Conquering Self-induced Stress

Table of Contents



PART 1: SELF-INDUCED STRESS

Signs of adrenaline addiction	Page 1
Problems of adrenaline stress	Page 2
How to change	Page 3
8 compensating strategies	Page 5

PART 2: NO-STRESS HOLIDAYS

How to do them with finesse and without fatigue____Page 8

PART 3: GOAL SETTING AND TIME MANAGEMENT	Page 11
Evaluating your week	Page 15
Concluding quotes and comments on time	Page 16

This is a production of Homeschool How-To's, ©2013 by Renée EllisonWebsite:www.homeschoolhowtos.comEmail: info@homeschoolhowtos.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means-for example, electronic, photocopy, or recording—without the prior written permission of the publisher. The only exception is brief quotations.

Library of Congress Cataloging-in-Publication Data

Ellison, Renée, 1951Conquering self-induced stress/ Renée Ellison.
Durango, Colo.: Homeschool How-To's, c2013.
Previously published as Coping with personally induced stress, Goal setting and time management, and No stress holidays for moms. C1996, c1997, c2007 by Renee Ellison.
Adrenaline--Physiological effect.
Mothers—Life skills guides.
Stress (Psychology) —Prevention.
Family—Biblical teaching.
Christian life.
Home economics.

Cover design by Erin Jones of Piebird Creative.



This is one of many

Homeschool How-To's

Practical helps for homeschooling families

by Renée Ellison

"Your materials are so exciting to read, they are like brain candy to me! Your how-to booklets blow me out of tunnel vision." (Mrs. LaDue in Arizona)

"All your products sound so inviting! It's so hard to choose! What continues to keep me attracted to your products is that you have excellent, pertinent materials in simple, inexpensive bite-sized pieces." (Mrs. Bennett in New Mexico)

"Your booklets are jewels to spur me on to some practical and drastic change." (Michelle James in Texas)

Typing Piano

<u>Academic helps / teaching</u>

<u>Child training</u> / <u>Character traits</u>

<u>Spiritual helps for families</u>

Biblical homemaking

Your source for a hundred and one quickly digested, inexpensive, practical how-to's on a variety of home management and homeschooling topics. If you are looking for a boost, you'll find it here!

Website: www.homeschoolhowtos.com



Email: info@homeschoolhowtos.com



Practical helps for homeschooling families



By đ Renée Ellison



www.homeschoolhowtos.com

Email: info@homeschoolhowtos.com

Free blogs ~ Kindle/eBooks ~ Homeschool how-to's to give you a boost