



Ten Ways to Help You Manage Your Stress

by Anne Combrinck

The human body often reacts to various situations, thoughts and emotions with a physiological or psychological response. This may result in positive ‘stress’ – a feeling of happiness and satisfaction and well-being in the body or negative stress such as overwhelm, anger, sadness, or any other negative emotion, which can result in a brief illness or serious disease.

Today we have more stress in our lives than ever before – both good stress and bad stress. Bad stress is incredibly harmful to our body, mind and soul; whether it is a real crisis or an imagined one.

Here are some self-care ways to deal with stress:

1. Observe or Notice

Take a look at all the things that don't feel right in your life or that you know are causing you stress. For example, when you approach certain people, places or situations do you feel more stress and tension? Jot them down in a notebook. Once you have your list in place, look at what you can do to change, and do it. This may involve removing/avoiding the stressor, correcting the situation, applying EFT to neutralise the stressful thought/emotion cycle or consulting a professional to help. You can also use this list to predict stressful situations before they occur.

2. Ask for help

For what you can't change yourself, you need a team of experts to help handle your list. A coach, at the top of the list, will help with the big picture and will keep you honest about your efforts. Other team members might be an EFT practitioner, counsellor, a family doctor who listens to you, a financial planner, a massage therapist and/or an exercise partner. Perhaps you need to read up on some guidance on the Sanga Wellness website.

3. Back up Plan

Think of Plan A as your basic self-care plan while stress is under control. Now imagine something happens and you are under stress. Instead of abandoning all self-care because you can't do it all, have a Plan B ready beforehand.

4. Relax

Learn and practice relaxation techniques (breathing, meditation, imagery, music) daily, then when stressful situations come up you'll have the tools at your fingertips.

5. Establish an Attitude of Gratitude

Our attitude comes from our emotions and our emotions come from our thoughts. We can use EFT to neutralise the negative emotions and then establish positive thinking patterns. Thinking about what we're grateful for and what we're good at can keep things positive. It's not about shying away from what's challenging you - it's about approaching life from a place of strength and not as a victim.

6. Be Creative

Simple creative experiences reduce stress by activating the right brain hemisphere. Try-out a new recipe in the kitchen, write a poem, bang a drum, do a craft, take a dance class, sing a song or do something else that feels creative to you.

7. Clear the Clutter

Physical clutter can really impact on mental, emotional and physical health. Get rid of things that don't make you happy when you look at them. Organize your stuff. Find a place for everything and keep it there. Clear out mental clutter with a simple technique like EFT.

8. Good Breathing

This is the simplest and quickest way to relax yourself in a stressful situation. The minute you focus on your breathing it automatically gets slower and deeper.

9. Allow time for daydreaming

Take yourself away on an imaginary holiday. Just close your eyes and go! Picture somewhere you've been or somewhere you've dreamed of.

10. Laugh a Lot

Laugh out loud every day. If there is nothing to laugh 'at' - fake a giggle and let it turn into real laughter for no reason.

Don't let your stress get the better of you! Apply these strategies to manage your stress.

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