STRESS & WELLBEING

Understand what is stress, including tips on how to manage stress.

What is stress?

Stress is often defined as a mismatch between the demands placed on us and our ability to cope with these demands. The way we cope with these demands will depend on the way we think, our personality and our previous life experiences.

Stress can be positive when it motivates us to get things done, however, it can be negative when we feel constantly pressurised by too many demands.

Most of the time with some help and support we can take these things in our stride and an optimal level of stress can motivate us to get things done and actually improve our performance. However, if we are endlessly trying to juggle multiple tasks competing for our limited time and energy, the earlier we recognise that there might be an issue, the earlier we can do something about it.

Some Simple Steps to Help Manage Stress...

Unplug for a While

Occasionally give yourself the time to unplug. You do not have to be connected 24/7, and there is no need to tune into the online chatter all of the time. When you're not glued to social media waiting for the latest status, or living in a state of stress while dreading the next email to arrive, it can make a real difference to your stress levels. Turn your phone off on your commute home, go for a walk without your mobile, call in on a friend and have a chat one to one.

Eat well

Good food and regular meals provide the energy you need to deal effectively with stress.

Be active

We all know that staying active is good for us. You don't have to run a marathon or join a high tech gym - cardio vascular activity such as taking a brisk walk for 30 minutes three days a week may not only reduce stress levels but also reduce the risk of heart disease, cancer and diabetes.

Sleep well

Good sleep is essential for our bodies and minds to recover, but can be the first thing to go when we are feeling stressed. Poor sleep can lead to tiredness and fatigue, leaving us feeling even more stressed.

Do Something Fun

Taking a break from your hectic life, even a short one, can help to prevent stress from building up and provide some breathing space to recharge your batteries. Making time to relax and have some fun is an important way of beating stress.

Meditation and deep relaxation

Learning how to clear our mind takes practice but it's a great way to relax, refresh and recover from the stresses and strains of daily life. Experiment until you find a technique that works for you and then build it into your daily routine.

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