

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 43rd Newsletter, I want to give us a chance to consider the impact that stress can have on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

STRESS CAN SERIOUSLY DAMAGE YOUR HEALTH AND WELL-BEING!!!

With the daily struggles that we may endure, it can be very easy to get overwhelmed in our lives. Whether it may be work situations, home situations, financial problems, or something else, **we tend to get stressed out**. For some of us though, stress can stick around a little longer than it can for others. The effects that undergoing stress, even in the smallest amount, can have on our bodies **is very serious**.

This week on our Fan Page, we have included articles that will offer you information on how **stress can affect you and your health**. The articles we have put up will cover the physical, mental, spiritual and emotional effects that stress

can have on your body and ultimately, your well-being.

Stress has been known to cause many complicated problems for people. It has been said that more than **50% of visits to the doctor's office are due to stress**. One of the main illnesses that can be caused due to stress is cancer. Stress has also been linked to heart attacks and seemingly unrelated sicknesses, such as hemorrhoids and even the flu.

Other impacts stress can have on the body are:

- Tensing of muscles
- Rapid and harder breathing
- Panic attacks
- Increased heart rate
- Increased or decreased eating habits
- Nausea
- Constipation or diarrhea
- Aggression
- Headaches
- Numbness
- Loneliness

Stress can also have large **mental impacts**. It is known to produce several effects on the mental state of an individual ranging from the **inability to concentrate to irrational fear**. It may also result in the loss of self-confidence and difficulty with coming to decisions. Some of the time, realizing the source of stress and changing the perception towards the situation is

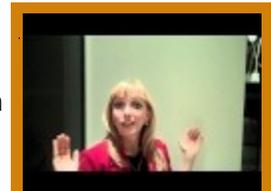


CAROLINA ARAMBURO

enough to successfully rectify the mental effects of stress.

The emotional effects of stress can be similar to a roller coaster with all of the **highs, lows, and curves**. Some effects include emotional overeating and a feeling of being overwhelmed and pressured. Others include an increase in frustration, lack of purpose in life, depression and/or anxiety. A **constant sense of being worried and negative thinking** can take over your body too. Negative emotional stress, as well as physical and mental, is unhealthy and can be **extremely dangerous** to go through.

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STRESS CAN SERIOUSLY DAMAGE YOUR HEALTH AND WELL-BEING!!! (Cont.)

My illness was initiated by a combination of a lot of things but **stress was the main factor** according to my doctors. Just like many people, I had always thought of myself as someone who could **handle stress well**. I knew that I was experiencing stress but it progressed to a very dangerous level before I actually caught it. I learned that there is a big difference between what I thought I could handle and

what **my body could actually handle**. The impact of stress on my brain chemicals and therefore every organ in my body was nearly fatal for me. I was diagnosed with acute Post Traumatic Stress Disorder and acute Chronic Fatigue Syndrome among other things. My entire **body began to shut down** from my overload of stress. According to my doctors, I will need to live with the results of the damage stress caused my body for the

rest of my life! I encourage you to listen to your body. If it begins to show signs of stress, **please pay attention**. Stress is a factor of life but there is a thin line between normal stress and acute stress which can cause irreversible damage to you mentally, physically and emotionally.

DEAL WITH STRESS EFFECTIVELY TO PROTECT YOUR PHYSICAL HEALTH!!!

Undergoing stress can host some of the **largest negative effects on our body**. Stress can be described as a normal physical response to events that make you **feel threatened or upset your balance** in some way. At times, we may not even notice that stress is taking a **toll on our body** in a physical way. Although stress can be good sometimes (known as eustress), consistent negative stress can negatively affect our body.

Frequent feelings of being **frazzled and overwhelmed** should prompt you to take action to bring your nervous system back into the balance that it should be in. Recognizing the **signs and symptoms of stress** can be primary steps to doing this. When placed under stress, it may be the body's way of protecting you. When it is used in a positive situation, it can help you stay focused, energetic and alert. When it comes about in an emergency situation, it can save your life by giving you the extra strength you need to defend yourself.

Stress response can help you to meet challenges by keeping you on your toes and sharpening your concentration. Beyond a certain point, however, it can start being more **harmful than helpful**. This

can cause major damage to your health and productivity.

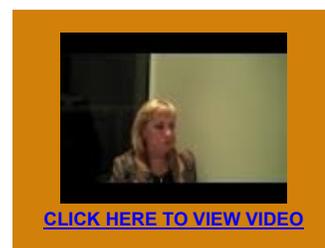
It is very important to recognize when you may be rising in stress levels. Stress can be **very dangerous** because it can appear out of nowhere and have no time limit on how long it will be present. It can be around for such a long period of time that you can get used to it and it begins to feel familiar or normal. Although this feeling may become regular to you, the **effect that it is taking on your body** is anything but that.

Stress is experienced differently by every person that it attacks. Some physical signs and symptoms could include:

- Aches and pains
- Diarrhea or constipation
- Loss of sex drive
- Dizziness
- Frequent colds

Direct physical effects of stress can be a main cause for these symptoms. However, self-generated effects from daily life can also be factors. Being extremely busy and **not resting** can be a major factor causing stress.

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I now have a heightened awareness of how it is responding to stress. My body tells me when my stress levels are too high and when I need to distress myself using physical, mental, emotional or spiritual methods.

By learning to listen to your body, you may become more aware of your stress levels and the impact it is having on your body. You may be able to avoid major illnesses by distressing yourself using physical, mental, emotional or spiritual methods when your body is being negatively impacted by stress. I invite you to **join me** on this **enchanting** health and well-being journey!!!!

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DEAL WITH STRESS EFFECTIVELY TO PROTECT YOUR PHYSICAL HEALTH!!! (Cont.)

Your work like or personal life may cause a major portion of your stress, as well. Despite the good reasons we may have to be stressed, it is a **very serious issue**. Please take the time and put in the

effort to notice when you are stressed, to reduce the negative stressors in your life and to learn how to effectively deal with stress for a healthier and happier you! Enjoy the articles on our Fan Page

this week for lots of suggestions on reducing your stress!

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED** transformational shift", for every group no matter what their circum-

stances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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RELIEVE YOUR STRESS WITH MENTAL, EMOTIONAL AND SPIRITUAL TOOLS!!!

Some **symptoms or warning signs** of being stressed could be:

- Moodiness
- Sense of loneliness and isolation
- Irritability
- Short temper
- Agitation
- Inability to relax
- General unhappiness
- Seeing only the negative in situations
- Having anxious or racing thoughts
- Memory problems
- An inability to concentrate
- Poor judgment
- Being unable to accept uncertainty in any situation

These **warnings can be so common** that they often get looked over.

There are many different things that can **influence your stress toler-**

ance level. Your support network is one of them. Having a strong network of friends and family can help you control life stressors. Your attitude and outlook is another factor. Having an **optimistic attitude and embracing challenges** can be beneficial to your stress level.

Relieving stress in a spiritual manner can prove to be helpful. Utilizing spiritual practices, like prayer or meditation, throughout times of stress may help clear your mind and clarify your thinking.

A mental method to deal with stress is to remember times when you were able to **make it through stressful events in the past**. That can serve to be a reminder that you have the power to make it through stressful events, and that everything passes with time. Reducing negative self talk may also

greatly reduce your stress!

By recognizing when stress is present, you can then implement the mental, emotional and/or spiritual relief methods available to you. Listen to your body to clue you in to how stressed your body is... and then distress as soon as you can!!!

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE <http://carolinaaramburo.com>\)](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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