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Take It Easy: How to Cope With the Stress & Anxiety of Everyday Life

Control Stress by Managing It

One reason you can rarely tell when Corporate Executives are stressed out is because they have learned to effectively manage their stress levels. If they didn't, under the high pressure, they would fold. They can't walk around in a state of disarray because they don't have that luxury. There's always another Apprentice ready to take their place, and they too will be able to effectively manage stress.

One of the number one stress-relievers is exercise. Exercise is a way to release tension and take your mind off of the stress that is likely bogging you down and weighing heavy on your heart. If you don't have the time to exercise, you better find time. High-stress jobs can bring on all sorts of health problems and put you at a greater risk for heart disease and stroke. You also run the risk of other health problems often brought on by stress.

If you like to read, curl up with one of your favorite books right before calling it a day. If you read before you fall asleep, it's likely you will experience a more restful night because the last thing on your mind as you begin to doze off will not be a mental checklist of things to do first thing the next morning. Do not watch the news before going to bed. There is always something on that will lead you to think of stressful situations in the world, and right now at this very minute, you can't do anything, so go to sleep without the TV on.

If you are on the computer a lot during your normal business hours, avoid it at all costs on the home front. You don't need a visual reminder of what work looks like. Don't even play online poker during the work week, don't turn it on. Take up a new hobby such as Golf, Horseback Riding or something the whole family can enjoy. It is much more fun to have time to relax with your family and friends and as long as everyone gets along, it's stress free.

Soak in a hot, luxurious bath. Fill the tub with bubbles and let your cares float away and all of the stresses of the day. Guys and Girls find that a manicure with an extensive hand massage is a favorite way to relieve stress and ladies, a pedicure can do the trick, quicker! Taking care of you definitely relieves the day's tensions. Full body massages are an extra special way to treat yourself when you know you are facing a pretty tough week ahead or you have just had the week you want to forget.

Take your vitamins and find out which vitamins and nutrients are effective in giving you more energy and mental clarity so you are sure to be at 100% on the job or off!

Finally, plan ahead. Keep an organized day planner and use it for business and personal events. Keep important phone numbers in the address book of the planner, because you

never know when you might be stuck in traffic and running late! And being late can cause an enormous amount of stress.

Burnout Busters

"That's it! I've had enough!" You may subconsciously utter these words when life's stressful challenges reach the peak of emotional exhaustion.

Formerly the word "burn out" was used to describe busted electric bulbs. Now the word is also used to describe emotional drain in humans. For light bulbs, it is irreversible. Luckily for humans, this is only temporary; self-help remedies are readily available to get us out of this predicament.

Apply these tips:

1. Take time outs to savor the fresh scent of nature, especially flowers. The sight and the fragrance that flowers bring can be great relief to a tired, irritated, or dragged feeling. If you love nature, nothing is more invigorating than flowers and plants. They represent nature in its true essence.
2. Examine if your burnout is a result of doing something you don't like to do, yet you have to face it just the same. In such case, picture in your mind an image that you like to do and substitute this image to the thing you don't like to do. Somehow, this strategy of imagery helps to lessen the tiring weight of the thing you despise to act upon. In the process, your task gets done with less resistance on your part and it would even probably reach the point that you would enjoy doing it. Before you even know it, the job is already done and probably with favorable results.
3. Gather physical energy. Ginseng is an energy food. Most health food stores sell it. You can either take it as a tea drink or mix it in your cooking for a wholesome meal. Ginseng comes in a variety of strengths. The more potent it is, the better your physical (and mental) performance will be. If you're not very familiar with it, just ask your health food store representative and they will gladly help you out.
4. Take time out to regain your composure. A burnout can be equated to an individual who could use a time out from the hustles of life. This is similar to a coach of a basketball team asking for a time out to come up with a winning game plan when his team is not playing at its peak. Take advantage of this time out to meditate and relax those frenzied nerves.
5. Take time out to empty your mind. Pick up and round up useful memories and discard those damaging emotions and negative thoughts.

6. Discover a newfound freedom, free from emotional drain. Go on a picnic with the family, a camping trip out in the woods, or a weekend excursion to a totally different environment.
7. Listen to relaxing music. It lifts us emotionally. You may want to choose specific sounds that can relieve a person from burnout like soft Classical melodies.
8. Indulge. It's quite common to hear from somebody: "I just want to get home and soak myself in a bathtub." Quite true, this can help overcome burnout. Better yet, go to a spa where you can get a treatment package from massage to whirlpool baths.

Panic Attack? Bring It On!

Heightened anxiety - better known as a panic attack, is actually a normal occurrence; normal in the sense that it is accepted as a part of our daily activities.

