

DON'T BE A PRODUCT OF STRESS



TO STRESS LESS...

Exercise, eat more fruit and vegetables, get at least
7 hours of sleep and remember to breathe!



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STRESS MAKES A MESS

Some stress, known as eustress can be good and even motivate us to perform well, according to Mayo Clinic. However, chronic stress can affect how well you sleep at night, your emotional state as well as your productivity.

According to the Mayo Clinic “stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.”

WHAT STRESS LOOKS LIKE

In an article for Healthline by Dr Timothy J. Legg, he describes the symptoms of chronic stress in the following ways:

- Feeling irritable
- Insomnia (struggling to sleep)
- Feeling depressed
- Getting headaches
- Feeling anxious

He explains in the article that ongoing stress has an impact on all the major systems of the body, including the central nervous and endocrine systems, respiratory and cardiovascular systems, the digestive system, the muscular system and the sexuality and reproductive system as well as the immune system.



STRESSING LESS

There are a number of ways that you can minimise and even potentially even eradicate stress in order to ensure that your health is not compromised by a never ending onslaught of distress.

The Mayo Clinic suggests the following:

- **Exercise regularly and stay active**
- **Make time for leisure activities like reading or listening to music**
- **Find and practice relaxation techniques like meditation, yoga, deep breathing and massage**
- **Socialise with friends and family often**
- **Cultivate a healthy sense of humour**

If you have taken steps to reduce your stress but have not found any relief, do not hesitate to consult with a doctor or a qualified therapist or counsellor.





WebMD suggests the following breathing techniques, which have been proven to help manage feeling stressed.

BREATHING DEEPLY

1. Get comfortable and lie on your back on the floor or on your bed with a pillow under your knees.
2. Inhale through your nose, filling your belly with air.
3. Exhale through your nose placing one hand on your belly and the other on your chest.
4. As you breathe, feel the rise and fall of your belly. Your belly should raise more than your chest.
5. Repeat this three times or more with full breaths.

BREATHING FOCUS

1. Lie down with eyes closed breathing deeply in and out a few times.
2. As you inhale, "imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body."
3. As you exhale, imagine the air leaving and taking your stress and tension with it.
4. Use a phrase or word as you breathe in, such as "I breathe in peace and calm".
5. Exhaling, say to yourself, "I breathe out stress and tension."
6. Repeat this process for 10 to 20 minutes.