

## SPECIAL REPORT

# Stress reduction and the powers of a positive attitude



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Stress reduction and The Powers of a Positive Attitude report provided for your general information only.

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**Did you know 90% of all chronic diseases can be attributed to STRESS?**

There are many variants when it comes to stress. Coping with life, and carrying the problems that may or may not belong to you can scratch away the little joy and happiness that you can carry once you head out that door. They say that stress is all in the mind, well, stress may be in the mind, however, projecting a positive attitude helps ones to handle stress and problems better than those who have a negative attitude.

In this report you will discover keys to stress reduction and gain insight on the powers of a positive attitude, which will empower your endeavors in life toward success and self-improvement.

## **Stress**

1 : constraining force or influence: as a : a force exerted when one body or body part presses on, pulls on, pushes against, or tends to compress or twist another body or body part; *especially* : the intensity of this mutual force commonly expressed in pounds per square inch b : the deformation caused in a body by such a force c : a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation d : a state resulting from a stress; *especially* : one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium <*job-related stress*> e : STRAIN, PRESSURE <the environment is under stress to the point of collapse — Joseph Shoben> Source: Miriam Webster Dictionary

## **Stress reduction**

Anything taken too much is bad for the health. A little stress is actually good, as it could serve to help you function at your best. However, stress that seems a little too much could take a physical, as well as mental, toll to your body. Stress should be managed in order for depression or anxiety to be prevented.

So how should you do it then? The following are tips and advice to help manage stress.

### **Write it out, schedule it out.**

It is best to write down everything that seems to be overwhelming. You will find a things-to-do-list much easier to manage than having errands all crumpled up in your head. Writing down the tasks, and putting a specific schedule and time to do them, helps anyone manage activities one chunk at a time. Crossing out an activity that has already been accomplished is very rewarding and could actually help you feel more relaxed when doing the other tasks at hand.

## **Take one**

Focus and put all your attention specifically on one task at one time. It does not help to feel panicky about the other undone or to-do tasks. Thinking about them only adds unnecessary stress and could even hamper in doing the task you are attempting to accomplish at present.

## **Inhale, exhale, Relax and take it slow.**

At least, try not to expend too much energy on activities that are currently not priorities. This is in order for your energy to be not easily expended on the tasks that are not that important, at least for now.

## **Outsource or you may be familiar with Delegate, delegate, delegate.**

You may have the idea that you can't afford to outsource your work, however, you actually are costing yourself by trying to do everything on your own. Do the things that you are gifted at or an expert at and outsource the things you prefer not to do. You need not do everything all at once, and you need not do everything on your own. Ask for help, get help, or pay for help. When there is a feeling of being overwhelmed that is cropping up, hire someone to mow the lawn or get a sitter for your children. The feeling of being pressed to finish something on time will somehow be eliminated if tasks are delegated. It takes a load off unnecessary worry and anxiety. If you dread writing your newsletter/ezine find someone who is gifted or has an expertise in this area and use that time for things that you shine in. You can find help in places such as elance.com, craigslist etc. Moreover, it is easier checking up on how things are, than worrying yourself sick doing everything on your own, all at once. Another area might be to get someone to answer emails.

### **Give yourself a reward.**

You deserve it. Acknowledging your accomplishments, no matter how big or small, is an effort that is necessary before getting on to the next tasks and activities. It reduces stress and could even make you happier in doing the next task.

### **Take time for you.**

You need it to be more productive. A ten to fifteen minute break during your work is necessary. Go visit a café nearby, take a quick brisk walk, or do anything to put your mind off work, at least for a while. This is necessary to refresh and recharge. Believe it or not, you can also stay in your work and sit with your eyes closed as you visualize a peaceful landscape or a relaxing scene. This frees the stress from your muscles and your mind.

Relax and be cool. Doing so makes you healthier, happier, and a lot more productive.

### **Commit to daily time with God.**

This should have been number one, however, time with God provides fuel for clarity of vision and focus. Your confidence in God in you "trumps" fear! Keep your appoint and guard it with your life.

Time with God renders peace. You are less irritable and more pleasant to be around. Time with God provides wisdom. Wisdom tells knowledge what to do!

And time with God renders good success. Joshua 1:8  
Of course time with God reduces stress.

## **The Powers of a Positive Attitude**

Your attitude determines your altitude. ~ Author unknown

I am going to ask you to do something that may seem a little weird right now. First of all, I want you to listen to your thoughts. Now tell me, what thoughts fill your head? Would you label them as positive, or negative?

Now let's say you are walking down the street with these thoughts. Do you think anyone who would meet you would be able to tell you what's on your mind?

The answer to number one is up to you. But, the answer to number two can be pretty generic. Although people will not be able to tell you exactly what you think, they will more or less have an idea of how you are feeling.

Here's another question. When you enter a party filled with friends, do they all fall silent as if something terrible had happened? Or does everybody there perk up as if waiting for something exciting to happen?

You know what? The answer to all these depends on your frame of mind.

Thoughts are very powerful. They affect your general attitude. The attitude you carry reflects on your appearance, too – unless, of course, you are a great actor.

