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Too tense? You may be experiencing a chronic level of physical and emotional tension. Those who take time to relax and release inner tension do much better physically and emotionally than those who fail to engage in such behavior. People who can master their stress have a higher quality of life than those who do not or will not "let go."If you are tense, you probably engage in a behavioral style that is not conducive to effective stress management. If you can find more time to relax, you will counteract the negative effect of stress. Learn how to relax your body and emotions by focusing your attention on more peaceful thoughts.Being tense and finding little or no time to relax is an important stress indicator. The value you place on taking time for yourself determines whether you are a relaxed person in a tense world — the sign of a person who has mastered their own stress.Tense people often feel incredible levels of guilt about taking it easy and being good to themselves. Prolonged tension can cause muscle aches, pain, and fatigue. Back and headache pain are the most common physical symptoms of too much stress and tension. Other symptoms include the following: Pain and disease Poor decision making Reduced physical energy Increased errors Burnout Lower quality of work Difficulty concentrating Tendency to avoid others Tense people rarely take lunch breaks, read books, or take a walk.Things to Know About Coping with Being TenseTake time for you! Ask yourself: "Am I giving too much to others and not enough for myself? Do I need to take time to pamper myself?" If the answers are "yes," refuse to feel guilty about it and do it!If you feel guilty when you do something enjoyable for yourself, chances are you will stop doing it. Ultimately, you lose. You may be living your life through other people's standards and expectations. Take control of your guilt-producing thoughts. Focus on the benefits to you and your family that will occur when you are a more relaxed and energized person.Go to lunch and don't rush Take a long lunch break at least three times a week. Don't do business during lunch. Read a novel over a cup of tea. Go to a museum. Sit quietly by a stream. Eat slowly. Try a new restaurant. Go out with a good friend and agree not to discuss problems or business.Walk every day Walk by yourself or with a friend. Talk about possibilities, not problems.Exercise more Join an aerobics class, go to the gym, play tennis, ride a bike, hike on weekends, go to a fitness resort, or jog with friends. Exercise will do more to reduce stress hormones and chemicals in our body than any other activity.Learn deep relaxation skills Take a class in yoga, imagery training, progressive relaxation, or autogenics. Practice your relaxation skills every day.Listen to relaxation tapes Audiotapes are an excellent way to learn how to let go and relax. Develop the skill of deep relaxation that will cleanse your body of damaging stress hormones and chemicals.Listen to relaxing music Any type of music you find enjoyable can help you to let go and relax. New Age music and some classical music are particularly helpful for reducing stress. Hi all, Following my heart-restoring process with medicine two week ago, I had my first exercise today. It was walk & run for 1 hour. I did not have any major complaints but my pulse significantly remained low: Around 80 during fast walk and around 100 during jogging. I'm on beta-blockers and anti-arythmics for two weeks. Meanwhile my pulse in rest is also very low, around 60's, after i'd started taking the medicines regularly. I'm just wondering if anyone also experiences the lower pulse during exercise? Page 2 October is Breast Cancer Awareness month. Learn what you can do to protect yourself against the most common cancer in young women. Unlike most organs, breasts continue to mature well into adulthood, says Marisa Weiss, M.D., chief medical officer and founder of Breastcancer.org, and are especially sensitive to environmental factors. That means they require extra attention. Here's how to keep them healthy. RELATED: Does Breastfeeding Really Reduce Your Risk of Breast Cancer? Compared with teetotalers, women who have just three drinks weekly have a 15 percent higher risk of developing breast cancer (plus another 10 percent for every additional drink per week), according to Breastcancer.org. The Centers for Disease Control and Prevention advises sticking to up to one drink per day. Exercise may boost our immune system enough to slow the growth of cancer cells. Just 150 minutes of moderate exercise (or 75 minutes of vigorous) weekly can help, according to the American Cancer Society. RELATED: What All New Moms Need to Know About Breast Cancer Being 10 percent overweight can increase your breast-cancer risk after menopause, since fat cells generate estrogen that can make certain cancers grow. "I advise younger patients not to put on weight now, since it will be that much harder to lose it after menopause," says Deanna Attai, M.D., assistant professor of surgery at the David Geffen School of Medicine at the University of California, Los Angeles. Monthly breast self-exams are no longer recommended by the American Cancer Society. (False positives triggered too many unnecessary tests and biopsies.) But we should know what's normal for our breasts—how they feel, their size, and which lumps come and go throughout the month. If you notice a change, be it a lump, discharge from a nipple, dimpled skin, pain, or swelling, don't panic, but do see a doctor. RELATED: Breast Self-Exams Made Easy Breast cancer is uncommon in young women at average risk. "But many don't know what their risk is," says Dr. Attai. Here's what you should consider: A pattern of cancer can be less noticeable in a smaller family, since there are fewer cases to catch your attention. "People also don't tend to talk about what relatives died of and may not spontaneously share details about their health," says Jean Sachs, CEO of Living Beyond Breast Cancer. So it behooves you to do some sleuthing. "Ask relatives about cancer in the family and what kind, at what age people were diagnosed, and what happened to them," says Dr. Weiss. Show your findings to your doctor. If they see red flags, they may recommend that you see a genetic counselor, who can help you determine if genetic testing is an appropriate next step. "Black women are 40 percent more likely than white women to die from breast cancer," says Karen E. Jackson, founder and CEO of Sisters Network, Inc., an organization for Black breast cancer survivors. Black women are also more likely to be diagnosed with triple-negative breast cancer, an aggressive form that doesn't respond to hormone-based therapies and is more likely to recur, says Dr. Weiss. In the U.S., breast-cancer risk is also higher among Jewish women of Eastern European (Ashkenazi) heritage, who are more likely to carry the BRCA 1 or BRCA 2 mutation, giving them up to a 75 percent lifetime risk of developing breast cancer and up to a 50 percent lifetime risk of developing ovarian cancer, according to Dr. Weiss. A single blood or saliva panel can screen women for more than a dozen breast cancer-linked genes. Yes, childbearing (and breastfeeding) lowers our lifetime risk of breast cancer, but what many of us don't know is that a recent pregnancy can slightly increase short-term risk, particularly in women over 30, says Ann Partridge, M.D., M.P.H., cofounder and director of the Young and Strong Program for Young Women With Breast Cancer at the Dana-Farber Cancer Institute, in Boston. Why is this? "The surge of hormones that comes with pregnancy may activate abnormal breast cells," says Dr. Weiss. However, keep in mind that this increase in risk is minimal—it shouldn't dictate when, or if, women should have children. simple present tense simple past tense present continuous exercises pdf

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