



How to manage stress

Stress is claimed to be the scourge of the 21st century. Covid 19 has added to this as has the economic impacts we are seeing. Even in normal circumstances it doesn't seem to matter who you talk to; everyone feels stressed at some stage.


Relationships, money and work are usually shown in polling to be the big three. Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode with the release hormones like adrenalin and cortisol which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music, doing slow deep breathing or guided meditations can be helpful to. There are many apps which are designed to help

people deal with stress and many are free. Drinking herbal tea helps some people as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately dealing with the source of the stress is paramount. Remember you don't always have to do this alone. For many chatting with your GP or a counsellor (which can be done online or via phone) can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems so see your GP if you have any concerns.

 <https://www.beyondblue.org.au/get-support/staying-well/reducing-stress>