

Dealing With Stress

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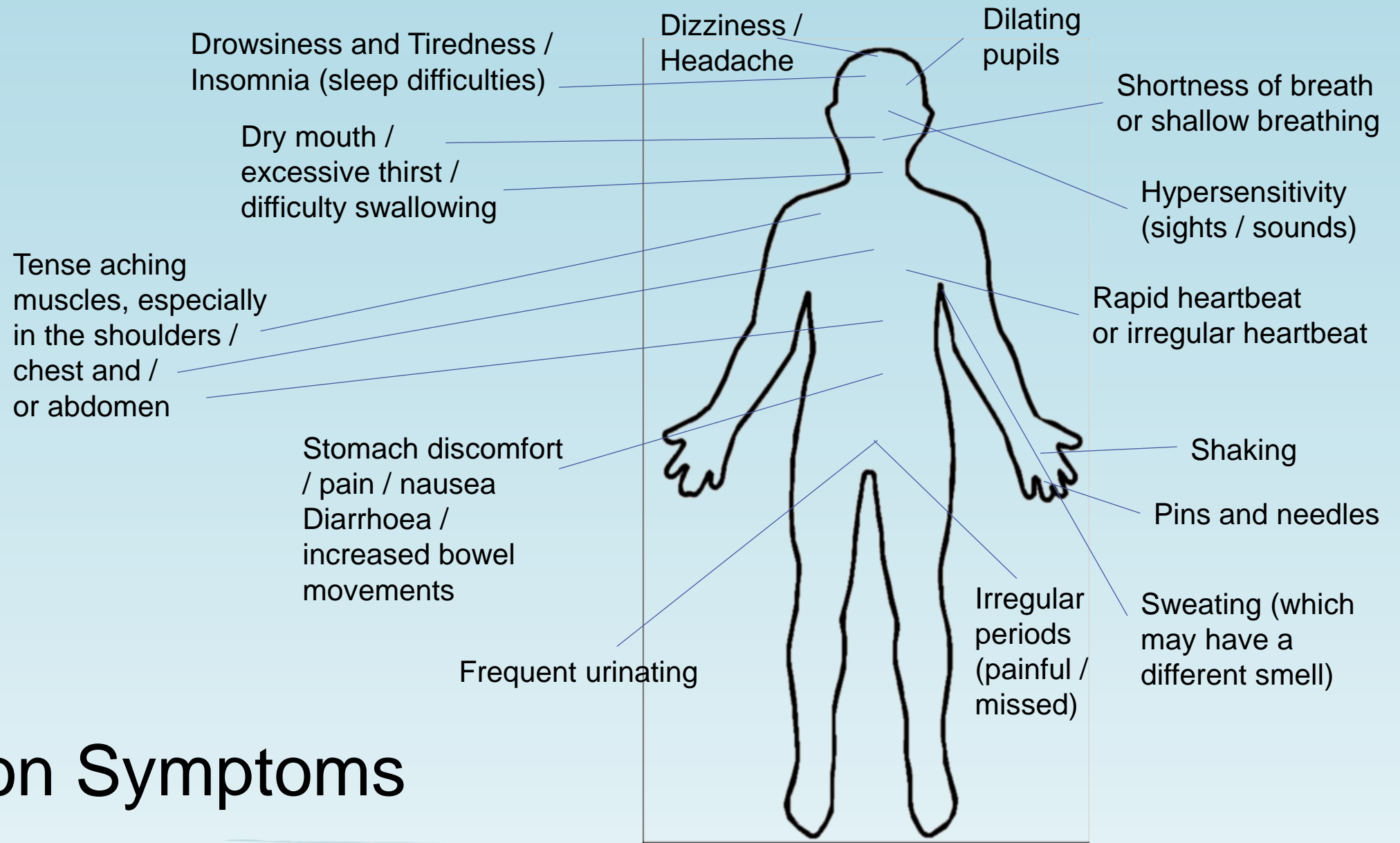
What is Stress?

Definition: Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Synonyms: strain, pressure, tension, nervous tension, worry, anxiety, nervousness

More: trouble, difficulty, distress, trauma, suffering, pain, grief

Common Symptoms



Solutions

If you have any of the symptoms listed on the previous page, where do you think you are on the scale to your right?

Can you help yourself (please take a look at the next slide) or do you feel that you need some expert help?

Please make an appointment with your GP in the first instance to discuss your issues and then take a look at your options carefully before deciding what is best for you. You do have options!

If you feel that you need help you can:

- Approach your GP
- Try natural medicines, acupuncture, tapping, mindfulness, meditation, seeing a nutritionist, etc., etc.

There is never a 'one size fits all'. Do what is best for you – you'll know what it is when you start feeling better!

Start off small – don't expect too much from yourself too quickly.

8 PANIC ATTACK

7 ONSET OF PANIC ATTACK

6 HIGH LEVEL ANXIETY

5 MODERATE LEVEL ANXIETY

4 LOW LEVEL ANXIETY

3 DISCOMFORT

2 EVEN LEVEL OF EMOTION

1 RELAXED

0 TOTAL RELAXATION

Some Strategies for Coping with Stress

- Do some deep breathing
- Do some mindfulness
- Take a break - do something that you really enjoy
- Relax: take a hot bath
- Go for a walk in the countryside
- Do some exercise. This produces chemicals in your body called 'endorphins' which make you feel good! Get fit and feel good at the same time!!
- Accept things you cannot change
- Try to think of positive images and do some positive self-talk; think of all the good things you've done this week/this month/this year (keep a positive diary!)
- Make contact with a friend; talking to somebody you trust can really help you to deal with stress and to work out how to tackle the problems that are causing it
- Make a list of all the things in your life that are making you feel stressed; problems look easier to deal with when you approach them one at a time



Peace

It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.

Relax