

## SN-L Consulting

Helping Individuals and Organizations  
Reach Their Potential



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## H.O.P.E. Newsletter

Compliments of SN-L Consulting

The H.O.P.E. Newsletter features *matter of the heart* topics and upcoming H.O.P.E. sessions and events. Your suggestions for topics to feature are welcomed.

### **This Quarter's Featured Topic:** *A Positive Approach for Managing Stress.*

When most people think of stress they view it as negative, but stress is neutral. Stress gets a positive or negative connotation from how you perceive the stressor. *Stress is a non-specific response of the body to any physical, emotional, internal or external demand.* We all have stress because we all have demands placed on our bodies. The only time we don't have stress is when we are dead. There is Distress and there is Eustress. *Distress* is the level of stress that depletes you emotionally, physically and spiritually because you feel you don't have control over the stress. *Eustress* is the level of stress necessary for optimal performance; the level of stress that motivates you to achieve and be creative. *Eustress* is often not viewed as stress because you feel that you have control in the matter.

You can choose your reaction to stress thus enhancing your changes not to go into distress. If you choose the *distress* reaction you will *feel alarmed, resist the stressor, become exhausted by resisting what is and thus increase your vulnerability to physical, mental and emotional fatigue.*

If you choose the *eustress* reaction to stress, your approach would be to acknowledge (recognize) the stressor, have a positive response, thus enhancing your chance of recovery with a renewed strength.

The holidays are approaching and many people get in distress mode (negative stress).

**Here are some suggested tips to help you stay out of distress mode.**

- Make a commitment to change your attitude about stress.
- Decide to view the stressor with a positive attitude. Embrace it! (It's neutral)! Why tell yourself something about a situation that will put you in distress mode!
- Recognize that you are able to control the impact the stressor has on you. (You may not always be able to control situations in your life, but you always get to decide the impact they will have on you). How? By ending your thought process about the stressor with a positive statement. It could be as simple as "*I will get through this. I don't know how, but I will*". The mind is very powerful. Whatever you tell it, the mind will record it as the truth; the mind doesn't discriminate. Be careful about your self-talk. If you tell yourself something negative, you will feel bad. Tell yourself something uplifting. That's a simple way to get an impact that's not doing to deplete you physically and emotionally!
- Be aware, at all times, how you perceive things. Your perception is your reality.
- Believe that you and you alone determine how you feel; not the stressor. The stressor is a trigger. YOU are the decider regarding the impact the stressor will have on you.

**Sondra-ism:** *Every feeling is a choice we make.*

**Reminder:** Complimentary Sessions in Your Home:

Invite guests to your home and select a *matter of the heart topic* you would like me to facilitate. I will facilitate three complimentary sessions a year to pay it forward. Call or e-mail if you are interested in more details about hosting.

**Next Newsletter:** February 2014:

**In the meantime, keep on exhaling!**

If you do not wish to be on the e-mail list, please inform the sender.