

MANAGING STRESS EFFECTIVELY



Stress...



...is a feeling of being unable to cope with the demands being placed on us, of being overwhelmed, or believing that we have inadequate resources to manage a situation. These feelings can trigger the "fight or flight" response which floods our bodies with hormones such as cortisol and adrenalin, increasing our heart rate, breathing, muscle tension and perspiration rate.

! Warning Signs of Stress !

- Headaches
- Insomnia & fatigue
- Muscle tension - aches & pains
- Irritability & anger
- Anxiety
- Changes in appetite
- Low mood, feeling flat or depressed
- Tearfulness
- Feeling overwhelmed
- Reduced self-esteem or confidence
- Decreased libido
- Difficulty concentrating
- Getting less pleasure out of life

Key Tips for Managing Stress

- ✓ Identify triggers: e.g. work pressure, family problems, financial strain, health issues
- ✓ Focus on managing the things that you can, ask for help if you need it
- ✓ Exercise, exercise, exercise!
- ✓ Spend time with family & friends
- ✓ Relaxation: yoga, meditation, muscle relaxation and breathing exercises
- ✓ Establish regular routines for bedtime, meals, exercise & relaxation
- ✓ Make time to do activities you enjoy
- ✓ Make sure your self-talk is positive: e.g. "I'm coping OK", "This is temporary", etc



Want to know more?

Assure Programs can offer you confidential support on how to best manage stress. Call us today on 1800 808 374 to ask how we can further support your organisation with stress management.