

# 1. Short Stress Management and Life Balance Articles

Short 200-word articles on work-life balance, stress, lifestyle, motivational and inspirational messages to employees for incorporation into your own newsletter, or we provide a complete newsletter customized to you.



## Anger Can Wreak Havoc in Your Life

Anger surfaces in many forms; bullying, arguing, and rage can lead to physical violence. Anger affects the ones closest to you and can put your career at risk. There are some simple tips to manage your anger: Begin to be aware of your anger triggers. Is it a certain person or /emotional situation that sets you off? When you feel your heart begin to beat fast and your breathing get short, make sure you are at least three feet from the person you are experiencing the anger with. Take deep cleansing breaths and repeat a calming positive affirmation such as ,”I am in control.” Learn relaxation de-stressing techniques. Research shows us this helps us produce fewer stress hormones. Take a class in anger management and communication skills. Learning to reduce anger, learning to listen with an open heart and displaying effective communication skills are wonderful tools for a happy life.

## April is “ALCOHOL AWARENESS MONTH”

A study at the Boston University School of Public Health tells us that drinking alcohol leads to reducing the size of your brain. When you take that drink to help lower your risk of heart disease, you could be deciding to shrink your brain. The more alcohol you drink, the more it reduces your brain volume. Individuals who don’t drink have a larger brain size than drinkers. A woman’s brain is more affected by alcohol than a man’s brain.



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# Sample Article Topics



- **Seasonal and Holiday**

Seasonal rhythms and the true meaning of holidays: Valentine's Day and love, Halloween and play, Springtime religious holidays and energy, Thanksgiving blessings and gratitude, etc.

- The Most Depressing Day of the Year Looms – January 21
- The Ultimate Mother's Day Gift
- Begin the School Year Stress Free
- Let the Feasting Begin
- The Heart of Holiday Tradition

- **Family**

- **Health**

- Insomnia Keeping You Up?
- Losing Your Mind to Alzheimer's?
- Lowering High Blood Pressure
- Four Fat Busters the Healthiest People Know
- Is Chronic Stress Affecting Your Fertility?

- **Relationships**

- **Mindful Minutes – Quick and Easy Practices for Lower Stress**

- The Art and Science of Breathing
- Energize Your Day with Meditation
- Laughter is the Best Medicine
- Refresh All Five Senses This Fall
- Mindful Travel, Don't Unravel



# Contact Us

**We are delighted to provide you  
any additional information you require.**

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