



Cairn

The way to your future

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Welcome to all the new subscribers since last month.

If you were forwarded this newsletter just send a blank email to claresnews@aweber.com and you'll automatically receive your own copy each month.

Well things have been hotting up this month and I don't just mean the weather, which has been unseasonably warm although rather windy down here on the Sussex coast. As part of Leaping Frogs Forte, we have just launched an online stress audit. Available to anyone but aimed at small to medium companies. If you own or run a business you are now legally required to undertake a stress risk assessment of your organisation. You can find full details of the [Online Stress Audit](#) and what you need to do, on the Leaping Frogs website.

As well as my newsletter, I often get my articles published in different places – one of which is Better Business Focus, but I've also now been featured in Financial Solutions, the Personal Finance Society's monthly magazine and LFF was recently featured in the local Evening Argus. It's always nice to see something you've written in print.

On a totally different tack – I went along for my taster day as a Volunteer Ranger. A full-on day, blooming hard work and I arrived back home very tired, covered in scratches and smelling of bonfire smoke but it's that good physical exhaustion, not the mental exhaustion you get from spending all day in front of the computer and certainly a great stress-reliever. Fresh air, loads of exercise and a sense of a job well done. You can read more about the day on [my blog](#).

I've done a lot of mushroom picking in September and October and completed a Fungi Course this weekend, which was more about the cooking than the identification as it was too wet to go out into the field and do the hands-on stuff. Every time I've gone out for a run or a walk I seem to come back with a handful or sometimes more of the local field mushrooms.

Make the most of the warm days, sunshine and daylight before the days shorten any further.

Enjoy the rest of this month's issue.

- This month's topic – Stress is a choice
- Focused Coaching Sessions
- Recommended Reading
- Fun Website of the Month
- Monthly Quote

Stress is a choice

Simply put, stress occurs when a person is not able to cope with the demands placed upon them. It's an instinctive reaction to 'fight or flight'. These days we're no longer fleeing from sabre-toothed tigers or hunting woolly mammoths but the physical response is the same when we're put in a stressful situation. The hormones released and physical changes prepare our bodies to deal with the situation but those now tend to be traffic jams, deadlines, confrontation, relationships and life changes.

Stress can be both positive and negative. A certain level of stress is good – it stirs us into action and gives us a push to meet deadlines, deal with confrontations and adds spice to life. However, too much stress affects the body both physically, mentally and emotionally and causes a loss of performance and ultimately a breakdown of the body resulting in illness.

Undue stress varies greatly from one person to another. What is stressful for one person is enjoyable for someone else. People can handle different and varying levels of stress so there is no 'one-size fits all' approach when dealing with stress.

Stress can result in digestive, back and skin problems, insomnia, high-blood pressure, weight problems, heart disease, headaches, depression ... the list goes on. It's one of the main reasons people are off sick from work. Even less serious symptoms like lack of concentration, low energy levels, forgetfulness, being late and frequent colds can all be signs of stress.

One in five people are stressed at work.

Almost 30 days are lost per stress related incident and over 12.8 million days are lost per year!

Stress costs UK businesses £3.7 billion a year

The old saying of 'pull yourself together' or 'just get on with it' is not helpful any more. Know what causes you stress and then you can either reduce it or learn how to deal with it better.

Look after yourself:

- eat a healthy, balanced diet
- avoid excessive stimulants – coffee, tea, cigarettes and alcohol
- take regular exercise – include gentle exercise like Yoga or Tai Chi
- allow time for yourself, your family and friends
- take up meditation

Adjust your workload:

- work less hours
- learn to say no
- take responsibility
- start being pro-active instead of reactive
- "don't sweat the small stuff"
- improve your skills
- work within your own ability

It's National Stress Awareness Day on the 1st November so take some time this month to think about your own stress levels and what you could do to improve and reduce your stress. Get in touch if you'd like some ideas or need some support in reducing your stress.

What's Happening – Teleclass:

If time is causing you stress then come and join next month's teleclass:

Tuesday 21st November - Get Control of Your Time. Find the time to increase your productivity. Plan your day more effectively, organise yourself, so you start to use the time more productively and are less stressed.

If money is one of your top worries then get control of your finances:

More Month Than Money - ebook. Actually it's more of an e-course than just an e-book. A step-by-step process to help you make the most of your money. Full details are on my website <http://www.clareevans.co.uk/moremoney.htm>. 10% of all proceeds go to Cancer Research.

Full details of all the teleclasses and how to register are available on my [website](http://www.clareevans.co.uk/services/GroupCoaching.htm).
<http://www.clareevans.co.uk/services/GroupCoaching.htm>

Recommended Reading: [The Money Tree – Martin Bamford](#)

I went along to the Book launch of the Money Tree last month and got hold of a copy of Martin's book. It's full of useful information on the basics of financial planning and explains it in easy to understand terms.

<http://www.amazon.co.uk/exec/obidos/ASIN/0273708341/clareevans-21>

Techie Website: www.lavasoft.com

The more time you spend online, the more likely you are to pick up spyware that can monitor and track your usage, create annoying ads and pop-ups and even get hold of personal details – like bank and credit card info.

This Month's quote:

Take an different view on life:

"When life hands you lemons, ask for tequila and salt"

Have a stress-free month.

Clare

P.S. If you were forwarded this issue of the newsletter you can register to receive your own copy each month by sending a blank email to claresnews@aweber.com.



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