



Stress

“In a Nutshell”

Work, home life or family may be getting you down. Is there anyone who can help?



What is stress?

Stress is the word that many people use when they are talking about how the demands of their life or work are too great for them to cope with.

Our ability to cope varies from person to person and often depends on our state of health and sense of well-being.

Many of us suffer temporary stress in our daily lives and sometimes events make our lives more stressful than normal. Long-term stress is known to be bad for both our physical and mental health. Most of us at some time just need to find ways to help ourselves cope with the everyday stresses of our lives.

What are the problems what are your choices?

- Try to concentrate on the present. Past or future worries add to stress.
- Open up - talking to someone can help!

Be realistic

- About what you can do. Do not take on too much.
- Eat a balanced diet, sit down for meals and eat slowly.
- **Action plans.** It helps to do something but don't make too many changes all at once. Make a plan and provide realistic timescales.
- Time management - do one thing at a time and build in much needed breaks.

Set priorities

- If you could only do one thing what would it be?
- Talk things over with someone you trust.
- Relaxation or leisure time each day is important.
- Exercise regularly - walking is excellent for reducing stress.
- Say no and do not feel guilty!
- Seek professional help if you are worried and stress is affecting your life.