

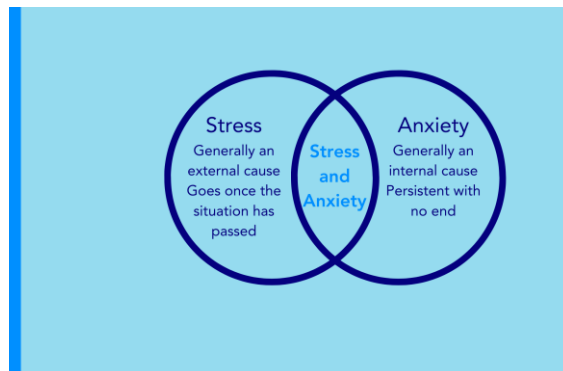
# Information Sheet

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## Stress and anxiety

We all suffer with stress and/or anxiety at some point in our lives and stress can be a great motivator to help us rise to a challenge. Unfortunately sometimes the challenge is too great, or there are just too many, and long term stress is not healthy, in fact it is damaging. As with most human conditions it affects us physically, emotionally and socially, and we all respond to it in our own way. In this modern world it is often unavoidable, yet manageable in small doses. Taking one day at a time is one of the best ways to deal with anxiety, but we don't live our lives this way. We are always planning ahead and scheduling what needs to be done, others demanding of our time. Below are some suggestions of ways to begin to work with stress and anxiety by helping ourselves in some small ways.

**NB. This information does not replace a medical diagnosis but is intended as a guide.**



## Self-help

- Stay active! Activity feeds our physical and mental well-being and can distract us from our thoughts.
- Journalling is an old pastime finding new followers, often writing down your fears and thoughts can help you face them. A journal is very personal and yet effective way to share your feelings.
- Progressive Relaxation Technique is a system used to release tension in muscles and joints. It can be practised daily or at times of extreme anxiety.
- Deep breathing is a quick and valuable technique to calm emotions in a stressful situation
- Regular massage not only provides an opportunity to enjoy one of our most vital senses of touch, but also a chance to be silent or unload our worries in a safe and confidential environment.
- Learning a few acupoints or reflexology points to use when stressed is a useful method of relieving anxious situations
- Elite athletes use visualisation to help them achieve glory and manage nerves, and these techniques are useful when we have to perform an activity that makes us anxious
- Utilising essential oils and perfume in your everyday life to ensure you have fragrant surroundings
- Move your body everyday
- Incorporate stretching and mobility exercises into your everyday activities

For more useful tips on managing stress and anxiety follow us on Facebook and Instagram