Anxiety is not that bad though. It keeps us primed, trains us to be always on our toes. It also keeps us psychologically alert. These exercises can be good... but only to a certain extent. Beyond that limit, things may start to get nasty.

When we are engulfed in a bout of panic attack, we have one of two choices. We can either face it or get away from it. This is better known as the fight/flight response. Given the choice, would you face a panic attack headon and experience its full impact, or would you rather retreat or run away from it?

If we equate panic with fear (the two are similar in a lot of ways), the easy way out is to avoid it. But there is always a chance that it will return to haunt you again and again. Whatever your fear is, it will keep you on the run and you will always be checking and looking behind you, covering from it. The more you run away from it, the more it will chase you and taunt of you. It will be like a ghost running after you with a voice or sound that goes boooo.....!

Given this kind of a situation, it is apparently more logical to face panic attacks. Fight it - or befriend it - whichever turns out to be a better option, and experience its full impact. There is a saying that "experience is the best teacher." It is also true that when you are experienced on a certain situation, you get to handle this situation better the next time around because you already know how to deal with it.

The more experiences you get under your belt, the more confident you become. And when you are confident, what you used to fear will no longer make you fearful. You will get immune to it. The more times you are able to handle it, the more capable you will be each time it occurs, like practice. Practice makes perfect. In the end, you will perfect the art of handling panic attacks, from fearing panic attacks to handling it remarkably in a positive way. That's an achievement.

Now, let's go back to the point where you still dread panic attacks, with a question you might raise that goes: "Just how am I supposed to face a panic attack knowing all too well it might completely subdue me? What should I do?" The answer: "You don't have to do anything. Just let it run its course and experience it". But then you may ask: "What if I don't survive it?" The answer: "You will definitely survive it".

Keep this in mind. A panic attack is a state of mind, an apprehension. It is just imagined. There is no way a person will experience anything as serious as a heart attack, a coma or even death, because a panic attack is not life threatening. There isn't a single recorded case of a person who has died as a result of panic attack because it simply is not a physical ailment! So, even though you might experience physical manifestations like sweating, palpitations, stomach cramps etc, you will be able to face and experience its full impact without any life-threatening effects.

"Panic attack? Bring it on". This is the attitude you must adopt the next time you have a bout with it!

Control Your Fear Before It Controls You

"Fear Factor" is one of my favorite TV shows. It highlights the courage of the participants to engage in the most fearsome and disgusting acts.

Most of the contestants are willing to sacrifice their dignity for the sake of the prize money. So what does that imply? It implies that with the proper mindset, determination and will power, you can conquer your fear.

Everyone has some sort of fear. It may be brought about by any one or more of the following reasons.

- 1) by a traumatic past incident (like being bitten by a dog)
- 2) by the influence of other people
- 3) by their own negative way of thinking

But are you going to let fear take over your life? Will you remain a hostage of your fear forever?

You must take the necessary steps to overcome your fright. It's all in your mind.

Do you envy other people when you see them enjoying wild rides, and you're just stuck in a corner because you're too terrified to give it a try?

My suggestion is to face your fear head-on. Imagine yourself enjoying the experience instead of exaggerating the things that make you worry. (Unless of course you have health problems, then taking wild rides may not be a good idea).

Do you want to be a doctor but you're afraid that your intellect can't handle the pressure or you're worried about financial insecurity?

Well here's the good news. If you're really determined to achieve your deepest desires, a powerful force will enable you to reach them amidst every obstacle that comes in the way. I'm not kidding.

Someone or something will always be there to help you attain your goals. Just have faith in your abilities. Your will power have the utmost capacity to accomplish anything with the proper mindset.

You could use visualization to help you in defeating any kind of fear.

Are you afraid of heights? Then imagine yourself being on top of a mountain, overseeing the magnificent sights. Enjoy and feel the moment. Take away all worries and anxieties.

Then just do it! Face it head on! Go to the top of a building and savor the great feeling of being able to face your fear.

This applies to whatever thing that triggers your fear factor. Just imagine being able to defeat it, then confront it with the definite belief that you have the capacity to do everything you want if you just put your mind to it.

Face the thing you fear the most and you'll never have to fear anything again in your life.

Panic Attack is Like a Coin

We all know what a coin looks like. Many of us are curious whenever we come across a newly minted, recently circulated coin. We even go to the extent of looking for one just to get a glimpse of it, for curiosity's sake. Once you get a hold of it, do you look at one side only? Of course not, you gaze at both sides. You may even grab a magnifying glass to take a closer, more detailed look.

But for regular, old or previously circulated coins, we don't usually take a close look at their appearance. We just look at them to check if it's a quarter or a nickel whenever we use the coins to pay for something. We rarely examine both sides of any coin.

