



Dr. Saum Yermian, Psy. D.
Life, Career, Relationship Coaching

Dr. Saum Yermian is a professional Life, Career, Relationship Coach with a doctorate degree of psychology. He has devoted himself to understanding the complex dimensions of personal growth, career development, and relationships. Dr. Saum provides affordable counseling on a sliding scale in his private practice in his Downtown Los Angeles Office. Dr. Saum's practice covers a wide range of issues pertaining, but not limited to: personal and interpersonal conflict, relationships, depression, anxiety, addiction, marriage problems, career conflict and confusion, communication skills, sexuality, and grief and loss.



Dr. Saum Offers:

- Individual and Couples Counseling
- Confidential, No Obligation
- Candid Advice and guidance
- Respectful and Non-Judgmental
- Free Consultation and Treatment Plan



117 W. 9th Str. Ste. 601
Los Angeles, CA 90015

310.713.6227

DrSaum@gmail.com

www.DrSaum.com

STRESS MANAGEMENT



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Stress Management

Stress, by definition, is the inability to cope with a threat (real or imagined) to your well-being, which results in a series of responses and adaptations by our bodies. You may respond to a traffic jam on the office commute with anger and frustration. Someone else may view the situation as a time to relax and get away from it all and might listen to music. A co-worker may thrive on deadlines, but maybe you think of them as “deadlines.” Therefore, stress can be good stress (eustress) or bad stress (distress). Good stress can take place during happy, exciting times such as a marriage, a promotion, new job, or birth of a child. Most of us are familiar with the bad stress events such as death of a family member or friend, divorce, financial problems, working with and for difficult people.

How Can I Manage Stress Better?

Identifying unrelieved stress and being aware of its effect on our lives is not sufficient for reducing its harmful effects. First, you need to become aware of your stressors and your emotional and physical reactions. Then, you recognize what you can change, reduce the intensity of your emotional reactions to stress, learn to moderate your physical reactions to stress, build your physical fitness, and maintain your emotional balance.

Skills For Managing Stress

Acceptance: Sort out which problems you can solve, and which are truly beyond your control. Work on accepting the things you can't change. Learn to mentally say, “Oh, well. So it goes.”

Realistic Expectations: If you find yourself angry at the same situations over and over, maybe it's time to look at your expectations. You can save a lot of stress and conflict by being realistic.

Positive Attitude: “I'll never get this right.” Negative self-talk tends to come true—or at least make life a lot harder. Be your own coach. Tell yourself “If I keep at this, I'll figure it out.” Encourage your family and co-workers—positive attitudes are contagious.

The Big Picture: Take a step back from problems. Ask yourself: Will this matter in a year? What do other people do when they have this problem? Is this something time may help?

Recognize Choices: We get in the habit of thinking that we have to live with things as they are. Think again. Do you actually have a choice? Could you speak up, or change things, or say no, or stop? Could you ask someone else to do it? Be honest with yourself, even if you don't choose to change the situation.

Work It Out! Exercise is probably the simplest, most popular stress reliever and antidepressant available.

The Art Of Relaxation: You'll get much better at relaxing if you practice regularly. Popular methods include: Deep Breathing, Progressive Muscle Relaxation, Meditation, Stretching Exercises, Yoga, and walking.

Reach Out For Help: When the stress feels beyond repair, know when to ask for help and consider talking to a professional to help restore some lost control back in your life.

All You Need is Love

The research keeps coming in—people with good social connections, and plenty of them, enjoy better health. It works both ways. People who suffer loneliness and isolation are two to five times more likely to die prematurely, and those who say they feel loved have less serious health problems, even when they have other high risk factors. Some research results:

- People with close relationships recover faster from injury and illness.
- Heart disease patients who reported that they felt the most loved and supported had less coronary artery blockage than others.
- Women with breast cancer who joined support groups had better long-term survival rates.
- Having a friend with you at a stressful event can lower your blood pressure and heart rate.
- Pet owners with heart disease are less likely to die early than those without pets.
- Heart disease is less likely in people with many social contacts.
- Touching can reduce irregular heartbeats.
- Volunteer workers have reduced mortality rates.
- Retirees who said their lives had improved since retiring had an average of 16 friends. Unsatisfied retirees averaged less than 10.
- People who have a large circle of friends catch fewer colds.