



The Ultimate Method For Dealing With Stress

How To Master Stress In Your Life
Without Using Chemical Substances, Relaxation Exercises,
Or Other Stress Management Techniques



A Doc Orman™ Stress Mastery Training

Training 1-A:

Common Myths About Stress

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The Ultimate Method For Dealing With Stress

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For more information, correspondence should be directed to:

TRO PRODUCTIONS, LLC
908 Cold Bottom Rd
Sparks, Maryland 21152

Introduction

Hello, my name is Doc Orman, and I want to welcome you this very unique and powerful Stress Mastery training.

For the past 30 years, in addition to being a board-certified Internal Medicine physician, I've been helping people learn how to free themselves from stress, without having to manage it.

Along the way, I've discovered much of what we've been taught about stress isn't really true. I've also discovered managing stress is not our best coping option. That's why I created my Stress Mastery Academy, which offers a number of training courses, like this, to help people better understand what stress really is and what they can do about it.

This training is the first in a series of four free mini-courses that are designed to *change the way you think about stress forever*. As a result, after reading all four trainings (they are quick reads with big print and lots of white space) you should have some important new understandings about stress that will serve you well, as time goes on.

This first course introduces you to some bold new ways of thinking about stress that you probably haven't been exposed to before.

It will also introduce you to a powerful coping method, that I call **The Ultimate Method For Dealing With Stress**, which I believe is far superior to stress management.

If you like what you learn from this first free training, I'll be happy to send you the other three in the series...at no cost to you at all. Then, if you want to learn even more about this unique approach to coping with stress, I have some exciting additional training programs that you might be interested in.

At the end of this training, I'll explain what you will learn from the second mini-course in this series. Then, if you want to receive it, just follow the directions to log onto my website and immediately download your free copy.

Proven Concepts And Coping Strategies

Over the past 30 years, I've successfully taught the principles contained in these four trainings to thousands of individuals. I've conducted seminars and workshops for:

- Doctors
- Lawyers
- Nurses
- Medical students
- Business executives
- College students
- Athletic coaches
- And even the FBI.

I've also written an award-winning book, ***The 14 Day Stress Cure***, which forms the basis for much of the knowledge presented in this series.

While many of the topics addressed in this series are briefly covered in ***The 14 Day Stress Cure***, this training series will provide you with much more updated information.

How To Get Maximum Benefit From This Training

As you'll soon see, this training (and all of the others in this series) will challenge much of what you've been taught to believe about stress.

It will then replace what you've been told with a new set of understandings and a new coping framework that can eventually enable you to free yourself from stress in ways you may not have thought possible.

This is my hope for you.

But in order for this to happen, you will need to take each of these courses very seriously.

You'll need to follow each course all the way through, to the end, without rushing ahead (to get to the good stuff), and without merely skimming the material.

Go through each training slowly, one section at a time, making sure you fully understand all key concepts before moving on.

If you do this, by the end of each one, your understanding of different aspects of stress will change for the better.

Once again, I want to personally welcome you to this four-part training program in the Doc Orman™ Stress Mastery Training Series.

As both a physician and a stress coach, I sincerely hope that these trainings make a lasting contribution to your life and to your ability to master stress more successfully.

Course Overview

NOTE: This course is NOT a substitute for professional medical or professional mental health evaluation and/or treatment.

In This Course, You Will Learn:

- Why most people misunderstand what stress really is.
- Why human beings NEVER, EVER suffer from stress.
- Why there is no such thing as “good” or “healthy” stress.
- Why managing stress is not your best coping option.
- And much, much more.

Once you grasp these key concepts, you’ll know more about stress than most other people today.

You’ll also know more than most “experts” on this subject.

