
10 GOOD REASONS WHY YOU SHOULDN'T MANAGE STRESS



A SPECIAL REPORT BY
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P.O. Box 768
Sparks, Maryland 21152

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Introduction

In this brief e-book, I'm going to introduce you to ten good reasons why you might not want to manage your stress.

Before I do this, however, let me be clear that I am not advising you to suddenly stop managing your stress, if you've been relying upon this approach to keep your stress at bay.

My goal is simply to point out some of the weaknesses of managing stress that usually don't get attention.

For the most part, I believe stress management techniques have many positive, health-promoting benefits. They are certainly much safer for dealing with stress than turning to cigarettes, alcohol, illegal drugs, overeating, or other chemical coping strategies.

However, I do think there are even better ways to deal with stress, but until you know how to master these, you shouldn't be thinking of just dropping your current stress reducing strategies.

Who Am I, And Why Am I Qualified To Speak About Stress?

Hello. My name is Doc Orman, M.D., and I am a physician (Internal Medicine), author, and stress coach who has been teaching people how to eliminate stress, without managing it, for more than 30 years.

I've written numerous books and shorter e-books (like this) about stress and have conducted seminars and workshops for thousands of individuals. I have also been founder and sponsor, through my non-profit organization, The Health Resource Network, Inc., of National Stress Awareness Month, every April since 1992.

I fully appreciate that by pointing out some negatives regarding stress management, I run the risk of upsetting a few readers. However, I think this topic is important to discuss. Personally, I've never found stress management all that satisfying in relieving my own stress, either personal or professional. By the end of this e-book, I think you'll understand why.

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

As mentioned above, all of these practices can have psychological, physical, emotional, and spiritual benefits.

That's the good news about stress management.

Now it's time for the not-so-good news...the news that most other stress experts aren't so willing to tell you.

Here are 10 good reasons why you may want to think twice about choosing stress management as your primary coping method:

1. Time-Consuming

A number of stress management techniques require time out of your schedule each day for regular practice. Some even require you to set aside 15-30 minutes or more, two or three times each day, to be maximally effective.

Many people who are stressed, on the other hand, are much too busy to devote 15-30 minutes two or three times a day to do relaxation exercises or other stress management techniques. Hence, time constraints are one big drawback of trying to manage your stress.

2. Commitment And Discipline

To be effective at relieving your stress, physical exercise, meditation, yoga, relaxation, and many other stress management techniques must be practiced continuously, over a long time period.

This requires commitment and daily discipline that many people lack.

Even if you start out well, with high hopes and strong intentions, your commitment to continue practicing these techniques may wane after several weeks or months. Thus, the need for long-term commitment and discipline is another major drawback to managing stress.

3. Limited Benefit

It's important to recognize that stress management techniques are often limited in the benefits they can afford you. For example, stress management isn't very helpful for stressful problems such as death of a loved one or loss of one's job.

Therefore, when a big or persistent stressful problem occurs, even managing stress very well may not bring you all the comfort and relief you want.

Say you are stuck in a bad relationship, or you are facing increased demands on your job. In response to this stress, you can punch a punching bag as often as you like or jog several miles each day. And while these coping strategies might help you feel a little better, or have more energy, your relationship problem is unlikely to improve. Similarly, your job pressures won't lessen either. So while using stress management techniques might make you better able to bear such difficult problems, unless something else changes, these problems will most likely continue to bother you.

4. Short-Lived Benefit

Even when stress management gives you the immediate stress relief you want, the benefit is often short-lived. After a brief period of time, your stress will come back again, and you'll once again have the same need for managing it that you did before.

Coming Up: The MOST IMPORTANT Reason!

Now, if these first four drawbacks to managing stress aren't bad enough, there's one whopper of a disadvantage that almost everyone intuitively understands. Yet we are not allowed to think about it, or talk about it in public.

This is the grand daddy of all weaknesses of stress management. And this is also the primary reason why I believe managing stress is not our best coping option.

5. Symptoms—Not Causes!

With a few exceptions, most stress management techniques deal **only with the symptoms** of our problems. They don't really help us identify and deal with the underlying causes of our day-to-day difficulties.

In my mind, this is the main disadvantage of managing stress.

Think about this for a moment—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 you wouldn't do that.

But isn't this exactly what you are doing when you focus on only reducing or masking the symptoms of your stress?

Wouldn't it be much better if you were able to learn how to identify and deal with the underlying **causes** of your stressful problems in life?

After all, when all we do is deal with just the symptoms of our problems, these problems rarely get resolved. Thus, our stress keeps coming back, over and over again.

This one drawback alone should make everyone think twice (or more times, if needed) about relying upon stress management as their primary coping strategy.

6. Doesn't Resolve Problems

For precisely the main reason noted above, managing just the symptoms of stress guarantees, for the most part, that your stress is going to continue to come back, over and over again. This is likely to happen no matter how good you become at managing just symptoms.

