

Stress Management

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

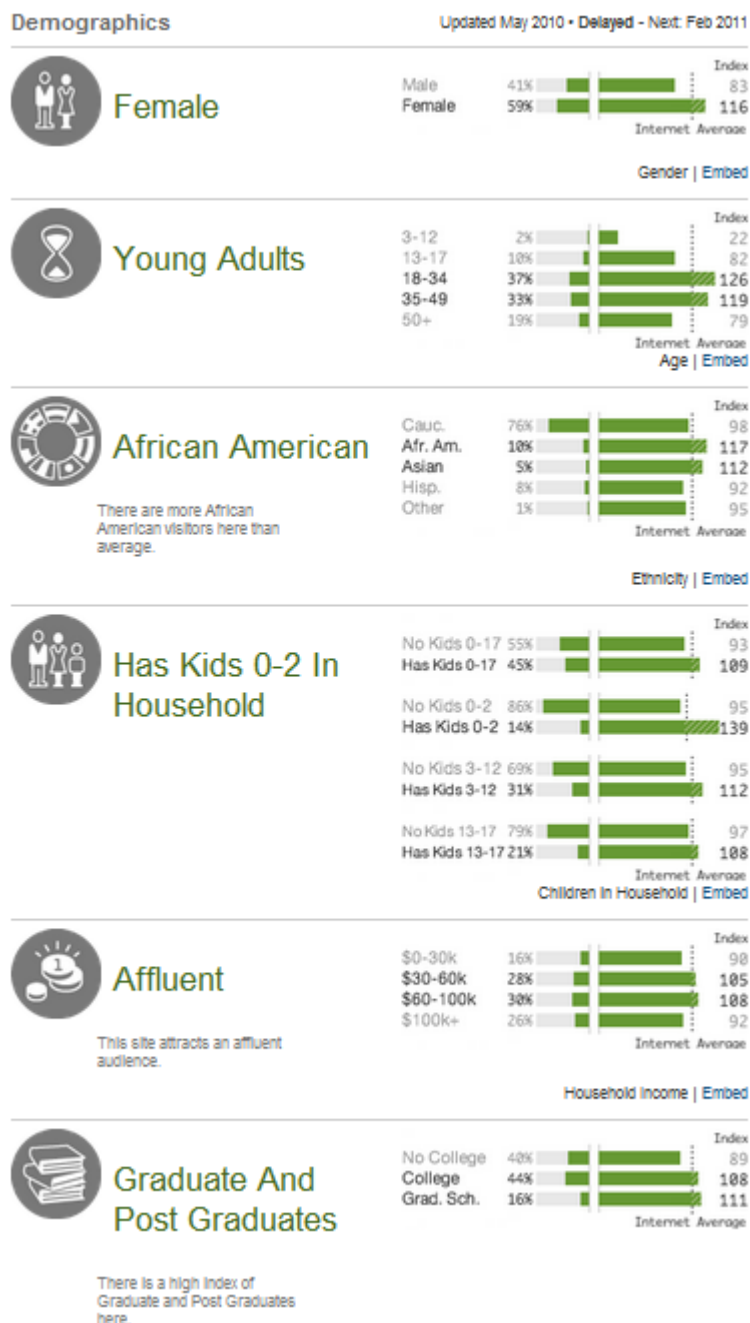
1.	India	100
2.	Philippines	96
3.	South Africa	83
4.	Malaysia	50
5.	Singapore	44
6.	Ireland	33
7.	Australia	32
8.	United States	28
9.	Canada	26
10.	United Kingdom	21

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on stressmanagement.com.au)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.



The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.

Psychographics (data based on totallystressedout.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.

