

— Dealing with stress



The following are proven stress reducers:

A strong inner stance will often reduce stress.

Ceasing to wait for what you want will often reduce stress.

Being great at what you do will often reduce stress.

A sound work ethic will often reduce stress.

Ceasing fake outrage and other dramatic behaviors will often reduce stress.

Generating a potent income will often reduce stress.

Common sense will often reduce stress.

Ceasing to make excuses for your life will often reduce stress.

Stoic breathing will often reduce stress.

Sound logic will often reduce stress.

Bracketing IWD will often reduce stress.

A powerful purpose will often reduce stress.

Ceasing to eat garbage food will often reduce stress.

Persistence will often reduce stress.

Choosing growth over comfort will often reduce stress.

Going straight at things will often reduce stress.

Dropping manipulative personalities will often reduce stress.

Ceasing to lie to yourself will often reduce stress.

Getting off your ass and intentionally moving will often reduce stress.

— **Dusan Djukich**