Notations Used In This Course:

KEY POINT: a side comment or coaching point to help focus your attention

KEY PRINCIPLE: a core principle that’s worth repeating

NOTE: information to help you successfully progress through the material

Have Reasonable Expectations

It's important that you have reasonable expectations regarding this four-part training series, before you dive in:

- The primary purpose of these mini-courses is to introduce you to some new ways of thinking about and coping with stress.
- They are not an in-depth training in how quickly reduce any stress you may be having right now.
- In my opinion, there are no “quick fixes” to solving most of the stress-related difficulties most people have.
- You have to start with changing your thinking about stress. Once you've freed yourself from the popular myths about stress that I'm going to cover in this first course, then...and only then....can you expect to have a breakthrough in your ability to deal with stress more effectively.
- While these trainings are not designed to teach you how to relieve any stress in your life immediately, they will give you a new foundation of understanding that you can continue to build upon.
- If you like what you learn in these four introductory trainings, I can offer you more specific advice later on...in additional training programs that I offer through my Stress Mastery Academy.
- Please don't assume you won't benefit much from these four trainings, just because they don't give you specific instructions for how to relieve your stress. There are still many ways you can benefit...sometimes very significantly... from simply improving your understanding about what stress really is, where it really comes from in your life, and what your best options are for dealing with it.

Stress Is Widely Misunderstood!

Most of us experience stress from time to time.

Perhaps you have family problems at home or too many pressures at work or at school.

Maybe you feel tense, anxious or irritable much of the time. Or you suffer from headaches, backaches, indigestion, insomnia or some other physical problem that is either caused by or aggravated by stress.

Also, if you've had considerable stress for very long, I'm going to assume you've already tried to manage it.

If you're like me, however, or like most of the patients I've treated in my medical practice, you've probably discovered that using stress management techniques can be a losing proposition.

Why? Because, no matter how much you try to relax, how many miles you run, or how many vacations you take, stress just keeps on happening in your life. And using stress management techniques rarely gives you the long-term stress relief you're truly looking for.

You Are Not The Problem

I've got some good news for you....YOU are NOT the problem!

You may be surprised to hear this, but the primary reason why stress keeps happening in your life is not because you are unable to get rid of it.

It's because you and I live in a world where stress is **deeply, profoundly, and widely misunderstood.**

Three Common Myths About Stress

We have many myths and misconceptions about stress that cloud our thinking and keep us from discovering that we are actually quite capable of coping with stress successfully.

Let's take a look at some of these popular myths.

Please review the three True/False questions below, and decide how you would answer each:

- 1) Stress is something that actually exists. T F
- 2) The best way to deal with stress is to manage it. T F
- 3) Stress is primarily caused by external events, situations, or demands in our lives. T F

Most of us have been taught to believe all three of these statements are true. Actually, all are myths, but very few people know this.

So if you answered any of these questions as FALSE, you should congratulate yourself. You are part of a very small group of people who are willing to question the popular viewpoint of our times.

As you work through this course, I will show you exactly why these and many other widespread notions about stress are not really true.

Here's another example of a widespread myth about stress, taken from a book called *The Stress Myth*, by Richard Ecker:

“We like to believe that stress is inevitable—that life is so much more complex these days, that we’re being dragged around by a runaway world which offers us less and less that we can depend on.

But this belief is nothing but a myth, a myth that is at the core of the stress problem....This myth....has done more to perpetuate unwanted stress in our society than any other single factor.

Ironically, the main proponents of this myth are the very ones who claim to be teaching people how to deal with stress.”

Richard Ecker: The Stress Myth

Human Beings Never Suffer From Stress

Most modern day stress experts take it for granted that stress is something that actually exists and that it's a condition people commonly suffer from.

First, they warn you about all the bad things that can happen from high levels of stress. Then, they tell you the best way to protect yourself is to learn how to properly utilize a wide array of stress management techniques.

I used to believe in this common sense philosophy about stress. I also spent considerable time, in my early years of practice, teaching these “facts” to my patients.

Unfortunately, thinking about stress in this way never helped me deal with my own personal or professional stress. Nor did it allow me to be very effective at relieving stress in my patients.

Eventually, I discovered there are much better ways to think about stress, including better ways to think about:

- What stress really is;
- What causes it to occur ;
- What our best options are for dealing with it.

