

College Stress Relief E-Book

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What Will You Gain From Reading This Book ?

NOTE: This book is NOT a substitute for professional medical or professional mental health evaluation and treatment, should you need these.

If you are in college right now, or if you'll soon be entering, this book is for you.

It also may be for your friends, your classmates, and anyone else you know who could benefit from having less stress in their life—so please feel free to copy this book and spread it around.

My name is Mort (Doc) Orman, M.D. and I have been teaching people how to eliminate stress for more than 30 years. You may have seen some of my advice about dealing with stress on my blog at www.ormanstressrelief.com. You may also have previously seen one of my books or articles about how to cope with stress.

At the time of this writing, I am 64 years old. This means I am far removed from your world today, as well as from my own college years at Duke University (1969-1973). I was there during the Viet Nam War and the assassination of Dr. Martin Luther King, Jr. I also recall having a good deal of stress during my four years at Duke as an undergraduate.

Freshman year was extremely difficult for me. It was my first time away from home and being on my own. I was sad and homesick about having to separate from my high school girlfriend. We tried to keep our relationship going, but it didn't work out.

I also found it hard to adjust to my new social environment. This improved somewhat when I joined a fraternity, but I never felt comfortable in my own skin during my entire four years in college.

There were many other stressors at Duke, as I'm sure you can imagine. But more importantly, there was very little help to assist me with my struggles. There was certainly no book like this to guide me. And while I could have benefitted from seeing a therapist, I couldn't afford one. I also didn't want another social stigma, in addition to all the other social problems I was having.

So I was completely on my own when it came to dealing with my stress. Needless to say, I wasn't very successful. Not only did my stress continue all throughout college, but it got worse once I graduated and entered medical school. As a medical student, I was anxious, tense, and irritable much of the time. I also felt depressed on occasion.

Eventually, my stress got so bad in medical school that I did go into therapy. While these weekly counseling sessions helped me to some degree, they never gave me the complete relief I was seeking from all my anger, frustration, anxiety, lack of self-confidence, and interpersonal failures.

Maybe you're thinking right now, "Gee, how'd this guy ever become a world-class stress expert?" And certainly, I couldn't blame you for having this impression.

But this is my history, so I thought I'd share it with you. Also, knowing exactly what I had to go through to eventually overcome my stress may be helpful to you in your own personal journey as well

Getting back to my story (please stay with me—it won't take much longer), despite continuing in therapy for seven (7) years, including my last two years of medical school, all three years of Internal Medicine residency, and my first few years in private practice, I continued to feel extremely stressed.

Nothing I tried made any lasting difference. There was nothing I learned in college that helped me deal with my stress. There was nothing I learned in my four years of medical school, or my three years of medical residency, that made things easier for me. And as I've already explained, therapy sessions helped me somewhat, but

I never learned much about dealing with stress, per se, from my therapist (who was otherwise pretty good).

In addition, I tried all of the following coping strategies without much stress relief:

- Trying to manage my stress;
- Trying to avoid stressful situations;
- Trying to avoid difficult people;
- Reading books about how to cope with modern day stress;
- Exercising more or trying to change my diet;
- Going to seminars about stress management;
- Going to lectures by various “experts” about how to deal with stress;
- Trying to think more positively when I was emotionally upset;
- Trying to stop myself from feeling angry, frustrated, or anxious just by sheer willpower;
- Using alcohol or drugs to deal with my stress;
- Seeking advice from friends;
- Seeking advice from my fellow physicians;
- Seeking advice from relatives (certainly not my parents);
- Trying to figure out how to deal with stress on my own.

In other words, nothing helped me much at all. And perhaps you’ve also found that the same has been true for you.

If so, then you are in exactly the right place.

I Finally Discovered How To Master Stress

Eventually, I discovered the keys to eliminating most of the stress in my life, and I'll be sharing many of these with you in this book.

Now, if I thought you could just take a few psychology courses in college, or just take a course on stress management, and get this valuable information, I wouldn't need to write a book such as this. But I don't believe this is likely.