Audience Also Likes

Updated Aug 2011 • Next: Sep 2011

Data Source: United States Monthly

	Affinity	
kids education	3.9x	<div><div></div></div>
communities/teens	3.4x	<div><div></div></div>
kids	3.0x	<div><div></div></div>
teens	2.9x	<div><div></div></div>
toys	2.6x	<div><div></div></div>
educational resources	2.5x	<div><div></div></div>
travel news & info	2.2x	<div><div></div></div>
games - online play	2.2x	<div><div></div></div>
music/radio	2.0x	<div><div></div></div>
commerce/music	1.9x	<div><div></div></div>
gaming information	1.8x	<div><div></div></div>
video	1.7x	<div><div></div></div>
baby	1.7x	<div><div></div></div>
nonprofit	1.7x	<div><div></div></div>
schools/universities	1.7x	<div><div></div></div>



Frequently Asked Questions

- What is stress management?
- How do you decide which eating, exercise, and stress management options are right for you?
- How do you handle stress?
- What are the stress management techniques?
- What are the stress management activities?
- How can you distract yourself from being stress?
- Will the environment surrounding me affect my stress level?
- How will family and loved ones affect stress level?
- Can stress management be cured?
- Cured using what method?
- By doing exercises, can stress management be handled?
- How do you help a child with stress?
- How to tackle a child mindset when in stress?
- How do you help older people with stress management?
- Will you face stress in school, home and workplace?
- How to relax yourself?
- Which stress management is the difficult to handle: home or work?
- Can stress management programs help people with stress?

- Should we come up with stress management plan?
- How do you train someone with lower IQ to handle stress?
- By having stress, will it cause any health problems?
- how can one work better under stress?
- does anyone know of any stress or anger management tips that can save me losing the one I love?
- What are the stress management tools?
- Can stress management be distracted or recovered by the things you love?

Problems & Frustrations

- **Boyfriend has temper and stress management problem**

My boyfriend has a temper and stress management problem. Sometimes he just freaks out randomly. He never hurts me and I want to help him with this but I am not really sure how to. We have been looking for an anger management class but there isn't any around us. Any ideas?

- **Fall sick due to stress**

I am going to tenth grade and I have major stress management problems whenever school starts. I get so stressed out that I actually fall sick! Please give me suggestions that I can use to manage stress.

- **Stressed from studying sciences and math**

I have such problems especially when I am dealing with sciences and math, but these are my weakest subjects and I know that I need a lot of practice to master these subjects. However, the stress is definitely not helping me, so I hope that I will be able to find some answers!

- **Stress affecting marriage**

My husband's lack of stress management skills, combined with a new set of misfit employees, are driving him bonkers and allowing his stress to invade his days off, his dreams, and his marriage. For several reasons (among them, manly pride) he will not seek the advice of a professional counsellor. I've suggested a few things that work for me - exercise, journaling, deep breathing - and he's finally gotten to the point where he's willing to start experimenting to see what will work for him. Now we just need lots of ideas. What are your

favorite techniques to manage your stress and anger at home, for free, that requires no professional assistance?

- **Gets angry and frustrated with everyone**

A close relative seems to be dealing with depression and is unable to control his stress, and in turn he gets angry and frustrated with everyone around. What types of treatment are available? What type of doctor should he see? How should I go about confronting him about his stress issues?

- **Work stress affecting family time**

As many people who have worked from home for a significant period of time are aware, the work can be consuming and often sucks up all the hours of the day...and night...and begins to add that nasty little thing called stress into a person's (and family's) life. Sometimes, I find myself working all day long and all night long. I also pick up the phone to answer in the middle of the night as well as during the day and answer e-mails within a few hours. This has given me a lot of stress and it's a consistent burden that I can't put aside to enjoy time with my family. How can I cope with my work better?

- **Stress affecting health**

When I was younger, I could take on stress easily. Now that I'm older, I have found that, much to my shock and disappointment, my body and mind are not as resilient as they once were. It doesn't take much stress at all to send my health into an uncontrollable tailspin. A weekend's worth of unrelenting stress is all it takes. I have to learn to live with stress, but I've never figured out how. My approach has always been to extricate myself from the stress, or to extricate the stress from my life. All or nothing. I've walked away from jobs, permanently severed relationships, etc. under my program of stress management. Is it

possible to live with stress without having deleterious effects on one's health (whilst one's health is in a precarious position)? Have you mastered the art of peacefully coexisting with stress? If so, how do you do it? If not, how do you manage?

