

# STRESSLESS LIVING USA & INTERNATIONAL

*StressLess Living Seminars Presented by Susan Smith Jones, PhD*

## ***StressLess Living*** **USA & INTERNATIONAL**

**Founder & President – Susan Smith Jones, PhD ©**

*To educate, inspire, motivate, uplift and empower people in the USA and internationally to adopt a lifestyle of less stress and more health and success. Through a variety of seminars, lectures, books, articles, interviews and consultancy work, Susan*

*Smith Jones demystifies the world of stressful living and disseminates the latest cutting-edge information in the most practical way possible — whether for a business or corporation, a community group or discerning individuals.*

***StressLess Living USA & International** is dedicated to making less stress and more balance the default position in everyone's life.*

Susan's popular *StressLess Living Seminars* are divided into two categories: the ***StressLess Living Executive Seminar*** is geared for the business environment – with specific seminars for the management as well as all the employees — replete with a plethora of efficacious advice and recommendations on how to keep stress to a minimum in one's personal workspace and in the company as a whole, and balance, harmony and success to the maximum.

The ***StressLess Living Vitality Seminar*** is geared to anyone who wants to bring more joy and less stress into their personal lives. Living with balance is the key to enjoying life and it rejuvenates body, mind and spirit. Principles and tips learned in this seminar can also be adopted in the workplace, too.

The journey into ***StressLess Living*** first begins with knowing more about stress – looking at it from the inside out. In Susan's ***StressLess Living Seminars***, she will educate you on the physiology of stress and how it affects every cell, organ and system in the body. You will hear about many experiences she has had with her clients — both on a personal level and in the business area — and how her surefire, life-changing recommendations profoundly effect people's lives.

Whether she is working with discerning clients worldwide to de-stress their personal lives and cultivate more balance, or she is designing a world-

class, custom-designed program, ***StressLess in the Workplace***, for a Fortune 500 company or new business, Susan generously offers dynamic tips and vigorous, cutting-edge suggestions and modalities on how to quell stress, make it work for you and not against you, and how to create a more balanced lifestyle.

In her ***StressLess Living Seminars***, you will discover that too much stress . . .

- Makes you irritable
- Makes you appear stupid because words don't come easily and you become forgetful
- Makes it difficult to focus or multi-task
- Increases hypertension (blood pressure)
- Makes you more hungry for refined, sugary foods and refined carbs and fatty foods
- Makes you gain weight
- Shortens lifespan
- Increases the aging process
- Increases depression
- Makes it difficult to sleep
- Causes all kinds of disease
- Makes you look older than your age
- And so much more

Susan will show you how to identify the stressors in your life, manage the stress before it gets the best of you, and bring a balance into your body and life.

Stress is always going to be a fact of life. But you don't have to make it *the way of life for you*. You can choose differently after attending and participating in her ***StressLess Living Seminars***.

*If you would like to . . .*

- Experience more balance
- Supercharge your self-esteem and confidence
- Make stress work for you and not against you
- Transform your attitude about stress
- Reignite your body's inherent healing system
- Make depression a thing of the past
- Sleep like a baby
- Bring your goals and dreams into fruition in record-breaking time
- Practice the art of relaxation
- Learn how to use the mind to minimize stress and heal the body
- Understand the physiology of stress
- Harness your mind power to override the stress circuits
- Be in control of your thoughts and body
- Create the health and fitness of your dreams
- De-stress your work, home and living environment
- Simplify your life
- Walk the path of peace and love

*. . . then the StressLess Living Seminars created and presented by Susan Smith Jones are perfect for you and your organization or company!*

**Below you will find some of the information that Susan features in her *StressLess Living Seminars* ©:**

Stress is a major problem in modern life. Technological advances have increased the pressure to keep busy, even during leisure hours. We talk on the telephone while we drive, watch television while we read, conduct business while we listen to the radio.

We are continually overstimulated, receiving more information from television, computers, radio, and satellites than our ancestors of several generations ago ever could have imagined! This year alone, you will probably make more appointments, meet more people, and go more places

than your grandparents did in their entire lives. All this manic rushing around creates a life filled with stress.

Given our current pace, we have little time to relax and cultivate relationships with our spouses, children, friends, and nature. Is it any wonder that stress-related diseases are now on the rise? Some studies even suggest that 80-90 percent of all doctor visits are for stress-related complaints. Stress-related illness is implicated in our rapidly escalating health care costs, and health problems attributed to job stress are estimated to cost U.S. businesses \$150 billion every year.