You see, I got lots of training on how to manage stress in medical school. I also got lots of input about managing my stress once I finished my training and went into private practice on my own. The insights that finally helped me the most, however, weren't taught to me in any traditional courses on stress. And they're not being taught in most colleges or other academic institutions today. That's why a "truth-telling" book like this one is so badly needed.

I assume you are at college to get a good education (not to mention to get away from your parents and to party just a little). And you also are there to get prepared to be happy and successful in life, once you graduate.

Now wouldn't you think that learning how to understand stress correctly—what it really is, what causes it to occur, and what your best coping options are for dealing with it—would be one of the primary things you should gain from your college education?

Well, I'm sorry to tell you that you probably won't. Not only will you continue to experience much more stress than you need to while in college, but once you graduate, you'll be no better prepared to deal with it than I was.

That's why the title of this book is "College Stress Relief: What Every Student Should Know (And Spread Around) ASAP. The last part means "as soon as possible."

If you are just starting out in college and you're in your freshman or sophomore years, this book can be of immense value to you. The earlier you read it, the better off you will be. But even if you are a junior or senior, it's not too late. After all, this book is not just about relieving stress in college—it's about how to reduce stress all throughout your life!

This Book Will Challenge You

I want to be clear with you right from the start...this book will challenge you. It will force you to question some of your deeply held beliefs about stress (and about life). It's not going to give you simplistic steps you can follow to magically make all your stress suddenly disappear. That's not how things work.

This book is also not going to give you short little tips about how to manage your stress, like: get clear about your priorities, make to-do lists, or set aside 15 minutes twice a day to meditate.

Not only will these strategies not make a huge difference in how much stress you experience, but one of the things you will learn from this book is that giving people tips, as well as encouraging them to manage their stress, are both counterproductive.

In order for you to achieve true breakthroughs in your ability to deal with stress, both in college and for the rest of your life, you'll need to make significant changes in the whole way you think about and understand human stress. You'll need to take a very deep (and honest) look at some of the assumptions you already have, and some of the specific beliefs that you (and most of your friends) share.

You see, the real problem with stress today is not that you or I lack the ability to deal with our stress effectively. The real problem today is that we live in a society where stress is mostly misunderstood. We live in a world where myths and misconceptions about stress rule the day, and where many popular, but false, ideas keep us from accessing our natural abilities to live stress free, and to be as happy, confident, and successful as we could be.

One of the main purposes of this book is to correct these false beliefs about stress, and introduce you to better ways of thinking about this common human problem. It will help you build a new foundation for understanding human stress that will benefit you, both now and for many years to come.

I wish someone had shared this wisdom contained in this book with me when I was in college in my early 20's. I can't tell you how much pain, suffering, relationship failures, and other emotional distress I could have avoided.

I didn't discover most of the truths I'm going to share with you in this book until I was in my early 30s. But when I did, boy did they make a huge and lasting difference.

For the past 30 years, despite having many more professional and personal responsibilities than ever before, I've had very little stress or tension to speak of. I rarely get angry, frustrated, or anxious anymore. And even when I do, I know how to make these emotions quickly disappear whenever I want.

I've been happily married to my wife, Christina, for 28 years, and we have a wonderful daughter who just graduated from college.

I've also written several popular books about stress, including *The 14 Day Stress Cure*, which won a non-fiction book of the year award from the National Association of Independent Publishers (1992).

I've also been the official sponsor of **National Stress Awareness Month** (April) in the U.S., every year since 1992. And I've conducted seminars and workshops about stress for thousands of individuals, including doctors, nurses, medical students, college students, college athletic coaches, psychologists, business executives, the clergy, and even the F.B.I.

So, I'm not some "chump" off the street, who's read a few books and now thinks he's a new-age expert on human stress. I've been actively working in this field for the past 30 years, and I've gained special knowledge and skills about dealing with stress that very few experts today even know about, much less possess.

I wrote this book for you, and for all other students in college today, so you could have a way to benefit from much of the knowledge I've gained about overcoming stress during these past three decades. I am making it available to you and all other registered college students for free, so you can have an easy way to share this critically important knowledge with your friends and classmates.

