Reducing Stress through NLP

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Stress is not what happens to us. It's our response TO what happens.

And RESPONSE is something we can choose

The biggest asset of life is Health. However, the pressures of long working hours create a work-life imbalance, which begins to take its toll on the health. Other factors such as long commuting hours and chaotic traffic conditions add to the stress. Stress is the great thief, which steals happiness from our life span. It is the unseen assailant, which takes our precious days, weeks, months and years unless we take action to protect ourselves. Regular Stress can create serious problems in Personality where a normal human being becomes incapable to all walks of life. Research proves that nearly 70% of all doctor visits are initially due to Stress. It decreases the efficiency and effectiveness to handle work and family life. It can undermine the relationship at home as well as on the job.

It's now been proven fact that stress affects negatively the immune system of our body, causes headaches and migraines, fatigue and is the cause of most of sick days taken off work. Working for hours on laptops, slumped over keyboard and paperwork isn't good for your heath, and you can tell this by how your body feels. In general, stress is related to both external and internal factors. External factors include the physical environment, including your work environment, your relationships with colleagues, your family and all the situations, challenges, difficulties, and expectations you're confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep.

Various events affect people at different times. Whatever the trigger, without some help all areas of our life can become affected adversely, thereby increasing our stress levels.

We can get trapped, like a mouse on a wheel, if we don't take some positive action.

Neuro Linguistic Programming (NLP)

NLP was generated by John Grinder and Richard Bandler with the aim of 'modelling' exceptional people so as to acquire their skills in communication and self-discipline.

NLP focuses partly at how our language shapes and communicates our feelings implicitly, as well as the role of body language and our visualizations. By hearing carefully to other's language we can understand them more (for sales or counselling) and likewise for watching the

way they stand and conduct themselves. In addition to this, by changing our own language, body language and perceptions we can influence others or even change our own feelings on a subject.

Recently I got the chance to attend one of the NLP Sessions where the facilitators Mr Paritosh Saran & Mr Pankaj Gupta, GM HR Ericsson demonstrated some techniques to overcome stress.

NLP Techniques to reduce Stress

Oftentimes, stress is self-induced. Your mind gets too obsessed over things that cause your stress. And because NLP works at rewiring how your mind thinks and responds to external stimulus, it can help you efficiently cope with the challenges and finally see the many ways of overcoming stress.

Float your awareness out of your body (dissociation)

In NLP, dissociation is one way to disconnect from any given emotion, including stress. Usually sounds, feelings, and images come into our mind (when we worry in bed, for example.) And when we experience the associated feelings, we tend to experience the world looking through our own eyes as if it is actually happening to us right now. You can easily change these feelings of stress by imagining you are moving your awareness out of your body in those movies (or photos) or sounds in your mind. So you can see yourself through your mind's eyes or imagination. This is how you dissociate from that feeling of stress

Imagine a plexi glass wall or Teflon shield (dissociation)

Imagining that there is a plexi glass wall or a Teflon shield in front of you is another way to reduce stress using NLP. It is another way to keep the emotion of the stressful situation on the other side of that plexi glass wall or Teflon shield that you can hide behind.

Push it into the distance (submodalities)

In order to become less intenser, we can change the images and sounds that we hear in our mind, and which draws an emotion. There are different other methodologies to do this besides dissociation. Our visual, auditory, and kinesthetic experiences are called our Modalities. Our submodalities are finer distinctions of those modalities. A simple way to use NLP submodalities to deal stress is to simply distant that image or sound inside your mind.

Make dimmer or turn the volume down (submodalities)

The other way to include submodalities is by simply fading the image until it completely goes out. Or you can simply turn the volume down, of the sounds you hear inside your own mind, including that of your self talk.

Shifting the location of your negative self talk

We often talk to ourselves when a situation causing stress arises. In NLP we call this negative self talk. Ever considered detecting where your negative self talk comes from? Well, consider placing it in another location.