

Need advice for stress

Posted by commando612 - 09 May 2010 18:14

I could use some help. The last few days have been very tough days for me. With the help of Hashem I've been holding on but could use some tips from anyone how to reduce my stress level. I'm so stressed out that I spent the last half hour crying. After I type this I'm going to go do a workout, that sometimes helps me. Anyone know any good clean comedy DVDs ? There's a shortage of comedys in the "Kosher Movie" section.

I can't think of anything specific which brought this on, but I usually feel this way before I fall. Normally over the last year I've fallen about once a month, but I've been clean now for about 75 days, and that's probably because I joined GYE 2 months ago. I know tonight is Yesod Sheh'beyesod, so I know falling tonight cannot happen. But after that I'm worried.

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Re: Need advice for stress

Posted by DovInIsrael - 09 May 2010 19:57

dig man, dig...

find out whats up...

- did you change your diet? eating too much sweets, caffeine, etc
- improve your ruchnias (learn more - get a bigger YH, no extra charge)
- see someone that triggered a memory
- have you been looking at the girls?
- stress at work?
- stress at the house.

hangin there!!

dig man, dig!

dont give up!

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Re: Need advice for stress

Posted by the.guard - 09 May 2010 19:58

Hey Commando, we quoted you in Friday's chizuk e-mail, did you see that? :D

For some tips and ideas in dealing with stress and anxiety, see Chizuk e-mail #478 on [this page](#) .

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Re: Need advice for stress

Posted by teshuvahilaah - 10 May 2010 04:34

Hang in there, Commando. Try working out that impossible mathematical equation, the one Hawking said he gave up on. That might tie you up for awhile.

All jokes aside, getting around people and a good atmosphere can take us to a place where we transcend ourselves. If you can, get together with someone. Involve yourself in a chesed. If you have no choice but to be alone, read inspiring words. Distract yourself. Remember, the impulses will eventually pass.

Laughter helps. If you cannot concentrate to read at this time, watch a funny comedian. I can recommend one which is pretty wholesome and very funny: Mr. Bean. Or how about Ernest (remember him from the 80's)?

Hang in there, man. Shkoach.

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Re: Need advice for stress

Posted by StrugglingGuy - 10 May 2010 04:38

the 3 stooges

toy story

dennis the menace

monsters inc (personal fav)

[commando wrote on 09 May 2010 18:14:](#)

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Re: Need advice for stress

Posted by DesertLion - 10 May 2010 09:16

Hey Commando,

I find going for a walk is a great walk to relieve stress - esp if it's a nice day. Also, I love just sinking into my sofa and playing my favourite chillaxing music tracks. Doing that for about 20 mins does wonders!

Oh, and I don't know if you have any pets, but playing with my silly cats is also great fun.

Remember, take things one day at a time: there's actually no difference between day 1 clean and day 75.

Good luck, (almost spelt God's luck, lol)

Desert Lion

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Re: Need advice for stress

Posted by commando612 - 10 May 2010 14:50

Thank you all for your great advice ! I'm feeling much better today. And I've come to the conclusion that I've been missing the basics in my attitudes. Like getting stressed because I think that my everyday goals are in my own hands instead of in the hands of Hashem. I have a lot to learn from the people here.

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Re: Need advice for stress

Posted by silentbattle - 10 May 2010 23:40

Brian Regan? He's totally clean (on his later Cd/DVDs, he says "h@ll" a few times).

Try using relaxation breathing techniques...are you familiar with any of that?

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Re: Need advice for stress

Posted by commando612 - 11 May 2010 01:19

[silentbattle wrote on 10 May 2010 23:40:](#)

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Try using relaxation breathing techniques...are you familiar with any of that?

h@ll yes !

;D ;D ;D

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Re: Need advice for stress

Posted by silentbattle - 11 May 2010 01:22

Do they work for you?

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Re: Need advice for stress

Posted by commando612 - 11 May 2010 01:33

Hey, I figured I'd save the moderators a bit of work

Yeah, those relaxation breathing exercises sometimes work for me, I think it depends on the situation. And I'll check out this Brian Regan guy, it's good to know there are some clean comedians still around. Thanks SB !

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Re: Need advice for stress

Posted by teshuvahilaah - 11 May 2010 04:02

Breathing techniques work very well to slow our racing minds, stress. Done with the right focus, perspective shifts to a better vantage point. Something we can take advantage of to get a better footing. There is a book by R' Aryeh Kaplan called, Jewish Meditation. I recommend it.

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