

Lessin' Your Stressin'

Stress. I'm certain every person on the planet has dealt with some sort of stress at some point in their life. Stress can lead to many things – heart attack, sleeplessness, weight loss, weight gain, headaches, ulcers and the list goes on and on. What is the best way to deal with and better yet, avoid stress? The answer is, time.

There is one way and one way only that all people are created equal. That way is time. No matter how much money you make, or what kind of car you drive or where you live, we all have exactly 24 hours in a day. The rich don't get more and the poor get less. 86,400 seconds. No matter what, that's all you get.

You can eliminate or significantly reduce your level of stress by simply putting things into perspective. What do I mean by that? Think about NOW – not tomorrow, not yesterday, now. No dwelling on the past is going to change it. Therefore, look at it, learn from it, and use that new information to be, do, and have a better today.

The same concept holds true for thinking about the future. No matter how much you think about tomorrow it won't get here any faster. How often do you pass up an opportunity today because you think you will have another shot tomorrow? I know you have heard this before but let's say it again...live every day as if it was your last. If today were your last day on earth what would you wish you had done? There may not be a tomorrow, so maximize now, today, this moment. If you worry about tomorrow you'll lose today.

There are 86,400 seconds in a day. Successful people get more done in an hour than most do all day. Why is that? That is because they are not talking about yesterday, and they aren't thinking about tomorrow, they are focusing on getting every last possibility out of NOW.

Focus all your attention on now, this second – not the one that just passed, nor one that is about to come.

Think about right now. By staying in the moment you eliminate stress, fear, anxiety, tension, loss... the list goes on. If you find that you are suffering from stress, stop for a moment and ask yourself, "What am I feeling stress over?" I'm almost certain it is either about something that has already occurred that you can do nothing about or your anticipation of something that is coming. Choose to let them both go, and do what you can now.

If you want to get more done, then make a conscious effort to stop your stressing and focus on what you have. What you have is this moment right now. This moment is a gift and that gift is also known as the present.

Sharmen Lane is a self improvement expert who has her own radio show, Success Made Simple, and is the author of The 7 Secrets to Create Your Fate, the powerful personal growth & self help resource book that gives you the tools and step-by-step instructions to take action and get what you want, NOW. For more information visit www.sharspeaks.com or email Sharmen at shar@sharspeaks.com.

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