

# Tips & Resources for Six Stress Domains

## OCCUPATIONAL STRESS

### Financial Stress

**Identify** your financial stressors and make a plan.

Free budget calculators available at:

- [Everydollar](#)
- [Quicken](#)

**Ask** for professional support through consumer credit counseling and personal financial planners:

- [National Foundation for Credit Counseling](#)
- [National Association of Personal Financial Advisors](#)

**Seek** out consumer advocates for :

- [Clark Howard](#)
- [Suze Orman-Personal Financial Guru](#)

### Career Stress

**Seek out** vocational or career counseling

- [Careers.org](#)
- [National Career Development Association](#)

**Utilize** Self-Help Books and Resources:

- *Do What You Love The Money Will Follow* by [Marsha Sinetar](#)

**Watch** "[What is Your Legacy](#)" on YouTube

## RELATIONSHIP/SOCIAL STRESS

**Get a good night's sleep.** [Research out of the University of California](#) discovered that people are more likely to lash out at partners after a bad night's sleep.

**Seek** Professional Counseling:

- [Gottman Institute](#) –science-based support for couples & the professionals who help them.
- [American Association for Marriage and Family Therapy \(AAMFT\)](#)

**Utilize** Self-Help Books and Resources :

- [Marshall Rosenberg-Center for Non-Violent Communication](#)

## EMOTIONAL STRESS

There are many different ways to deal with anxiety, grief, depression, or inner conflict/tension. First check [WebMD](#); Then consider:

- Tai Chi/Qi Gong [www.feeltheqi.com](#)
- Yoga [www.yogajournal.com](#)
- Mindfulness [www.mindful.org](#)
- Acceptance & Commitment Therapy [contextualscience.org/act](#)
- Emotional Freedom Technique [www.thetappingsolution.com](#)
- Self-Compassion [self-compassion.org](#)

## HEALTH-RELATED STRESS

When dealing with an injury or illness, it is important to seek out reliable health information.

**Talk with** your doctor or healthcare provider and ask for resources and information.

**Access** reliable sources of health information online such as [www.WebMD.com](#)

**Seek** information from professional and non-profit organizations and foundations. For example:

- [American Heart Association](#)
- [American Cancer Society](#)

In addition, there are a number of organizations for mental support, including community-based organizations and Employee Assistance Programs.

## INTELLECTUAL STRESS

Cognitive signs of stress include obsessing over the same thoughts, inability to focus, racing mind, foggy, and continued negative thinking. Many of the resources above for relationship and emotional stress can help. In addition

**Consider going away** on a retreat; check this site out: [www.retreatfinder.com](#)

**Go on international travel**, perhaps join a group: [www.ricksteves.com](#)

**Visit Sounds True** for many programs, tapes, and guides [www.soundstrue.com](#)

## SPIRITUAL STRESS

Any or all of the above stress areas may actually be signs of spiritual stress. Spiritual stress could show up in any number of ways: feeling numb about life, meaningless, lack of vision, lack of identity or going through an identity crisis, being disillusioned, despair, obsessed with suffering, blaming God or feeling abandoned by God or one's spiritual community or church. Review any of the recommendations above for emotional or intellectual stress. Also look at:

- [Spirituality & Health Magazine](#) (online and subscription)
- [Spirituality & Practice](#) (a wealth of resources)
- Read any of these authors: Wayne Dyer, Jean Houston, Pema Chodron, Deepak Chopra, Eckhart Tolle, Don Miguel Ruiz