

'Create Your Life' Newsletter



"Stress can create a serious Health Risk"

www.turnyourlifearound.com.au

If you drive, you likely know the feeling. You get cut off, someone toots their horn or dangerously switches lanes, forcing you to brake and miss the light, leaving you seething. Driving can be a *stressful* activity and combined with work or personal problems, it can be downright dangerous.

Road rage and other events where you are not in control of your emotions, are stress causing. Ongoing stress situations can also have an added effect on our health creating heart palpitations, high blood pressure, insomnia, and many other effects on our bodies. That is why it's essential that we look at the **cause** of our stress and learn techniques to remove it from our lives.

6 Tips for Reducing Road Rage (these tips will also be of benefit in dealing with angry reactions you may have to other events/situations/people)

1. Don't see an **aggressive** driver's behaviour as a personal assault. Bad or dangerous drivers aren't targeting you personally; they're unleashing their frustration or bad mood on the rest of the world at random.
2. Refuse to allow your mood to be dictated by the acts of an unpleasant and discourteous stranger. Deliberately switch your thinking to a thought that is more pleasant.
3. Work on being able to just "**let go**" of angry feelings in traffic with the goal of maintaining inner peace and serenity. Take a deep breath and allow the tension to leave your body.
4. Recognize that mistakes occur. You've likely made driving mistakes at some time, and the other driver who acts aggressively may have just made a mistake.
5. **Imagine** that the **aggressive** driver has had a horrible day - perhaps just gotten fired or left by his/her significant other. It just might be true and might be the cause of erratic behavior.

By learning calming techniques, we are able to manage all other areas in our lives and remain calm in stressful situations. If you are interested in learning more about my strategies to reduce stress, consider attending my upcoming '**Chaos to Calm**' workshop designed to equip you with many effective ways of creating calm and inner peace in your life.

BOOKINGS NOW OPEN

A Day Designed with YOU in Mind!

Be enlightened by three of the most thought provoking presenters you will come to meet in one place. Be inspired with **Tashia Searle** Mind set and Wealth expert, be free of stress in the "Chaos to Calm" Workshop by **Kati Thornton** Certified Heal Your Life Practitioner and bring balance back to your lifestyle with **Lee Cummins** from the KIS Series and 88.3 Southern FM Radio.

Your investment includes:

- your very own Satchel
- Information sheets
- Lunch & refreshments
- & free competition entry

Wellness, Wealthy & Wise
Seminar in **Chelsea**

15th August 2009

Contact: 9772 4099 for
further details and to book



Try these *daily affirmations*:

"I relax and release all tension. I am at peace"
"I release all blame and joy now flows freely within me"
"I calm my thoughts and I am serene"