Anyone who looks at this common behavior pattern objectively, will easily recognize that it lacks wisdom. However, when we are feeling stressed, and are just struggling to keep our head above water, we tend not to notice how flawed this popular coping strategy might be.

7. Little Self-Empowerment

Again, with a few rare exceptions, symptom-oriented stress management techniques, such as physical exercise, relaxation, listening to soft music, or taking frequent vacations do absolutely nothing to improve our self-awareness about the underlying causes of our problems. They also do nothing to empower us to deal with these causes effectively.

There are a few stress management techniques, however, such as certain meditation practices, that do seem to have a dual benefit. While providing much needed relief in the form of relaxation, they also can “retrain” our minds, and expand our conscious awareness, so that we may not be generating quite as much stress in our lives.

However, even these dual-purpose techniques don’t end up empowering us anywhere near as much as we are capable of.

8. Stops Exploration

Another major problem with managing stress is this keeps us from searching for and discovering even better ways of coping with stress that are also available to us.

This same drawback is commonly seen in some people who go on to develop alcoholism, drug addictions, and other addictions to chemical coping methods. Since these chemical coping “solutions” tend to work in the short-run to help people immediately feel better, a person who relies upon them may never become motivated to search for any better coping strategies, even though such strategies are available and have greater short-term and long-term rewards.

9. Creates Dependency

Like other symptom-oriented approaches (such as using cigarettes, alcohol, illegal drugs, overeating, etc.), the more we rely upon stress management techniques, the more we become dependent upon them.

Such dependencies can be good for us in certain ways, as the harmful effects of stress on our bodies may be mitigated.

However, this same dependency may be keeping us from searching for, and mastering, even better coping options, so in this sense, it can have potentially damaging effects as well.

10. Perpetuates Myths and Misconceptions

In order to become an advocate of stress management, not only do you have to force yourself to deny all of the many drawbacks and limitations noted above, but you also have to endorse many myths and misconceptions about stress that bolster this flawed coping rationale.

These popular myths include widespread false beliefs such as:

- Stress is an unavoidable, inevitable part of modern life
- The very best way human beings can deal with stress is to manage it
- The causes of stress are mostly beyond our direct personal control

If you believe in any of these popular myths, you may have trouble recognizing that there are much better ways to cope with your stress than simply managing it.

So What Is The Answer?.....What's The Alternative?

There is a good alternative to managing stress.

As I've already alluded to, it is to make it go away (or reduce it significantly) by directly addressing its underlying causes.

Now, I know you're probably thinking..."that's well and good, but I don't have much control over the main causes of my stress."

I suspect you may be thinking this way, because I used to think like this too. And you know what? As long as I thought about stress in these incorrect terms, I didn't have much control over it either.

YOU Are NOT The Problem!

If you think you don't have much control over stress in your life, you are not alone. You are also NOT the problem.

Most of us are much more capable of dealing with stress in our lives than we realize. That's because the real problem we have today is that most of us have been terribly misinformed about stress.

- We've been badly misinformed about what stress really is.
- We've been misinformed about where stress actually comes from in our lives.
- And we've also been misinformed about the best ways to cope with it.

Sadly, we are living in a world today where myths and misconceptions about stress rule the day, and where our lack of understanding is costing us our health, our happiness, our emotional well-being, our ability to create harmonious relationships with others, and much, much more.

You Can Win Against Stress!

I know this may be hard for you to believe, but you can learn how to win against stress. You can learn how to make most of the stress in your life naturally disappear, without having to use cigarettes,

alcohol, illegal drugs, overeating, relaxation, avoidance strategies, or any other time-consuming stress management techniques.

I know this is true because I've learned how to do this myself, and because I've also spent the past 30 years successfully teaching these same stress mastery skills to others.

There Are No Quick Fixes

If you want to achieve the goal of mastering stress in your life, without needing to manage it, and if you are both intellectually honest and open-minded, you most certainly can learn to do this.

However, it's not going to happen overnight.

It's also not going to happen by you hoping to receive a few simple "tips" from me, or from some other stress expert, about how to cope with your stress more effectively.

It's going to require a re-education process, and this takes a bit of time. You can't rush it just because you may be feeling terrible right now and you want immediate relief from your stress.

I wish I could simply wave a magic wand and instantly fix all your stressful problems for you...I really do...but I can't.

What I can do, however, is teach you to think about stress in more powerful and beneficial ways.

I can also teach you a step-by-step method or framework for making stress naturally disappear, without having to manage it, and I can train you in the skills you will need to use this method successfully in your life.

But you have to be willing to become a student to gain this important and valuable knowledge. You have to be willing to be a highly-committed learner.

Changing Lifelong Thought Processes Takes Time

You know, when I graduated from Duke University and entered medical school way back in 1969, I knew it was going to be years before I would be competent to actually take care of patients.

I knew it was going to be a long, arduous path.

