

STRESS MANAGEMENT

Being a student, family member, worker or partner can create stress. If you are any familiar with this scenario, following are three strategies to help you alleviate your stress and craft a more productive and healthier lifestyle.



Journal Writing

First, we are going to learn to "journal". Writing our feelings (about anything) does not always come easy; however, once you start you will soon learn the benefits of getting words down and completely out of your system. Practice writing about things which making you stressed or uncomfortable, such as relationship clashes, workplace issues, etc.

Every time you identify feelings such as anger, fear or sadness, go to your journal and write. After each entry, your feelings will have a lesser impact on your daily life.



Thought Stopping

Thought stopping is a process of interrupting obsessive thoughts as a means of blocking them from one's consciousness. It works much like when a child puts their hands over their ears and sings loudly to block out what they do not want to hear. It can also act as a way of deliberately turning negatives cues into positive ones. Below are thought stopping techniques for you to practice.

- o Thought replacement. When an unwanted thought enters, immediately replace the thought with a healthy, rational one.
- o Visual image. If you tend to visualise negative images, replace that image with something positive and healthy. Depending on whether this thought occurs visually or cognitively (thinking only), consciously replace it with an image or thought that automatically brings a smile to your face.

**To arrange an appointment
please call us on**

1300 130 130 (AU)

+61 444 563 823 (International)

08 0044 9127 (NZ)



Relaxation

It is extremely difficult to be "relaxed" in some circumstances; however it is equally important to get adequate sleep and rest in order to function well. Many relaxation techniques are readily available from bookstores and internet sites but we will go through an easy to remember technique useful for people finding it hard to get to sleep.

- o Make sure your clothing is comfortable and lie in a straight position.
- o Tighten the muscles in your toes, and hold for a count of 10.
- o Relax your toes and enjoy the sensation of releasing the tension from them.
- o Flex the muscles in your feet and hold for a count of 10.
- o Relax your feet.
- o Continue to flex and relax each muscle group as you move slowly up through your entire body, e.g. your legs, abdomen, back, arms, neck and face.
- o Breathe slowly and deeply, and sleep will come.



Seek help

Talking to trusted friends, family, or your GP or your EAP, D'Accord OAS, can help you through it.

Self-empowering oneself to achieve high-performance work styles and becoming a peak performer even in high stress environments take not only discipline but it takes routine commitment and staying power. Good stress is usually the endorphins we get from the brain that motivate us to do something, these are usually just in time approach people. Bad stress is usually when we have prolonged and never-ending loading up of pressure that leads to cortisol being released by the brain + high levels of Adrenaline causing fatigue, not feeling like eating, poor sleep and inability to function.

Stress management is exactly that- Stress Management, you manage it. To avoid burnout and reduce the impact of the demands of work and life generally and achieve optimal functioning and performance individual to need to invest in themselves daily.