

Stress - Kūrurururu

- Stress is an everyday part of life
- It is a normal physical response to changes or events that make you feel threatened or upset
- When you sense danger (real or imagined) the body goes into “fight or flight” mode – a stress response
- If stress has got to the point where you feel overwhelmed and are finding it hard to relax, then you need to do something about it

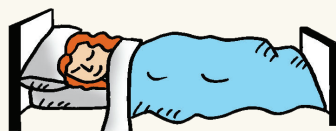
You might notice that you have:

- Shortness of breath or shallow breathing
- Memory or concentration problems
- Anxiety or been feeling tense
- Been finding it hard to make decisions
- Tearfulness for no apparent reason
- Lost your zest for life
- Changes in your sleep patterns
- Nervous twitches or muscle spasms
- Pains in the body
- Skin itches or rashes for no apparent reason
- Indigestion or stomach upsets
- Frequent colds or flu
- Been feeling impatient or irritable
- Lost confidence



Ways To Manage It

- Can you change the cause? It may not be possible, can the part of your environment causing the most stress be changed?
→ **Meditation and Mindfulness Card**
- Identify your triggers for stress
- Take action to reduce your stressors
- Talk your worries over – to a supportive friend, partner, whānau member or professional
- Limit your expectations
- Eat well and avoid foods that increase tension
→ **Food and Mood Card**
- Sip water: deliberate slow action that is rhythmical can be calming and a distraction; it also hydrates and cools
- Get enough sleep
→ **Sleep and Insomnia Card**
- Learn relaxation, breathing techniques or meditation
- Movement and exercise
→ **Physical Activity Card**
- Take time out
- Pace and balance yourself
- Have courageous conversations e.g. with your manager
- Reduce work stress
- Practice positive self-talk
- Listen to music
- Put fun and laughter in your life



These may need practice!



When Symptoms Persist:

- Talk to your GP or mental health professional
- Talking therapies
→ **Talking Therapies Card**
- Self-help strategies
→ **Self-help Card**

