



# STRESS EDUCATION CENTER

*For more FREE articles, self guided audio programs, and seminar/training events concerning Stress Management, Wellness, and Productivity, please visit [www.dstress.com/article\\_list.html](http://www.dstress.com/article_list.html)*

---

The 5<sup>th</sup> CD will be selected from our Health Series and with your regular practice will help you to minimize, and possibly eliminate, the stress health challenge that distracts you from your work or most positive quality of life.

**Chronic Pain:** If you have suffered from stress related muscle tension that may have contributed to back pain or neck and shoulder pain then consider choosing the Stress Management for Chronic Pain CD (#202). This CD will teach you how to control the muscle tension that may be contributing to your pain. It offers two different guided relaxation techniques that were created especially for managing stress related pain.

**High Blood Pressure:** If your blood pressure seems to go up as a response to stress you may want to request the Stress Management for High Blood Pressure (#203). Your doctor may have you taking medication to control your high blood pressure and it is strongly advised that you discuss this stress management program with your doctor to better help monitor your blood pressure and to help you by supervising the reduction of your medication, as this need develops. This CD offers two different guided relaxation techniques that were created especially for managing stress related high blood pressure.

**Sleep/Insomnia:** If your stress keeps you awake or if the quality of your sleep is not as restful as you would like, then you might benefit from choosing the Stress Management for Sleep CD (#204). This CD offers two different guided relaxation techniques that were created especially for managing stress related sleep/insomnia challenges.

**Panic/Anxiety:** If you have ever experience the fear of a “Panic Attack” or have experienced Anxiety Attacks, you may benefit from choosing the Stress Management for Panic/Anxiety CD (#205). This CD offers three different guided relaxation techniques that were created especially for managing stress related panic/anxiety. As part of your 5 session online stress management course you will be using the temperature training biofeedback and this combination has proven successful for many people suffering from Panic/anxiety.

**Tension or Migraine Headaches:** If you have been diagnosed with tension or migraine headaches, that have been either created or made worse by stress, then you may want to consider choosing the CD especially developed for minimizing Tension or Migraine Headaches (#206). This CD offers two different guided relaxation techniques that were created especially for managing stress related headaches.

**Stomach and GI Complaints:** If you hold your stress in your stomach region and have symptoms that are made worse by stress then you may want to select the Stress Management for Controlling GI Complaints CD (#207). Your doctor should let you know whether stress is a factor in creating or making your GI symptoms worse. This CD offers two different guided relaxation techniques that were created especially for managing stress related GI Complaints.



# STRESS EDUCATION CENTER

*For more FREE articles, self guided audio programs, and seminar/training events concerning Stress Management, Wellness, and Productivity, please visit [www.dstress.com/article\\_list.html](http://www.dstress.com/article_list.html)*

---

**Healing and Health Maintenance:** If you are concern about maintain your health or would like to be more a participant in your healing process than Stress Management for Healing CD (#208) may be to best choice for you. This CD offers two different guided relaxation techniques that were created especially for managing the stress that can get in the way of healing or maintaining your health.

**Pre and Post Operative Pain and Anxiety:** If you face a stressful health procedure or you want to help speed the healing time after a procedure, then you want to consider getting Stress Management for Pre- Post Operative Survival CD (#209). This CD offers two different guided relaxation techniques that were created especially for managing the stress of preparing or healing after a medical or dental procedure.

**Pre-Natal Stress Management:** If you are pregnant, or know someone who is, consider the Prenatal Stress Management CD (#201). This CD helps both the mother and the developing baby and can reduce complications during birth. This CD offers two different guided relaxation techniques that were created especially for managing the stress experienced during pregnancy and delivery.