please, nothing less than an hour. Remember, these people matter - act like and treat them like they do.

Spiritual needs are just as important as the previous two. Your need to connect with and become closer to God. It is vital to your health.

Do not give Him for only one hour a week on Sunday.



Commit time to speak with Him. Learn His teachings. Obey His commands.

For we are nothing without His Grace.

You must become disciplined about meeting all these needs every week, every time. Whether you feel like it or not.

When you do not make meeting these needs a priority by not setting aside time just for them, they will not be met and you will be stressed until it kills you.

Do you really need more motivation than that?

If all you do is follow these pieces of practical advice you will thrive through it all. You won't become so overwhelmed that you become sick.

You will be able to do more, handle more, become very tough and thrive during difficult and stressful times.