Actually, this is how some of us treat panic attacks – like everyday coins. We only look at panic attacks on one side - the side that brings disastrous effects. We rarely look at the other side - the positive side.

Let us illustrate this through a situation. Let's say the city where you live have just been hit by a powerful earthquake. At the time of the quake, you might have been shocked or stunned. Soon after the quake, your shock subsides. But the thought of an aftershock may have crossed your mind. Then you begin to feel anxious that ultimately leads to a panic attack. The thought of an aftershock due to the earthquake makes your knees shake and your forehead sweaty. It gets you all worried. You can feel in your nerves the tingling sensation as if your entire body is revolting against you. All of these feelings may transpire because of the thought of an impending aftershock.

"What's going to happen next?" Will I be like one of those victims of the trembler that just hit us? Will I be spared from future disasters?" These questions might race through your mind, with one common denominator - they are all negatively inclined.

We are not saying this isn't normal. It's perfectly normal to think this way. Nobody's claiming that earthquakes are not frightening. Just the thought of the ground moving when it shouldn't be can send shivers down the spine.

You may also ask, "What must I do to save myself?" Actually, you must find an answer to this question, not only to be saved from an aftershock; but more importantly, to be saved from having a panic attack. If you can save yourself from panic attacks, you can eliminate a lot of problems.

Just how are you going to do this? For starters, you can overcome panic attacks through the mind. The positive way of thinking is the first and probably the best approach to cure panic attacks. Like a coin, you've seen the negative sides of your mind - the consequence or tragedy that an earthquake brings.

Now let's look at the other side of the coin. Instead of worrying about the harm that an aftershock might bring, the thought of having survived a powerful earthquake should encourage you to be more confident of surviving an aftershock, which is usually of lesser intensity. This thought alone, should be enough to diffuse a panic attack. This thought will also prevent future panic attacks from setting foot into your mind.

It is important to identify what causes a panic attack. Equally important is to think in a positive way. If your mind has room for negative thoughts like doomsday and the like, your mind must also have room for positive thoughts to find ways of preventing or minimizing destruction. Actually, you must find ways for your positive thoughts to dominate your negative thoughts. To do this, you have to exercise your mind by telling it to "Think positive! Think positive!"

In due time, improvements in positive mental attitude will prosper over any negative thoughts. So keep your mind chanting this slogan "Think positive!" whenever you feel a panic attack coming your way.

How to Manage Panic Attacks with the Proper Diet

There is a saying "For every action, there's an equal reaction." The foods you eat can have a significant effect when it comes to curbing panic attacks.

In this article, you will find means to prevent panic attacks by means of controlling, avoiding, or reducing the foods that trigger such disorder. On the other hand, you will also be encouraged to consume more foods that minimize panic attacks, keeping in mind a well-balanced diet.

Panic attacks directly affect the nervous system; therefore, eat foods rich in the B vitamins because they have calming effects and can deliver nourishment for a healthy nervous system.

Under the B vitamin group of nutrients, Vitamin B12, Thiamin, and Niacin have direct bearing to keep your nervous system from being susceptible to panic attacks. In more ways than one, these nutrients can make you more prepared in warding off or in handling nervous disorders.

Keeping in mind a balanced diet based on the Food Pyramid Guide while putting more emphasis on the B vitamin complex, the following can serve as an ideal food group on your diet:

1. Consume twenty percent of meat, poultry, seafood (salmon, swordfish, tuna, clams, crab, mussels, and oyster), and products made from soybeans like tofu, eggs, and cheese.
2. Consume thirty to thirty-five percent of baked potato, broccoli, asparagus, peanuts, legumes, watermelon, and oranges.
3. Consume forty to forty-five percent of brown rice, whole grain cereal, pasta, wheat germ, oatmeal, and bread.

While the above food groups which are rich in B vitamins can reduce panic attacks by maintaining a well-balanced nutrition regimen, there are three consumables that may aggravate anxiety disorders.

Alcohol is one of these substances. It raises hyperactivity in the nervous system and raises alertness. Being alert is not bad. However, alertness in the stressful level is like overacting in a stage play. Instead of doing good, it becomes annoying and may make you irritable. If alcohol cannot totally be avoided, the least you can do is to cut down your intake gradually until it reaches level zero. Some people tend to have secondary triggers of anxiety when withdrawal from a substance is abrupt.

Caffeine triggers panic attacks because it is a stimulant. Just like alcohol, withdrawal from caffeine might spur a secondary anxiety in the form of shaky, irritated, and exhausted feelings. For coffee drinkers, try the decaffeinated variety. Gradually reduce the strength and cut the frequency in which you consume coffee and other caffeine-rich drinks like cola, tea, and chocolate.