I've shared in many of my programs and on my calls that your thoughts like an action are energy in motion. If you have negative thoughts then there will be negative energy. Positive thoughts then positive energy. Your subconscious mind is waiting to act on your every thought, word and action.

And it doesn't end there. Your attitude can also affect people around you. The type of attitude you carry depends on you. It can be either positive or negative.

Positive thoughts have a filling effect. They are admittedly invigorating. Plus, this type of attitude usually energizes the people around the person carrying positive thoughts.

Negative thoughts on the other hand have a sapping effect on other people. Aside from making you look gloomy and sad, negative thoughts can turn a festive gathering into a funeral wake.

A positive attitude attracts people, while a negative attitude repels them. People tend to shy away from those who carry a negative attitude.

We can also define attitude as the way of looking at the world. If you choose to focus on the negative things in the world, more or less you have a negative attitude brewing up. However, if you choose to focus on the positive things, you are more likely carrying a positive attitude.

You have much to gain from a very positive attitude. For one, studies have shown that a positive attitude promotes better health. Those with this kind of attitude also have more friends. Projecting a positive attitude also helps one to handle stress and problems better than those who have a negative attitude.

A positive attitude begins with a healthy self-image. If you will love the way you are and are satisfied, confident, and self-assured, you also make others around you feel the same way.

A negative attitude, on the other hand, has, of course, an opposite effect. So, carrying a negative attitude has a twofold drawback. You feel bad about yourself, and you make others feel the same way.

If you want to have a positive attitude, you have to feature healthy thoughts. This is probably very hard to do nowadays since, all around us, the media feeds us nothing but negative thoughts. A study shows that for every 14 things a parent says to his or her child, only one is positive. This is truly a saddening thought.

If you want a healthier outlook in life, you need to think happy thoughts, and you have to hear positive things as well. So, what can you do? Well, for starters, you could see a funny movie, you could play with children, spend some time telling jokes with friends. All these activities fill you with positive stimuli, which in turn promotes positive attitude.

The bible says "As a man thinketh in his heart, so is he/she." Your thought life plays a major role in your attitude, whether it be negative or positive thoughts.

Although it is impossible to keep ourselves from the negative things around us, you can still carry a positive attitude by focusing on the good things, the positive things in life.

And this positive attitude you now carry can be of benefit to other people. Sometimes when other people feel down, the thing people mostly do is try to give them advice. But sometimes, all they need is somebody to sit by them, and listen to them. If you have a positive attitude you may be able to cheer them up without even having to say anything.

If positive attitude is really great, why do people choose to adopt a negative attitude instead? One who carries a negative attitude may be actually sending a signal for attention. Before you get me wrong, feeling sad, angry, or gloomy is not wrong itself. But dwelling on these thoughts for far too long is not healthy either. There is a time to mourn.

As always, if you are beset by troubles, even in your darkest hour, focus on the good things in life, you will always have hope. Problems become something you can overcome.

You do not have much to lose by adopting a healthy, positive attitude. Studies show that such an attitude actually retards aging, makes you healthier, helps you develop a better stress coping mechanism, and has a very positive effect on all the people you meet every day. So, what's not to like about a positive attitude? Adopt one today.

So go ahead POWER up with a positive attitude and stressed-less living!

## **Recommended resources**

I know that this has empowered you to make a mindset shift to Total Wellness and as I tell my clients and others a mindset shift to Total Wellness is essential to any level of sustained empowerment and success.

Are you ready to go deeper into manifesting your empowering success? I invite you to schedule an Authentic Life and Biz Empowerment Discovery Session with me. Don't discount this offer because it's free. I value my time and I know you value yours. I reserve a few of these sessions monthly. If you're ready for change now, I'm ready to support you. Request your session here: <http://bit.ly/alediscoverysession>

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**What's between you and getting what you desire? What's stopping you from being all that you were meant to be? What if you could be on the road to realizing your dreams in less than a year? Well it's possible, however, you've got to take that step. You've got to do something different to get different results. Something positive!**

If you are a business woman, home executive, entrepreneur, mompreneur, leader in ministry, looking to enhance your relationships, business, career, ministry and more! You must connect with me. It's good to read reports, eBooks, attend seminars, workshops and the like, however, if you want to take your endeavors to new levels your next step would be to discover the benefit of having a mentor, coach and/or trainer to maximize your efforts.

That's why I want to invite you to join my Authentic Life And Biz Empowerment Bronze Circle. It's the entry level to my coaching support. Visit my site for more information and make your connection for an empowered life.

<http://bit.ly/albebronzecircle>

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## Who is Robin Tramble

Robin Tramble is your Empowerment and Certified Social Media Marketing Campaign Specialist. She is also known as the Empowerment Diva. Robin was named as 1 of 25 urban entrepreneurs to follow on Twitter by Brand Maker News. Robin empowers Savvy women, Aspiring, New and Enterprising Entrepreneurial women to manifest their bold, brilliant, confident, empowered self, get focused, get unstuck, get out there in a BIG way while prospering and making a difference in the world "authentically!"

Robin is the CEO and Visionary of Robin Tramble International. She is also the creator of Empowerment Success Songs where she combines her music gift for singing, songwriting and playing keyboard with her empowering insights for a transformational experience of empowerment and healing inside/out.