

Dealing with Stress: 5 Tips from Kate Middleton

Fort Wayne, Indiana Nov 26, 2024 ([Issuewire.com](https://www.issuewire.com)) - From childhood, each of us deals with stress in many forms. It's part of the human condition. A 2023 survey by the American Psychological Association reveals that 77% of employees experience workplace stress. And from a 2021 study by the Global Mind Project, we learn that 76% of the 130,000 respondents had faced at least one trauma in their lives. You might feel that the rich and famous are immune from these stresses. But that's not so, says a local author.

"Even with all the advantages she has, Kate has faced several stresses throughout her life—some rather significant," says Susan Barnett Braun, author of ["Kate Middleton, Duchess of Cambridge: A Biography for Children."](#) Braun refers specifically to bullying that the future Queen of England endured during childhood at a boarding school she attended, the years of uncertainty in her 20s while waiting to see if Prince William would propose, and most recently, a cancer diagnosis.

"A princess may seem like an unlikely source of inspiration for how to deal with stress, but in researching Kate, there are lessons that can benefit all of us," Braun continues. Here are her five tips for dealing with stress, learned from the princess's life.

- Be creative. When she was a child being bullied, Kate shared the situation with her parents. Together, they brainstormed a solution: she changed to a different school. Find a caring friend or relative who can help you think outside the box to deal with the adversity you're facing.
- Be patient. Kate and William dated for nine years, including through most of Kate's 20s. She wanted to give William the space he needed, but not knowing her future created stress for her as she faced decisions on employment and other life issues. At the time, she said, "I think at the time I wasn't very happy about it [waiting for marriage], but actually it made me a stronger person, you find out things about yourself that maybe you hadn't realized. I think you can get quite consumed by a relationship when you are younger and I really valued that time for me as well, although I didn't think it at the time." Sometimes, even the commoners among us have to just "be" in the moment until our stresses subside. Many times, with patience, issues will be resolved on their own.
- Look for the good. Despite the adversities she has faced, Kate's life has many positives as well. You, too, have these good things, whether they are family, a job, good housing, or something else. Focus on these, and not on the source of your stress.
- Lean on others. Though she was one of the world's best-known women, Kate undoubtedly felt alone when facing a cancer diagnosis. For support, she leaned on her family. Many adverse events are too big and too overwhelming for us to face on our own. Don't be shy about reaching out to immediate family, or even extended family and friends. They're often more than willing to support you in any way they can if you just ask.
- While it may sound simplistic, the simple act of smiling and acting happier than you feel can lead you to a better place emotionally. Kate is a prime example of someone who is usually seen smiling, due to her job. Getting out of herself and focusing on others can serve as a distraction from our own problems.

"Stress is going to happen in life. But we do have strategies to mitigate the distress it causes us," adds Braun.

[Kate Middleton, Duchess of Cambridge: A Biography for Children](#) is available at Amazon.

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