

MANAGING STRESS AND BUILDING RESILIENCE

What is stress?

Stress is a physical and psychological response to a demand, a threat, or some kind of problem that requires a solution.

The body's reaction to stress is called the "fight or flight" response.

These responses occur whether the stress is positive or negative in nature.

How does stress affect us?

Every human is programmed to recognise stress, and respond with 'fight or flight'. But does that really do us any harm?

Is it really worth worrying about?

The Stress Management Society says 'Yes'. Study after study shows that prolonged severe stress has a negative impact on health

It is implicated in everything from high blood pressure to infertility.

Links between stress and poor health include:

- Allergies
- Asthma
- Colitis
- Constipation
- Depression
- Diabetes Mellitus
- Hay Fever
- Heart Attack
- High Blood Pressure
- Indigestion
- Menstrual Difficulties
- Migraine
- Overactive Thyroid Gland
- Peptic Ulcers
- Rheumatoid Arthritis
- Skin Disorders
- Tuberculosis

Highlights

- Left unchecked, stress can have a devastating effect on your health and relationships – so it's important to learn to manage it
- There are plenty of simple techniques you can learn to help reduce the causes of stress
- However trapped you may feel in your situation, remember that there is always a solution and that you do have control

Give us a call, we will always find a way to help...

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8 ways to relieve stress

1. Try to identify what may be causing you stress. This is the first step towards finding ways to avoid or relieve it.
2. Keep a diary of when you feel irritable, have trouble concentrating or sleeping, or feel tired. This will help you spot when you need to ask for help or take a break.
3. Take action – find ways to get rid of stress. For example, if you find that managing workload is causing you stress at work, look into project management training.
4. Get regular exercise – studies show that people who exercise three times a week for 20 to 30 minutes have lower levels of depression and stress. If you haven't been physically active for some time, you may want to seek advice from your GP before you start to exercise.
5. Have healthy habits – this can include, getting enough sleep, regular exercise, eating a balanced diet, and enjoying satisfying relationships.
6. Get a hobby – You could read a book, do some gardening, volunteer for a local charity, join a club or group, or look into evening courses.
7. Get support – LionHeart's trained counsellors can offer you professional support through our telephone counseling service. You can also get support from friends and family.
8. Drop bad habits – avoid turning to alcohol, drugs, or tobacco, as these will only make things worse.

Highlights

- People feel and respond to stress in different ways
- Coping strategies work differently from person to person
- Take time to find the stress relief that works for you.
- Keeping a diary can help you spot patterns
- Visit our Managing Stress page where you will find interactive tools, videos and further information www.lionheart.org.uk/managing_stress

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