But I also knew, that at the end of it, I would have acquired some new skills, learned some new distinctions, mastered a whole new language and vocabulary, and then I would truly be able to do great things that I wasn't able to do before.

I didn't approach this goal of becoming a physician by thinking that I needed to accomplish it immediately. I wasn't in a hurry to get my hands on real live patients, because I understood that I wasn't yet equipped with the knowledge and training that would allow me to be useful.

Now, I'm not suggesting that it's going to take you seven years, like it did for me to become a physician, in order to learn how to successfully deal with your stress.

But I am suggesting that you need to take it slowly.

You need to dedicate yourself to permanently changing your thinking about stress.

You need to take on the task of wrestling with some of your outdated theories and beliefs, and be open to exploring brand new ideas and coping strategies.

And then you need to be willing to practice with these new coping strategies until you get good enough that they can consistently bring you the stress reducing outcomes you truly want.

Next Steps?

I can teach you how to improve your understanding of stress, and where it comes from in your life, so that you will eventually be able to let go of the need for having to manage it.

Then, you can use stress management techniques whenever you want, as long as they bring positive value to your life. But you won't be dependent upon them any longer as your only, or even as your preferred, coping strategy.

How can you improve your understanding of what stress is, where it comes from in your life, and how to relieve it without stress management?

I have created some excellent, free online training resources to help you get started, if this is something you want to do.

I've created several other Facebook fan pages, for example, where you can find additional free e-books that will add to your understanding of how to best think about and deal with stress.

Go to <http://facebook.com/whatisstress> and "like" that page so you can download my free e-book called "How To Become An Expert On Stress In 10 Minutes...Guaranteed! This is a very quick read and I'm sure you will find it very eye-opening.

Next, go to my main Facebook fan page: <http://facebook.com/beststressrelief> where you can download another free e-book "How To Relieve Stress Without Managing It." This is another excellent resource that will help you to better understand what it takes to develop true stress mastery.

Then, be sure to go to my main website and blog, which you can access at either <http://ormanstressrelief.com> or at www.docorman.com . Here, you can view new blog posts on mastering stress every Monday, Wednesday, and Friday. Be sure to also sign up, on this website, for my free monthly Stress Relief Insights Newsletter, which will give you additional free training that is not available anywhere else.

Also, when you are at my website, be sure to download the first PDF in a series of four additional free PDF trainings I've created for you.

Part 1A of this series deals with **Common Myths About Stress** that are keeping you from dealing with stress as well as you can. If you like what you learned from this short e-book, and if you'd like to learn more about how to eliminate stress without managing it, I strongly encourage you to download this eye-opening, 30-page PDF and read it. You don't even have to submit your email address to download and enjoy this first free training.

All you have to do is click on this link, or enter it in your browser:

<http://www.ormanstressrelief.com/freetraining/freestresstraining1A.pdf>

and you'll be able to download it immediately.

You can also get this first installment when you visit my website and blog at <http://ormanstressrelief.com> or www.docorman.com . You'll see a blue link in the orange bar at the very top of each page that will also allow you to instantly download this file.

While you are there, you can also check out some of the other free information and guidance I have prepared for all who visit.

By the way, these last three PDFs in the series are designed to teach you how to properly understand the causes of human stress, and to help you appreciate the role that hidden, non-obvious causes play...which you may not yet be expert at noticing.

It Gets Even Better.....

Then, once you've read all four of my free introductory PDF trainings, I have more advanced trainings for you that I offer through my Stress Mastery Academy.

Two of these programs should be extremely helpful to you. The first one is a 6CD audio and study guide program called **Overcoming Negative Emotions**.

In this advanced stress mastery program, you'll learn how to make anger, guilt, frustration, fear, worry, and sadness quickly disappear whenever you want. And you'll also be able to use the emotion-handling skills and know-how you will gain from this course to deal with other negative emotions in your life as well.

Then, I have another 6CD audio and study guide advanced training program called ***Overcoming Relationship Stress***, which will take you even further...and deeper...into truly being able to master all types of stress in your life (not just relationship problems).

These two programs are not free, but they are not expensive either. They are both priced low, and come with money-back guarantees.

But the training you'll receive from the combination of these two advanced stress mastery programs will literally "blow your mind," and I am sure they will make a positive and lasting contribution to your life, and to the lives of those around you.

Even if you don't, for some reason, want to pursue these two audio and study guide stress mastery programs, you can still hang out with me on my blog, or subscribe to my free email newsletter, or revisit my main Facebook fan page to learn more about my unique approach, and to improve your own knowledge and stress coping skills.

So in closing, I hope you've enjoyed this brief free e-book, and I look forward to sharing additional thoughts about stress with you in the months and years to come.

Wishing you much health, happiness, and personal success,

Doc Orman, M.D.

Physician, author, and stress coach

P.S. You have my permission to share this e-book (as is) with friends, family, followers, or any others who might be interested in it.