

Coping with stress

Stress is something that is part of normal life, in that it is experienced by everyone from time-to-time. However, some people suffer from stress, which is so frequent or so severe that it can seriously impact on their quality of life.

Symptoms of Stress

Some people do not even notice that they are stressed until symptoms begin to occur, including:

- ◇ Irritable
- ◇ Interrupted sleep
- ◇ Worrying or feeling of anxiety
- ◇ Frequent headaches
- ◇ Upset stomach
- ◇ Increased blood pressure
- ◇ Changes in appetite
- ◇ Rashes or skin breakouts
- ◇ Chest pains
- ◇ More susceptible to cold/flu and slower recovery

Stress Management Tips

- 1) Exercise regularly.
- 2) Make sure that you eat and sleep well.
- 3) Take time out for family, friends and do things that you enjoy.
- 4) Listen to relaxing music or kirtan.
- 5) Take up to 5 deep breaths every day to train your mind and body to become more relaxed.

