

10 Simple Truths to Help You Reduce Stress

by award-winning author and stress relief expert Susie Mantell

In my twenty years facilitating stress reduction, I've come to believe that several factors largely determine the impact of stress over a lifetime: Opportunities • Possibilities • Challenges • Risks... and Choices we make when presented with each.

Naturally, most of us wish to prevent, reduce and relieve stress wherever we can, so let's take a quick look at **10 Simple Truths** that may help you reduce stress:

1. Life is often about choices — even when it doesn't feel that way. While events and circumstances may be out of our control, the overall quality of our lives is profoundly influenced by the choices we make in difficult moments.
2. Stress Happens. And it happens to many of us--every day. How we choose to respond to any challenge, will determine its Stress Value—that is, it's impact on us.
3. The mind informs the body and vice-versa. Physical and emotional stress impact our health, relationships, and the very nature of who we will become.
4. Our interactions with others generally stem from one of two roots: Love or Fear. One smile can entirely turn around two people's days. Try it!
5. The Golden Rule is still a very, very good idea.
6. Our emotions are inextricably bound to our health and happiness. Love heals. So do laughter, kindness and forgiveness. Anger never will.
7. We can spend a lifetime grieving what was or never was — or we can live for what is or could be.
8. We're never too old to learn, to change, to express gratitude, apologize or forgive. Every day counts.
9. To love anyone or anything requires a leap of faith in ourselves, in the other, and in the power of Love, itself.
10. Every day we either grow toward the light or wither on the vine. And that, too, is a daily choice.

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