Let's begin by taking a critical look at what stress really is—and what it is not.

The Truth About What Stress Really Is

When I conduct seminars and workshops about stress, I usually begin by asking members of my audience to share their understanding of what stress is—for them.

This always produces a number of different definitions. Some people believe stress is being mentally or physically overwhelmed by too many external pressures or demands. Some believe it is not being able to sleep well or concentrate as well as they normally do.

Others say stress is when they feel anxious, angry, frustrated or depressed. Still others point to physical symptoms in their bodies, such as muscle tension, headaches, indigestion, excessive perspiration, or rapid heart beats.

Someone will also throw in a scientific type of definition like “stress is the inappropriate activation of the body’s ancient flight or fight response, which results in excessive stress hormones being released into the bloodstream.”

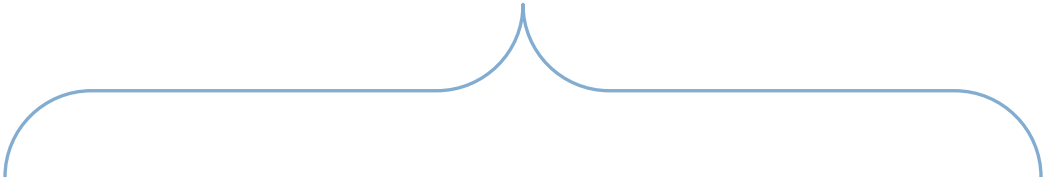
You probably have your own personal definition for stress. As you can see, there are many popular definitions, all of which have some degree of merit.

But none of these definitions get to the heart of what stress really is. None of them captures its true essence.

The Truth Is Not What You’ve Been Told


The real truth about stress is different from what you’ve been told. This truth may sound trivial, when you first hear it, but I can assure you it has profound implications.

The real truth about stress is this.....



**“STRESS”
IS JUST
A
WORD**

Doc Orman, M.D.



The real truth about stress is just that—**it's simply a word**. Stress doesn't exist in the real world, except in human language.

Stress is simply an abstract concept we invented to stand for other things in life that really do exist and that we really do suffer from.

Origin Of The Word "Stress"

The term “stress” was first introduced, in its modern context , by Hans Selye, an Austrian-born physician who did much of his pioneering research on stress in Montreal, Canada.

In his 1956 book *The Stress of Life*, Selye states:

“If we are to use this concept (stress) in a strictly scientific manner, it is important to keep in mind that stress is an abstraction; it has no independent existence.” (p.43)

As time went on, however, we forgot Selye's warning. As a result, we continue to think of stress as a “thing” or a “condition” that actually does exist, and that we actually do suffer from.

The Body's Stress Response

Some people argue that stress is not just a word, but that it's a well-documented pattern of physiological responses that occur within our bodies.

While there are indeed well-known physiological changes that occur within our bodies—called the body's **stress response** or the **flight or fight response**—this is not what stress really is, and it is not the best way to define it.

The measurable changes that occur within our bodies are just the results (or after effects) of what we mean by the word “stress”—and so they are only one part of the story and not the entire thing.

Therefore, it is just as big a mistake to define stress in purely physiological terms as it is to define it in any other limited way.

KEY PRINCIPLE: Stress is just a word.

If Stress Doesn't Exist, What Do We Suffer From?

Please be assured I am not trying to convince you that “stress” isn’t real or that it doesn’t truly exist for you.

All I’m suggesting is whenever you think you are “suffering from stress,” you are really suffering from something else.

That something else can take many forms.

When we say we are **suffering from stress**, we may mean:

- We are suffering from anxiety.
- We are feeling frustrated or angry.
- We are excessively tired.
- We have tense muscles in our body.
- We just lost our job or our home.
- We just lost someone dear to us.
- We are having other reactions in our body that are either troubling, unpleasant, or unhealthy for us.

“Stress” Is A Word That Stands For.....

You see, the real truth about “stress” is that it’s a word we use to stand for many different types of **problems** in our lives.

