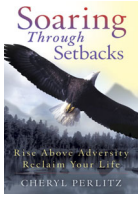


FOR IMMEDIATE RELEASE  
Chicago, Illinois

contact: Thomas Marquardt  
soar with me  
847-562-8933 cell 847-609-8032  
e-mail: cheryl@soarwithme.com



Soaring Through Setbacks...  
Rise Above Adversity - Reclaim Your Life  
**A book about dealing with grief, career changes  
and other major transitions**

Cheryl Perlitz  
author/ speaker/ facilitator

## **DEALING WITH STRESS**

### **By creating a stress survival environment**

Almost all of us are dealing with stress now, will be soon, or know somebody else who is in a stressful situation now. The United States Bureau of Statistics says that in 2002 almost 50% of marriages ended in divorce. There were 8.6 deaths per 1000 people, and 16% of the population relocated. Add these to those who have lost jobs, have health issues, are under social pressures and stressed to be successful at work, and you have lots of people who are dealing with change and emotional crisis. Emotionally stress can motivate some people and paralyze others. In either case, dealing with stress is important because of the profound effect it has on us emotionally, intellectually and physically.

Stress causes the body to make an abnormal amount of cortisol (the stress hormone) and adrenaline (from the adrenal glands.) Elevated levels of these 2 things for extended periods of time can suppress the immune system and mobilize fat and cholesterol in the bloodstream, causing blood pressure, heart rate and respiration rate to increase. Blood platelets change and become sticky and sudden surges of stress can release hormones that may cause a heart attack. Excessive amounts of cortisol may create cravings for carbohydrates, which in turn raise insulin levels and increases abdominal weight. IN ADDITION, 10 million Americans are taking medication for stress and that can lead to addiction, medical problems and is costly.

#### **Deal with stress by creating a “Stress Survival Environment.”**

Have a system in place to protect yourself, so that when stressful situations arise (and they always do), you will have an easier time coping with stress and adjusting your life to handle it.

- Practice the adventure attitude:
  - redirecting negatives into positives helps you to see possibilities of growth in tough times

- Simplify:
  - don't say "yes" to anything, especially if you REALLY want to say "no"
  - remove clutter, clean out closets, files...etc.
  - get organized so life is simpler and healthier, and so when things get stressful you can adjust easily, but be open for flexibility
  - get rid of poisonous friends/relationships
  - try to take things one step at a time and only live in the 'now'
- Allow time for yourself:
  - get a massage
  - practice deep breathing and meditation
  - draw and soak in a hot aromatic bath
  - journal daily and with no intention of looking back and judging
- Do some fun things and nurture yourself with special treats:
  - see friends
  - go to the movies
  - go out for breakfast so someone else is waiting on you
  - surround yourself with flowers
  - test drive a Volkswagen Beetle, work your way up to a Ferrari
  - start a craft project you've never tried
- Being physically fit creates emotional fitness:
  - for exercise set up a regular workout schedule
  - move....aerobics, weight lifting, swimming - variety will keep things interesting
  - eat smart & take vitamins, we are most vulnerable to disease when we're under stress
  - keep moving, don't let yourself wallow in it
- Cultivate a positive support group:
  - take time for friends, old & new
  - don't hold everything in, talk things over with friends and use them as a sounding board
  - don't forget to listen to them when they need you
- Share good-will for others, even if you don't have time, make the time:
  - it puts life in perspective
  - takes the focus away from yourself
  - people *need* people

Practice these "Stress Survival Tips" and it will be easier to handle the stressful times when they come. Your "Stress Survival Environment" will be in place and you will Survive, Revive & THRIVE.

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" the on line training program "Working through Setbacks....The Path to Positive Change" and is co-author of Getting Things Done – Successful Women Speak. As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: [cheryl@SoarWithMe.com](mailto:cheryl@SoarWithMe.com)

To book an interview call:  
847-510-5919 cell 847-609-8032  
Cheryl is available for last minute interviews

###

###