

# Comfort Corner

## Tools For Coping With Stress

(NAPSA)—Whether based on our job, our relationship with others or on world events that threaten our lives, stress is a fact of life in the modern world.

Stress can result from exposure to shocking events or painful emotions. As a result, stress may also be accompanied by illogical fears and irrational behaviors.

One well-known self help author says that the foundations of stress can be found in what he has called the reactive mind.

According to author L. Ron Hubbard, the reactive mind is the portion of a person's mind which works on a totally stimulus-response basis. It is not under his control and can exert power over his awareness, purposes, thoughts, body and actions.

In his popular book, *Dianetics: The Modern Science of Mental Health*, Hubbard explains that there is something effective available to help people deal with stress.

*Dianetics* describes just how the reactive or subconscious part of the mind can overwhelm the analytical mind—and why this causes stress. This mechanism in the mind managed to bury itself from view so thoroughly that only many years of exact research and careful testing uncovered it.

“This is the mind which makes a man suppress his hopes, which holds his apathies, which gives him irresolution when he should act and kills him before he has begun to live,” writes Hubbard in *Dianetics*.

The book *Dianetics* provides techniques one can apply to get to the source of stress and anxiety



**Stress can drive people to experience illogical fears and do irrational things.**

and eliminate it. Whether a person is experiencing stress in the workplace and just cannot stop himself from making the same mistakes on the job again and again; or there is something that a person's loved one is doing out of no ill-will that the person cannot help but “blow-up” about—and thus perpetrating the stress in the relationship—the carefully researched techniques in *Dianetics* have been found to be able to get to the bottom of it.

Stress is often mentally “brushed off” as a normal part of life, something to grit one's teeth through and hope for a better day. Yet just as one would not let a machine continue operation under extreme pressure, neither should one do that with the mind. There is a way to gain control and operate without the hindrances of stress, anxiety and depression.

To learn more, visit [www.dianetics.org](http://www.dianetics.org).