

A Guide to Eliminating Stress

# HOW TO QUIT MAC & CHEESE



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## HOW TO QUIT MAC & CHEESE

**Become the pilot of your own life!**

Do you control your life or does it really control you? We constantly live on auto-pilot; everything we do and think is automatic. This makes us victims of our own stress, because our habits, culture, and thinking constantly embrace stress, and we are never given a chance to consider something different.

**How to Quit Mac & Cheese** turns the issue of stress on its head. It teaches you everything you need to quit being a passenger in your life and become the pilot.

As you go through the book, you'll not only learn how to become aware of the constant tiny decisions, habits, and behaviors you regularly engage in, but also how each of these add into the stress-filled lifestyle. Through exercises and various techniques, you'll start taking charge of your own life, and in time, create something wonderfully different.



# CHAPTER 1

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## THE NATURE OF STRESS

Did you know zebras don't get ulcers? This was something interesting I learned about a year ago when I watched a video of a scientist named Robert Sapolsky who studied the role of stress in animals.

Zebras, like us, use stress as a way to survive. If a lion appears, the zebra's body goes into overdrive. Its senses are sharpened, muscles are faster and stronger, and reaction time is increased, all of which allows it to dash at full speed and escape.

Likewise, human beings are blessed with the same capabilities. If we feel like we're in danger, our bodies become faster and stronger to protect us.

The big difference, however, is that a zebra's brain is wired differently. Zebras don't have a big frontal lobe, which means they can't really plan or imagine the future. This means that after the zebra is done escaping, it's immediately calm. The zebra is no longer thinking of the lion, because the zebra can only think about what's right in front of it. There's no way for the zebra to worry.

In contrast, if you were to escape a lion, your stress response won't stop. Your mind will start to predict future scenarios where that lion might hunt you again, and you will continue feeling stressed until your brain stops worrying.

If you take this into account, and then add all of our modern worries and concerns, it's no wonder why we could get ulcers, heart attacks, strokes, and a variety of other stress-based conditions. Stress is practically a constant in our bustling world.

## **Burnout, Ruiner of Lives**

Before we get into how to prevent your stress it is very important we understand why it's a problem. The simple answer is it causes burnout.

Burnout is a condition that heavily affects your emotional state leaving you feeling exhausted, disconnected, unproductive, and broken. It is caused almost solely by spending too much time under stress, but other issues can contribute to it. Problems such such as regular disagreements with coworkers, a lack or excess of challenge in the workplace, and excessive under-prioritization of self-care can also encourage burnout.

Addressing burnout is important because it affects every aspect of your life. Due to this, it is very important you identify when burnout is starting to happen and stop it before it gets out of hand. To help with this, we're going to go over the three major areas of life burnout affects and what the symptoms look like.

### **Physical Well Being**

Due to the nature of burnout, one of the big concerns is your physical well-being. People who suffer burnout regularly and fail to make dramatic lifestyle changes can suffer from a variety of health problems ranging from minor issues with blood pressure to suffering from a heart attack or stroke.

That being said, the initial symptoms usually manifest in a handful of ways. The most common of these is exhaustion. Many victims of burnout will constantly feel like their tank is running on empty. This can cause other concerns such as drowsiness when driving, difficulty focusing, and an overdependence on caffeine or sugar. You also might experience headaches, migraines, stomach troubles, lack of sleep, and tight muscles.

## **Emotional Well Being**

This is the big area that burnout really hits you. One of the most identifiable symptoms of burnout is how it affects your relationship with your work.

When people develop burnout many feelings begin to develop. You'll start feeling a strong apathy and even aversion to your work; you're more likely to be on edge and irritable; you'll become more cynical; and you'll often feel incredibly disconnected.

Why prolonged stress creates these symptoms is not fully known, but a lot of it likely comes from feeling like you can't escape the stress you are experiencing. This creates a sense of futility in anything you try with your work, as it will not make the stress go away. Eventually this causes you to shut down and disconnect, resulting the aforementioned symptoms.

## **Overall Life Satisfaction**

Fortunately or unfortunately, nothing in our life exists in a vacuum. This means that if you are experiencing burnout, it's going to affect other areas of your life.

If you are experiencing burnout, it's likely you are also experiencing issues elsewhere. Many victims of burnout experience difficulties in relationships, financial troubles, and even discontent in their religious/spiritual life.

This is probably one of the biggest reasons burnout is a big concern. It's something you want to address and ideally prevent before it can ever occur.

## **Stopping Burnout**

All right, so we've talked about burnout; what it is; and how to spot it, but what do you do about it? How do you prevent it or stop it?

Unfortunately, burnout is not something that can be removed with the flick of a light-switch. Burnout occurs typically when somebody is living a very unbalanced lifestyle. In order to resolve burnout, you need to do three things: Identify causes of your poor work/life balance, learn what a healthy work/life balance will look like for you, and apply special strategies to ensure that you move to that new balance.

## **Thank You for Reading**

Thank you for reading this sneak peek teaser of *How to Quit Mac & Cheese: A Guide to Eliminating Stress*. If you enjoyed this, please visit <http://HeartsJourneyCoaching.com/mac-n-cheese> to order a copy.