Susan sees unrelenting stress as a sickness of epidemic proportions—a “busyness” or “hurry” sickness. But you don’t have to let it overwhelm you. You can *choose* to slow down and create a life of balance and joy. In her *StressLess Living Seminars*, she addresses this idea in detail—in living color.

For now, if you can find any of these signs of “hurry” sickness in your daily life, you would greatly benefit from her seminars.

1. *Do you eat in a rush, eat while standing or walking, or eat while driving?*
2. *Does your busy life prevent you from spending much time at home? And when you finally get home, are you too tired to do much beyond collapse and “veg out” in front of the television?*
3. *Do you routinely drive too fast, run yellow lights, constantly change lanes, and jockey for position? Are you impatient with other drivers?*
4. *Do you talk fast, have problems communicating how you feel, and lack the time to give emotional support to your family and friends?*
5. *Is your life so full of undone chores and responsibilities that relaxing has become almost impossible?*
6. *When you’re not doing something productive, do you experience anxiety and guilt?*

7. *Have vacations become more trouble than they're worth?*
8. *Do you often feel tired and run-down, cry easily, or have trouble sleeping?*
9. *Do you frequently get sick with colds or the flu, or find yourself experiencing one of the many prevalent diseases of Western society?*
10. *Do you make everyone and everything in your life more important than taking loving care of yourself?*

What causes our need to rush and discount our own physical health needs? We can blame it on economics—and the need to make enough money to pay for our chosen lifestyles. We can blame it on the fact that everything's moving so fast, and we have to, too. But we believe the real cause is something deeper. By crowding our schedule with “more”—more socializing, more eating, more work, more activity, more appointments—we may be trying to fill the emptiness we feel inside ourselves.

When you constantly direct your attention and energies outward, it's easy to lose the sense of inner wonder, calmness, balance, and beauty where true happiness, joy, and peace originate. By slowing down and redirecting your energies inward, not only will you train your brain to relax, you will begin to reestablish the wholesome sense of self-worth necessary to positively change your life.

### *The Physiology of Stress*

When you're under stress, your blood sugar levels can be affected. The stress response activates the adrenal glands' release of adrenal hormones. If the stress is continuous, the adrenal glands may not be able to generate enough adrenaline to raise blood sugar when you need it. Hypoglycemia, or abnormally low blood sugar levels, may result. Irritability is one of the symptoms of hypoglycemia.

Stress often produces anxiety, defined as “a state of being uneasy, apprehensive, or worried about what may happen.” According to the National Institute of Mental Health, anxiety disorders affect more than 19 million people in the United States.

How do you know when stress is getting the best of you? According to the *Harvard Medical School Family Health Guide* (Simon & Schuster, latest edition), physical symptoms of stress include headache, heart disease (two symptoms are atherosclerosis and high blood pressure), insomnia, absence of periods in women, impotence or premature ejaculation in men, digestive tract disturbances (such as ulcerative colitis, irritable bowel syndrome, gastritis, peptic and duodenal ulcers), back pain, frequent colds, shallow breathing, racing heart, herpes virus breakouts, slow wound healing, and tight neck and shoulders.

Behavioral symptoms include an increase in smoking, an increase in alcohol consumption, grinding teeth, compulsive eating, an inability to get things done, and bossiness. Emotional symptoms of stress include edginess, loneliness, nervousness, crying, and a sense of powerlessness. Cognitive symptoms include forgetfulness, inability to make decisions, trouble thinking clearly, thoughts of escape, incessant worrying, and lack of creativity.

You may not be able to change your boss's tendency to favor weekend workdays or control the bumper-to-bumper traffic to and from work, but you do have access to some powerful stress-busting tools. The simple fact that you are perusing this website reveals that you may be feeling out of balance and stressed out in one or several areas of your life. Susan has worked with thousands of people around the world and offers her clients simple, yet essential, choices to bring purpose, harmony, and health back into their lives.

Stress may be a fact of modern life, but you don't have to let it become your *way* of life. You can become the master of your life, create a lifestyle of vitality and joy, and keep noisome stress to a minimum. *The path to contentment is in choosing to have your life in balance.* Susan will provide you with all of the tools you'll need to create your best life and keep the negative ramifications of stress to a minimum.