- **Commitments leading to stress**

I have a lot of commitments from school due to student council duties as well as various projects. However, this is leaving me with not enough time to deal with my school work and it makes me feel very stressed as datelines draw near. How can I learn to say no? What else can I do to ease the stress?

- **Stress affecting work performance**

I am looking for some stress management exercises which I can do in office because I'm feeling stressed up due to my new job. Something subtle will be good. I do not want my colleagues to know I am not effective at work and stressed up. Any ideas?

- **Stress caused anxiety attack**

During the summer of 2010 I was talking with my mother about possibly allowing me to be home schooled because public schooling is so stressful for me. Don't get me wrong, I do stress over homework and large projects just like any other teen in high school, but I also stress over ridiculous things like an untied shoe lace during P.E, going to an assembly, walking through the cafeteria, asking people questions, sharpening a pencil in class, etc. After that, during mid December, I suffered from a pretty extreme anxiety attack because of my high school finals. I have always been a big "worrier" and I take everything so seriously, but this was the first attack that I have ever had. Since that anxiety attack in December I have felt... off. Not like my normal self. I have aches and pains almost everyday and I am starting to worry about things that didn't use to bother me. I really need help on what I

should do, because I want to go back to being my normal self. I've told my mom about the aches and told her I thought it might be something psychological, but we haven't spoken much of it since. Any suggestions on what I should do?

- **Constant stress affecting body**

Recently I tried to start a small business for the first time in my life. Of course I found difficulties, but what surprised me was the constant stress because things did not go as well as I planned and I constantly lost money. I feel very stressed. A mixture of not too intensive but constant fear, anxiety, kind of grumpiness and pressure in stomach. Even when I tried not to be stressed, my body simply kept me in this state. Do you know about any good, natural method that can ease this feeling?

- **Lack of support to cope with stress**

I'm currently under huge stress for many reasons. I'm foreigner who has recently moved to Japan, so I need to adjust to the new environment and the language barriers. I'm afraid this could affect my child, especially since I'm only three months into my pregnancy. In Japan, counselling isn't very common. Is there something else I can do?

- **Easily stressed and can't seem to feel relaxed**

I find myself easily stressed by small mishaps. Even when nothing has gone wrong, I will feel like something will happen sooner or later, so I can't seem to feel relaxed. What can I do to think more positively, and refocus throughout the day? What can I do to relieve my level of general anxiety?

- **Staff stress**

I have just taken over the family business, and I am trying to introduce new computer systems into the business since it would be more efficient. However, majority of the staff have been working for us for many years now, and they feel like they will not be able to master it because of their age. I don't want this to create work-related stress problems. How can I manage staff stress and also maintain staff morale?

- **Unsure of effectiveness of stress management courses**

I have been trying out various ways to manage my stress from work as well as from home, and I noticed that there are stress management courses that promise to help you. Have you ever attended any of such courses? Do you feel the difference?

- **Stressed from parenting**

Don't get me wrong, parenting can be so rewarding. Lately, I have been getting stressed out with my two little ones. One is almost 4 yrs old and the other almost 2 yrs old. I will be giving birth in around a month's time as well. I'm so excited, but not sure how to deal with stress that comes with parenting, especially with the addition of another child. I seriously need some stress management skills, does anyone have any suggestions for a stay at home mum?

- **Unsure of homeopathy as a stress management technique**

I was looking into various stress management techniques, and I realised that some people try out homeopathy. I'm not very familiar with such kinds of alternative medicine, so does anyone have any experiences to share?

- **Need to cope with stress**

I have been reading up more on stress management, and I was wondering if good nutrition help with stress management, since diet can affect the way we think and feel. Is there anything that we can eat to help us cope with stress?

- **Need faster stress relief**

I know that deep breathing exercises can help with stress management, but sometimes, I just feel like I don't have the time to do so, especially at critical moments when I'm doing my job. Is there any method that can provide me with faster stress relief?

- **Burnt out**

I am currently in 1st year college taking up accountancy. My grades are good so far, but I feel burnt out by the stress and I wake up in the morning with no excitement about life. My spirit is gone. I know I should get out and have more fun, but I can't seem to find time to do so due to school. What can I do to overcome these problems?