We use the word “**stress**” to stand for :

- Emotional problems
- Physical ailments
- Financial or work problems
- Interpersonal problems
- Self-esteem problems
- And hundreds of other problems

KEY PRINCIPLE:
Stress is a word that stands for problems in our lives.

Whenever we say we are “suffering from stress”—we are not.

We are suffering from very real **problems** in our life.

These problems are not just words...they really do exist.

How We Benefit From Knowing “Stress” is Just a Word

You might think knowing “stress” is just a word is merely a trivial semantic point.

I suggest, however, it can make a HUGE difference in your ability to cope with stress successfully.

Here are just some of the benefits from remembering stress is just a word:

Benefits

1. You’ll stop making the mistake of thinking your problem is stress.
2. You’ll start focusing instead on the real problems in your life. This will force you to define your problems more specifically.
3. Instead of asking “How can I deal with my stress?” you’ll begin to ask more focused, problem-specific questions.
4. Your answers to these problem-specific questions will be much more useful in helping you deal with your “stress.”

Problem-Focused Questions

Look at the difference between asking yourself “How can I deal with my stress?” and asking yourself the following types of problem-focused questions:

1. I seem to be getting angry all the time. I wonder how I can learn to better understand and deal with my anger?
2. I seem to be worrying quite a lot. I wonder how I can learn to deal with worry?
3. I seem to be having recurring financial problems. I wonder what's not working with the way I'm thinking about or dealing with money?
4. I seem to be having little success in my interpersonal relationships. I wonder what's going on? And how can I improve my ability in this area?
5. I'm feeling anxious all the time, my heart keeps racing, I feel sweaty, nervous and tense much of the time. How can I better understand and deal with each of these emotional and physical problems?

The benefit of asking these more focused questions is they are much more targeted on the real problems you might be struggling with.

Asking “How can I deal with my stress?” on the other hand, immediately puts you at a big disadvantage.

We Pay Even More For Forgetting Stress is Just a Word

There are several other ways we pay a price for forgetting stress is just a word.

In the stress counseling work I did in the past, with some of my patients, people would come to me with complaints such as:

- “I’m having trouble coping with my stress”
- “I’ve got a lot of stress in my life right now”
- “Is there anything you can do to help me get rid of my stress?”

I knew these people were struggling with many difficult problems in their lives.

But the specific nature of these problems was not clear to them, nor to me, as long as they thought of them in such non-specific terms.

I also saw people make the opposite mistake—adopting a very narrow, limited definition of what the word stress meant to them.

This narrow definition caused them to incorrectly believe they had little or no stress (i.e. problems) that could be affecting their bodies and reducing their health.

There's No Such Thing as Good or Healthy Stress

Another price we pay for failing to appreciate stress is just a word is putting up with avoidable problems in our lives, because someone may have convinced us that some degree of “stress” is “good” or “healthy” for us.

Many stress experts promote this idea by declaring there are two basic types of stress: “good stress” and “bad stress”.

For example, you could say that happy or joyous moments, or going to an exciting sporting event are examples of “good stress”. Yet in all the 23 years I practiced internal medicine, I never had a patient walk into my office and say “Doc, I got real excited at the football game on Sunday. Is there anything you can do to help me with this?”

Problems With Believing The “Good Stress” Myth

The problem with believing in the myth of good or healthy stress is you can easily be misled into thinking that:

- some anxiety must be good for you
- some anger or frustration might be good for your health
- some stress might be necessary for you to be maximally productive in your job
- some stress is natural and expected for all human beings

None of these mistaken notions about stress is really true!

The medical, psychological, and business productivity literature actually supports the opposite conclusion—that the less stress you have, the healthier, happier, and more productive you are likely to be.

Stress Management

There are many positive, health-enhancing benefits from using stress management techniques. These benefits are well-known and have been widely publicized.

Unfortunately, most experts never talk about the disadvantages of managing stress.

What is Stress Management?

Stress Management refers to a wide range of relaxation techniques and life coping skills.

