

# Stress and Relaxation

Everyone experiences the negative consequences of stress at one time or another. There are many other factors that contribute to stress, including divorce, marriage, moving house and redundancy.

Too much stress can become a noticeable problem in your life in a number of ways. Emotionally, feelings of panic, anxiety and helplessness are common for people under too much pressure, as are fatigue and depression. Stress also can cause or contribute to the occurrence of many physical ailments including high blood pressure, headaches, upset stomach, ulcers, insomnia, obesity, a weakened immune system, heart disease and strokes.

## Keep Stress Levels Manageable

Try and remember the following tips:

- Prioritise. Put what really matters in your life first
- Plan ahead around any difficulties you foresee
- Communicate your worries or concerns to those you feel close to
- Maintain a good social circle of friends and family
- Exercise regularly
- Keep regular hours
- Treat yourself once in a while
- Concentrate on your weak points and improve your strong points
- Aim to keep in perspective
- Don't be too hard on yourself
- See your doctor if you have any medical concerns or health worries
- Relax. Have short breaks throughout the day where possible
- Try and delegate work where possible
- Co-ordinate your time to incorporate leisure time
- Eat sensibly and have "meal times"
- Attempt to make time for yourself daily
- Enjoy yourself with your family and friends

There are many advantages to regular relaxation. It helps improve sleep and therefore increases your mental and physical wellbeing. If you are anxious and tense, relaxation will help you a great deal.

When you do relax, ensure that your mind, body and environment are all suitable so that you can benefit from any relaxation methods you may choose to use, e.g., aromatherapy, yoga, listening to a relaxation tape or just lying down and being aware of your body, when breathing in and out slowly.

You do have to work at combating stress to gain the full benefit. Try to establish a regular daily routine. Most important, enjoy yourself, which really is the best cure.

Contact us anytime for confidential assistance.