

Some stress management strategies

PHYSICAL	PSYCHOLOGICAL	VISUAL
Keep physically fit	Cultivate positive self-talk	Use the power of your imagination to create positive energy
If how you look matters to you - look good!	Believe in yourself	Imagine yourself being successful and confident
Get sufficient sleep	Balanced self-criticism	Create a picture of yourself as you want to be and visit that picture regularly
Be well organized	Think Success - 'We are what we think we are'	Imagination has great power, use it positively
Work in 45 minute slots	Celebrate successes , small and large	
Practise simple relaxation	Be kind to yourself	
Avoid panicky people	We are more in charge of our minds then we think we are	



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The Road Centre Ltd

Counselling Training Wellbeing

Stress

Handling Stress

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Stress

Stress, a definition:

The reaction people have to excessive pressure or other demands placed upon them. It arises when they worry that they can't cope. The health and safety executive.

An acute or chronic condition experienced by a person who perceives that his/her ability to cope is undermined by an **external** or **internal** threat.

It occurs when a person perceives that they are **unable** to meet a demand or demands placed upon them.

It can be summed up in one word: **FEAR** - fear of being **overwhelmed** by what is happening or going to happen.

Some symptoms of **stress**:

- Headaches
- Palpitations
- Chest pains
- Light headedness
- Menstrual problems
- Reduced libido

- Loss of appetite
- Anxiety
- Raised heart and breathing rate
- Reduced levels of concentration
- Impatience
- Sleeplessness
- Stomach pains
- Depression

A person is unlikely to manifest all these indications (symptoms), but could experience one of many of them.

In the short term, these symptoms are not dangerous or harmful. If they endure and become chronic conditions, they can threaten the **well being** of a person. In that case the causes of the symptoms need attention.

Stress is an **individual** issue. What is stressful for one person may not be so for another. Something one person finds **stressful**. Another may find **stimulating** and **exciting**.

Responding to stress

When a person's workload or responsibilities increase, he/she may doubt their ability to cope and so become **stressed**. In order to handle **stress** it is necessary to stay **calm** and **organised** in the **face of fear**.