Common Stress Management Techniques

- Deep breathing exercises
- Meditation
- Biofeedback
- Yoga
- Relaxing massages
- Tai Chi/Eastern body exercises
- Listening to music
- Physical exercise
- Dietary changes
- Time management skills
- Assertiveness training
- Learning to avoid stressful situations
- Taking regular vacations

All of these can have psychological, physical, emotional, and spiritual benefits. They are all also healthier and safer than turning to cigarettes, alcohol, prescription drugs, illegal drugs, or food to relieve “stress.”

Weaknesses of Stress Management

If you've ever tried to manage your stress, however, you've probably found:

- Many stress management techniques are time-consuming.
- They often require a long-term commitment to daily practice (sometimes several times a day).
- You may be too busy or undisciplined to take the time to do them.
- Even if you start out well, your commitment may wane after several weeks or months.
- Most stress management techniques offer only limited benefits (see below).

Limited Benefits

If you are stuck in a bad relationship, or are facing increased demands on your job, you can punch a punching bag or jog around the block several times each day. While these strategies might help you feel a little better, or have a little more energy, your relationship is unlikely to improve. Similarly, your job pressures are unlikely to lessen.

The Biggest Disadvantage

This brings us to the most important disadvantage of stress management.

Despite all the good things stress management techniques can do for you, they mainly address just the SYMPTOMS of your problems.

They rarely help you identify and deal with the underlying CAUSES of your day-to-day difficulties.

WARNING LIGHT ANALOGY

If the engine warning light on the dashboard of your car suddenly started flashing, would you ask your mechanic to disconnect the wire to the bulb?

Of course not.

But isn't this exactly what we do when we focus only on the **symptoms of our stress**, without ever learning how to identify and deal with its underlying **causes**?

This is why I believe managing stress is NOT our best coping option.

There is actually a much better coping method, which I will explain in the next section.

Importance Of Addressing Causes

As a medical student, and all throughout my residency training, I was taught not to be in a hurry to relieve people's symptoms before understanding what is causing them.

In the emergency room, for example, I could easily administer strong, fast-acting, pain-relieving medications when people came in with severe pain.

However, before I took the pain away completely, I first had to make sure the person wasn't having some life-threatening problem, like a ruptured appendix, a leaking internal artery, or some other potentially critical condition. So treating the pain was never the primary objective, unless the underlying cause was clearly evident.

The Ultimate Method For Dealing With Stress

The very best method for coping with **stress** is to address your **problems** as follows:

- 1) Identify each problem specifically;
- 2) Identify the main causes of each problem;
- 3) Deal with the causes effectively.

Human beings have been using this ultimate method successfully throughout recorded history. In fact, you've probably used it hundreds of times yourself.

But we don't often use it when we're trying to cope with our stress.

Granted, some underlying causes may not be under our direct personal control, and some may not be easy for us to identify.

But when they are under our control, and when we do take appropriate steps to identify them and correct them, our problems almost always get better, or they may even go away entirely.

NOTE: In subsequent courses to be offered in my Stress Mastery Academy, I will show you how to use this three-step coping method to reduce or eliminate many types of stress in your life.

While it may seem easy to accomplish these three steps, there are actually many challenges to using this method successfully.

How to Correctly Understand The Causes of Your Problems

The main reason most of us don't use this ultimate coping method more often is that we haven't been taught to correctly identify the causes of our everyday problems.

But you can learn to do this, and that's what the second, third, and fourth courses in this free training series is designed to help you do.

KEY POINT: Being able to recognize and deal with underlying causes is the **critical difference** separating people who are good at dealing with "stress" (i.e. problems in life) from those who are not.

The good news is you don't have to be a psychiatrist, psychologist, or even a high school graduate to understand these common causes.

They are actually quite simple, as you will soon discover in the next free course —**The Ultimate Method For Dealing With Stress, Training 1-B: Hidden Causes Of Stress.**

If you would like to receive this second free training, just enter the following URL into your web browser and sign up for immediate access to your free download:

URL: <http://ormanstressrelief.com/value/hiddencauses>

You'll need to supply me with your main email address (I promise to keep it private) and when you do so, you'll be taken to a "thank you" page, where you can immediately download this second part of your training.

