

Everyone has Stress – It's how you handle it!

The Plan

How to know that stress is getting on top of you.

Everyone has stress, but how do you know when you need to do something about it. Some common signs include:

- A problem area of your life dominates your attention
- You feel that your resources are not sufficient to meet the demands on you
- Sleeping is disrupted, or your drinking and eating habits may change
- You feel constantly on alert, and under threat

If you are feeling stressed on a on-going basis, seek help. Stress demands our attention so don't ignore it. Talk to your GP, friend or family member.

Strategies for Dealing with Stress

Managing stress - the basics

When stressed, the basics become more important. Make sure you have enough time in your life for exercise, healthy eating and adequate sleep.

Breathing your way to relaxation

Taking just 2 minutes to take deep, slow focused breaths is one of the fastest ways to calm the body's stress response.

Act on what you can - and put everything else aside

When you notice yourself worrying, ask yourself 'is there an effective action I can take now which will deal with this situation?' If the answer is yes, take that action. If you choose not to take action you will remain in the stress cycle.

Mindfulness to enhance productivity and enjoyment

Mindfulness is a process of focused, non-judgemental attention on the present moment. By being mindful in your life, in work, leisure and family settings, you enhance your

appreciation of the moment. It does not change difficult feelings like anger or frustration, but it will help focus your resources on dealing with the situation as well as possible.

Take Control of Stress!

Take control of stress instead of letting it control you... We all experience stress. It's our response to what happens and **RESPONSE** is something we can choose.