

## **Unusually Effective Strategies for Coping With Stress In the Workplace**

*Debbie Cohen, a Licensed Clinical Social Worker and stress management coach, releases her 24-page booklet loaded with tried and true methods of coping with stress in life and on the job.*

April 25, 2008 (FPRC) -- Stressed out employees and HR departments looking to implement stress reduction programs now have a useful and practical guidebook for coping with stress. 'How to Stay Balanced During Stressful Situations,' the new 24-page booklet by LCSW Debbie Cohen, is packed with practical tips for navigating life's stressful situations.

Cohen's unique methodology for coping with stress is a mixture of techniques developed from years of practicing yoga, meditation, and psychology in her role as a Social Worker.

According to Cohen, it's no wonder that we've become a nation of stressed-out ticking time bombs - the stress relief techniques many people are aware of simply aren't effective and are not practical in most social environments.

"Most people I talk with truly believe that their situation is stressing them out and are waiting for the world to become perfect until they can relax - that's never going to happen! It is the way in which we choose to react to the world around us that determines our level of stress and happiness. You don't need to wait for the world to change to begin living a stress free life - you can achieve this instantly by just changing the way you interpret and react to situations," says Cohen.

Even before the booklet was officially released to the public, Cohen received numerous bulk quantity orders from corporate HR departments. With health care costs rising and growing evidence from the scientific community linking work stress with heart disease, employers are seeking ways to educate employees about effective ways of dealing with stress.

Three of the many strategies for coping with stress that readers will find in Cohen's book are:

- Catch negative thoughts and replace them with nourishing ones - too often we allow defeating thoughts such as "I'm a loser" or "they'll probably hate my proposal," to generate incredible levels of stress that don't actually exist.
- Don't forget to breathe during tense situations - as a natural reaction to fearful situations, we stop breathing because we believe this will give us some level of protection. Lack of deep breathing not only causes stress levels to multiply, but can cause disastrous health effects over time.
- Beware of the 'Sirens' - Just as Homer illustrated in the Odyssey, we each have our own personal 'Sirens' that seduce us and draw our minds into a trap of irrational thinking.

Common 'Siren Songs' and countless other techniques and strategies for managing stress are expertly detailed in Cohen's 24 page information-packed stress relief booklet.

Until now, Cohen's techniques were only available through her live corporate seminars and

continuing education classes. Today, Cohen's stress management booklet detailing her unique stress relief processes is available purchase on her website for \$4.95.

About Debbie Cohen: Debbie Cohen is licensed clinical social worker and certified yoga teacher. Through her unique blend of psychology and relaxation techniques, Cohen coaches people to enjoy more balanced, healthy, and happy lives through corporate workshops and continuing education classes. Her \$4.95 booklet 'How to Stay Balanced During Stressful Situations' offers 24 pages of techniques for managing stress and is available for purchase on her website at <http://www.practical-stress-relief.com>.

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