Then, once a week for the next two weeks, I will email you the third and fourth installment in this series.

I hope you've enjoyed this first free introductory training. Hopefully, you gained some valuable new insights from it.

For example, if all you do from now on is substitute the word "problems" whenever you hear the word "stress," you'll be way ahead of most other people.

However, if you want to learn how to use the Ultimate Method successfully in your life, you'll need some new ways of thinking about the causes of your problems.

My second free training is designed to help you do just that. So if you have any interest at all in this very important—and frequently misunderstood—subject, use the URL below to immediately download your second installment:

URL: <http://ormanstressrelief.com/value/hiddencauses>

To Your Health, Happiness, and Success,

Doc Orman, M.D.

P.S. Please see a very brief review of key concepts from this course on the next page.

P.P.S. You have my permission to copy and share this first free training with anyone you choose. You can share it freely, provided you keep it intact and do not modify it in any way.

Brief Review of Key Concepts

Here are some of the key concepts you've learned so far:

- 1) "Stress" is just a word.
- 2) "Stress" is a word that stands for hundreds of different problems in our lives.
- 3) When you think you are suffering from "stress," you are not. What you are really suffering from are very specific problems in your life.
- 4) If you only deal with the symptoms of your problems, and never identify or deal with their underlying causes, your problems will likely persist and may even get worse.
- 5) Stress management techniques, such as meditation, physical exercise, and listening to soft music, mainly deal with the symptoms of your problems.
- 6) The best (i.e. ultimate) way to deal with problems in life is to identify them correctly, identify their causes, and then deal with those causes effectively.
- 7) While this may appear to be a simple method to follow, it is actually quite challenging. Otherwise, everyone would regularly be using it.

*Please enter the URL below to claim your **second installment** in
this totally free Stress Mastery training series:*

URL: <http://ormanstressrelief.com/value/hiddencauses>

About Doc Orman

Mort (Doc) Orman, M.D. is a Board-certified Internal Medicine physician who has been helping people learn how to eliminate stress— without having to manage it—since 1981.

He is a graduate of Duke University (B.A. 1969) and the University of Maryland Medical School (1973).

He is Founder and President of the Health Resource Network, Inc., a non-profit health education organization that has sponsored National Stress Awareness month (April) each year since 1991. He is also a co-founder of the Society for Professional Well-Being, a national association for the prevention of stress in physicians and other health care professionals.

Doc Orman has lectured widely about stress for both health professionals and the public. He has also written numerous books and articles about human stress, including an award winning book, *The 14 Day Stress Cure*, which received a top non-fiction book-of-the-year award (1992) from the National Association of Independent Publishers.

In this course, and in all of the others offered through his Stress Mastery Academy, Doc Orman shares many of the insights and coping strategies he uses in his own life and that have helped thousands of people deal with stress more effectively.

Doc Orman's Stress Mastery Academy

All four of the free courses in this introductory Stress Mastery Series are offered as part of Doc Orman's Stress Mastery Academy.

The purpose of this Academy is to provide you and others around the world with high-quality, innovative educational programs designed to improve your health, expand your happiness, and maximize your success in areas of life that are important to you.

Other courses soon to be offered through Doc Orman's Stress Mastery Academy are:

- Overcoming Negative Emotions
- Overcoming Relationship Stress
- Overcoming Stress at Work
- Overcoming Stress at School
- Dealing With The Stress of Illness in A Loved One
- Overcoming Public Speaking Fear
- Dealing With The Stress of Deaths, Disasters, and Other Major Tragedies
- Dealing With The Stress of Major Life Changes
- Understanding the Complex Relationship Between Stress and Your Health
- Dealing With The Stress of Retirement

You can find out more about Doc Orman and his Stress Mastery Academy and subscribe to his Stress Relief Blog by visiting www.DocOrman.com.

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