

Conquering Stress

Here is another simple and productive way to beat excessive stress: **Complete what you have started.**

Have you ever cleaned out your garage? Probably you have. Remember how it felt to get done with the project. “It is done” could have been your thought as a smile came across your face. *The completion itself was a mental energy and satisfaction booster.* Yes, you may have been tired, but your happiness within your self grew. You experienced a sense of accomplishment. Accomplishment success spurs on the desire to complete more. You feel pleased with yourself. Completions of those things you “have been needing to do” that are high on your priority list are energizing. (Not all things have equal priority)

Excessive stress is an internal pressure that drains satisfaction and joy from our daily lives. One source of this internal pressure is all those projects you have wanted to get done, but remain incomplete. Just disordered surroundings will be stressful for many people.

I have known ladies who, when feeling excessively stressed, will clean out their pocketbooks! I noticed this with one woman and asked her why. She said because it made her feel better and got her thinking creatively again. *Just something this simple* seemed to give her energy and to un-stick her thinking... hmmm. I hope that has stimulated your thinking (and not about buying a pocketbook just so you can clean it out!)

Do Try This at Home

You have probably heard the admonishment, “Don’t try this at home.” Well, **do** try this concept on for size. Try this at home, at your office or wherever you need to release some excessive stress and feel better. Complete something.

Action beats inaction.

Excessive stress tends to paralyze action and thinking.

Getting into action helps to get the mental machinery moving again. Exercise has this positive property. Mother Nature certainly knew something when she decided to make the species feel good biologically from physical action.

Use your actions to complete your projects and complete your do list. By all means, do prioritize what you do. Some things that are “urgent” really aren’t that important.

List of 7

To get practical, make a list of things you want to get done daily. Do not list more than 7. Prioritize that list of 7. Start with the highest priority first. Go down the list as you check them off. Any item on your list must be complete-able in that day. If necessary, do a complete-able piece of a larger project. Should you complete your list of 7, congratulations! Make another list if completed *early* in the day. Do this and enjoy greater satisfaction.

Look this over carefully and decide what actions you want to take as a result.