

STRESS MANAGEMENT & TIPS

Stress can be defined as emotional or psychological strain, pressure or pain. Manageable small amounts of stress can be healthy as it relates to motivation, adaptation and performance (academic, work, sports etc.). However, stress can also be unhealthy and can even lead to depression.

COMMON SYMPTOMS OF STRESS	STRESS MANAGEMENT TIPS
Slower reaction times Feeling irritable Upset stomach or indigestion Reduced vigilance Changes in sleep patterns Reduced visual perception and reduced hand eye coordination Poor concentration & memory Muscle tension (neck or shoulders) Reduced capacity to communicate with others Weight gain/loss Increase or loss of appetite Sexual difficulties Headaches General body pains & aches	Accept that there are things you cannot control/influence Practice regular exercise Learn and practice relaxation techniques Eat a healthy, well-balanced diet Become better at time management Take breaks in-between work Set appropriate boundaries and learn to say no to things that will bring additional stress Get sufficient rest and sleep Seek treatment from a counsellor or other mental healthcare professional Do not rely on alcohol, drugs or any other substances Make time for your personal interests & hobbies

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Whether you are facing difficulties in your relationship, health, career, or you just want to talk. That's what we're here for. Feel free to contact us.

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