

STRESS



Stress is a natural response to challenging or demanding situations. It can arise from various sources such as work, relationships, or health issues and has the potential to impact both mental and physical well-being. Effective stress management is crucial for maintaining a healthy and balanced life

What we use stress for?

Humans use stress as a response to challenging situations. It can trigger the "fight or flight" reaction, mobilizing energy stores and focus to deal with threats. This is achieved by enhancing alertness, performance, and problem-solving abilities in the **short term**

If elevated levels of stress are prolonged it will impact your normal day to day life, resulting in poorer health. This is known as chronic stress (**long term**)

How to view stress?

In normal day-to-day life, stress is a natural response to challenges and can have both these positive and negative effects. It is an unavoidable part of life and you need to find your own ways of managing it

Stress Management

In order to manage stress, strategies need to be adopted to cope with and reduce the impact of stressors. This can include practices like:

- **regular exercise**
- **mindfulness/meditation**
- **time management (being organized)**
- **seeking support from friends or professionals**
- **maintaining a healthy work-life balance**

Effective stress management promotes better mental and physical well-being, allowing individuals to navigate daily challenges more effectively. These strategies need to be built into your routine. These strategies could include:

- **making time for your partner with a date night once a month**
- **regularly participating in hobbies**
- **meeting with friends and family**
- **trying new experiences**
- **travelling to new places**
- **keeping a calendar and writing down all upcoming plans/activities/work**
- **joining a sports team**
- **trying a new diet**