Another reason I wrote this book is because I strongly believe that this type of stress education should be part of every student's undergraduate training.

Hopefully, if enough college students like you start benefitting from this type of stress education, some college administrators and faculty may eventually start teaching it themselves.

How This Book Is Organized

This book is organized into **four main sections**:

Section 1: This first section teaches you how to recognize the 9 biggest myths (i.e. lies) about stress that are keeping you from dealing with stress more successfully. In this first section, I will also introduce you to some very new ways of thinking about stress that will allow you to overcome each of these myths and understand stress correctly. It may take you a little while to get used to some of these new ideas, but once you do, I'm sure you'll be very grateful.

Section 2: This section explains why managing stress is not your best coping option. It also will introduce you to a powerful three-step coping method I call "The Ultimate Method For Dealing With Stress," which I have found to be far superior to stress management.

Section 3: This is by far the longest and most detailed section of the book, and it will introduce you to a whole new way of thinking about the **causes of human stress**. As you learn more and more about how to identify the real causes of stress in your life, many of which are hidden from your view, you'll be able to start applying this knowledge immediately to whatever college stress you might be experiencing. You'll also be able to keep benefiting from, and adding to, this new perspective long after you graduate.

At the end of this section, I'm also going to show you a great way to make use of the general principles you just learned to better understand the **causes of human anger**. I'll also give you a simple but very powerful tool for always remembering these causes, whenever you feel angry about anything.

Section 4: In this final section of the book, I give you some suggestions for how you can learn to win against stress, both in college and all throughout the rest of your adult lifetime.

Are You On Board?

Hopefully, this very brief summary has given you enough of a glimpse into what this book is about, and how it can benefit you, so you'll want to take time from your busy academic and/or social schedule to read it.

They say college students' attention spans are short today, and it's unlikely they will sit down and thoroughly read through a book such as this. Well, I don't agree. I think that college students' attention spans may be short today because there's so much worthless crap being thrown at them, that it doesn't make sense to pay close attention to it. However, when something truly valuable does come along, I believe most college students will give it the attention it rightfully deserves.

And if you do read this entire book, and you do find it rewarding, please be sure to pass it on to others. You are free to copy it, email it around, post it on your own personal website, talk about it on Facebook, talk about it on Tumblr, or otherwise find ways to share it and discuss it with your friends and other classmates.

Wishing you much future happiness, good health, and success,

Mort (Doc) Orman, M.D.

Section 1—The 9 Big Myths About Stress That Are Keeping You Stuck

In this first section, I'm going to introduce you to a whole new way of thinking about stress that can make you much better able to deal with it—both in college and for the rest of your life.

There are 9 big myths about stress today that are keeping you trapped in an outdated mentality (the “stress management mentality”) and are keeping you from discovering how to deal with your stress more successfully. I'm going to debunk each of these myths, one by one in this section, in order to build you a whole new foundation for understanding what stress really is, where it really comes from, and what your best options are for coping with it.

Be prepared to have some of your most cherished beliefs about stress become shattered in the next few pages. Also, if you truly grasp the beauty (and wisdom) of this new understanding, you will never want to go back to your old way of thinking. So take one last romantic look at your current beliefs about stress, and kiss them goodbye.

You're about to get a real education in understanding human stress that few people have today. I can assure you that your parents don't have this understanding, nor do most of your college professors. I've been teaching these principles (and using them successfully in my own life) for the past 30 years. And it's amazing how many well-educated college graduates are walking around today with almost zero appreciation for them. But the ones who do grasp this new understanding are much better able to cope with their stress than they were before.

NOTE: Remember how I warned you this book was going to challenge you? Well, this starts right now, with the very first myth I'm going to address. Now, you might not immediately agree with what I'm about to tell you, but that's alright. Just hang in there, and as you keep reading on in this book, everything will make sense to you eventually. And when it does, you'll be living in a whole new world of possibilities for eliminating stress that may not be open to you right now.

STRESS MYTH #1:

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