

How to Manage Your Stress Effectively



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How to Manage Stress Effectively: Techniques to Stay Calm and be in control of your emotions

Remember, these are just starting points. Everyone's stressors and coping mechanisms are unique, so it's important to find what works best for you. We can begin to look at the main ways of managing stress and the techniques we can introduce in our daily routines when experiencing difficult situations and challenges in our daily lives.

Identify Stressors

Recognising stressors is the first step towards managing stress effectively. Start by keeping a stress diary where you can jot down situations that make you anxious or overwhelmed. Once you've identified your stressors, you can develop strategies to minimise or cope with them. This might involve avoiding certain triggers, altering your response to stress, or seeking help from a therapist.

Mindfulness and Meditation

Mindfulness and meditation are powerful tools for managing stress. They help you stay present and prevent you from getting lost in worries about the past or future. Daily practices like mindful breathing and guided meditations can significantly reduce anxiety. Apps like Headspace or Calm offer guided sessions that can fit into your daily routine.

Physical Activity

Regular exercise is a natural stress buster. Engaging in physical activities such as walking, running, yoga, or dancing releases endorphins, which are natural mood lifters. Aim for at least 30 minutes of moderate exercise most days of the week. Remember, it doesn't have to be a gruelling workout; even a brisk walk can make a big difference.

Social Support

Social connections are crucial for stress management. Reach out to friends, family, or support groups when you're feeling overwhelmed. Sharing your feelings and seeking advice from people you trust can provide emotional relief and different perspectives on handling stress. Don't hesitate to seek professional support if needed; therapists and counsellors can offer valuable guidance.

Time Management

Effective time management can prevent stress by helping you prioritise tasks and set realistic goals. Break tasks into smaller, manageable steps, and create a schedule that allows for regular breaks. Use tools like to-do lists, planners, or digital apps to keep track of your tasks and deadlines. Avoid overcommitting and learn to say no when necessary to maintain a balanced workload.

Foods & Practices for Mental and Emotional Health

1. Healthy Diet

Eating a balanced and nutritious diet can have a positive impact on your stress levels. Foods rich in vitamins and minerals, such as fruits, vegetables, lean proteins, and whole grains, can help improve your overall well-being and resilience to stress.

Nutrition to support brain health:

Balanced diet: Eat a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats such as avocados, nuts and seeds and oily fish.

Omega 3 and Antioxidants: Ensure that your diet includes oily fish such as salmon, sardines, and tuna or foods that are high in omega 3 such as flaxseeds, walnuts and chia seeds to support brain health, and berries from strawberries, blueberries, blackberries and raspberries to reduce the effects of oxidative stress.

***Research has shown that dark purple or deep red berries and fruits have high antioxidant properties and can help to reduce oxidative stress, especially from electromagnetic fields (EMF).**

EMFs can lead to an increase in the production of reactive oxygen species (ROS), which are highly reactive molecules that can cause cellular damage and can contribute to various health issues, including inflammation, ageing, and chronic diseases such as cancer, diabetes, and cardiovascular disease

Hydration: Finally, drink plenty of water to stay hydrated for brain and overall health.

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2. Physical Activity:

Regular exercise: Engage in regular physical activity, including cardiovascular, strength training, and flexibility exercises.

Breathing exercises: Breathing exercises can help calm your mind and reduce stress. Techniques such as deep breathing, diaphragmatic breathing, or the 4-7-8 method can be very effective. These exercises focus on controlling your breath to lower your heart rate and promote relaxation. On the following page, you will find steps to relieve pressure and tension and increase oxygen levels in the brain with Alternate nostril breathing.

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Nadi Shodana- Alternate Nostril Breathing(With Pause)

- Gently press your right thumb onto your right nostril.
- Inhale deeply through your left nostril and using your right forefinger press onto the left nostril trapping the air in and pausing for a second or two.
- Gradually release the air by lifting your right thumb from your right nostril.

Repeat this by placing your left thumb on your left nostril, inhaling through the right nostril and with your forefinger closing the right nostril and releasing through the left. Do this several times with each pause and release becoming longer and stronger.

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3.Restorative Sleep:

Sleep: Ensure you get 7-9 hours of quality sleep each night to support overall health and well-being. Avoid using your phone or computer for at least a couple of hours before falling asleep. Reading or journaling are better options to relax and unwind before falling into a deep, restorative sleep.

Breathing Exercise: If you find yourself unable to fall asleep, try a calming breathing exercise. Inhale slowly and deeply through your nose, then exhale gently through your mouth, keeping it slightly open. Repeat this process several times, focusing on releasing any tension from your mind and body with each breath. As you continue, direct your attention to each part of your body, from your head down to your toes, allowing every muscle to relax completely.



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More Techniques To Manage Stress

Progressive Muscle Relaxation (PMR)

Progressive Muscle Relaxation involves tensing and then slowly releasing each muscle group in your body. Starting from your toes and working your way up to your head, this method helps reduce physical tension and promote relaxation.

Creative Outlets

Engaging in creative activities like drawing, painting, writing, or playing a musical instrument can be a great way to relieve stress. These activities provide a mental escape and allow you to express your emotions constructively.

Journaling

Writing down your thoughts and feelings can be a powerful tool for managing stress. Journaling helps you process your emotions, identify patterns, and find solutions to problems. Regular journaling can also provide a sense of accomplishment and perspective.

Adequate Sleep

Prioritising sleep is crucial for stress management. Ensure you get enough restful sleep each night by establishing a regular sleep schedule, creating a relaxing bedtime routine, and maintaining a comfortable sleep environment. Avoiding screens and caffeine before bed can also help improve sleep quality.

Hobbies and Interests

Engaging in hobbies and activities you enjoy can provide a sense of fulfilment and help you relax. Whether it's gardening, cooking, reading, or playing sports, finding time for your passions can significantly reduce stress.

Laughter and Humour

Laughter is a natural stress reliever. Watching a funny movie, reading a humorous book, or spending time with friends who make you laugh can boost your mood and reduce stress. Don't underestimate the power of a good laugh.



Regular check-ups: Ensure to schedule regular check-ups with your healthcare provider to monitor and manage any health concerns.



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Thank you for downloading this short guide highlighting the main points to support you in your self-care journey.

If you need any further support or have any questions, feel free to reach out to me:

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