The third substance to avoid is sugar. Sugar hardly contains any nutrients and is packed with calories. Just how is sugar related to panic attacks? Sugar makes a person hyperactive, thereby bringing emotional disturbances that may ultimately lead to panic attacks. Sugar also causes mood swings. Sugar combined with starches from the foods you eat leads to fermentation and breaks down to alcohol. As mentioned earlier, alcohol raises stress levels that can lead to panic attacks.

All in all, maintaining a healthy eating habit is one of the prerequisites that contribute to a life free from panic attacks. Try your best to maintain a balanced diet even when you're busy. Health should be your foremost priority.

Chaos Theory: Self-hypnosis for Your Own Peace of Mind

Your boss ends the day with a stack of papers and instructions that you submit the report in the next 42 hours. Your significant other doesn't answer your calls. Your mother sends you guilt-tripping messages. Your landlady ignores you when you tell her a part of your ceiling is leaking. You feel a throbbing pain in your temples. Your credit card bills take over even in your dreams.

Easy does it.

Take a deep breath, close your eyes and unravel your thoughts.

Sometimes, taking control over a chaotic life, a stressful situation, a physical ailment or an emotional dilemma starts within you - your mind, your subconscious, specifically.

And communicating with your subconscious - negotiating with your own self - can be achieved through self-hypnosis. How to do it? Here's a sample basic procedure.

1. Find a venue conducive for relaxation: a quiet room, with the temperature comfortable and the lights just right (not too dim, not too bright). Light a candle and incense if you desire.
2. Surround your place with sound pleasant to your ears. Play relaxing music. Bring in a portable fountain. Hang some chimes where the breeze blows. The sound of music is soothing.
3. Find a comfortable position. Surround yourself with pillows, blankets, and the like. A caring, healing sensation eases stress.
4. Tell yourself: "I am light, I am comfortable, I am at ease. All my tensions, worries and anxieties are gone. I am light, I am comfortable, I am at ease." Repeat many times while breathing deeply.

5. Picture what you want your life to be. Visualize every detail, every situation that you want to happen. Imagine it so as if it is really happening.
6. Repeat no. 4. Breathe in and out, and imagine yourself being surrounded by a bright, luminous light starting from your forehead until it fills the room.
7. Wake up when you're ready.

Repeat this procedure regularly. This exercise helps you clear your thoughts. It may lead you to self-revelations that would help you assess the situation on how you live your dreams. It may or may not work, your goal may or may not be achieved - the universe has reasons humans may not fathom. The important thing is this: self-hypnosis will help you become a better person - calmer, more attuned to yourself, and more willing to help others. With your tensions and worries away, who knows what you can do!

Self Help for Social Anxiety

Social Anxiety Disorder is a Psychiatric Disorder that attacks one out of every eight Americans. This disorder can devastate more than your self esteem, it can destroy your marriage, finances and many other aspects of your life. The disorder is characterized by fear of social situations. Those who have the disorder can become physically sick in social situations.

There is help for people suffering with this disorder. If you seek treatment, you will be able to obtain medications, counseling and support group information to help cope with this Psychiatric Disorder. After seeking treatment, there are things that you can do to help alleviate stressful social situations and ways to begin to reacquaint yourself with friends and family members.

First, You need to read everything you can on Social Anxiety Disorder. Go to your local library and check out books on the subject. Then, check out books with topics on Building Self-Esteem, Positive Thinking, Public Speaking, anything that you think will empower you to gain more confidence. You can not just "snap your fingers" and have this disorder just disappear You need to read everything you can on the subject and subjects that will help you re-build your own self-worth.

Second, Keep a daily, weekly, and monthly journal. In the daily journal write down where you are right now in your life. Write about any and all social situations. How did you feel in those social situations? How do you think other people reacted to you and how did you react to them? Did you feel sick today when you were in the social situation?

At the end of the week, summarize your set-backs and itemize your progress. At the end of the month, write two pages in your journal. The first page should summarize any difficult situations and how you overcame the situation, or how you dealt with it. The

second page should summarize the social events and social situations where you felt comfortable and why you felt comfortable. How did you feel overall? While this may seem to be a waste of time, the journals will help you face and overcome your fears.

Third, Set social goals and follow through. If you are extremely uneasy at the mall, then go to the mall and walk in. Then walk out, immediately. If your social anxiety seems to attack you when you are in the middle of a crowded building, walk to the center of the crowd, and immediately turn and walk away. Take Baby steps.

Finally, always talk to your Doctor openly and honestly. Take your medication and try to overcome your social anxiety so that you can experience the life that you deserve to live at the very fullest. Stressful social situations happen to everyone at some point in their lives and one out of every eight people know how you feel to be living with something much worse than "one social situation ," you are not alone at all and though there is little comfort in knowing that you aren't alone , do know that you are understood.

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