

Shrinking your worries and stress

Sometimes stress is good for us. It prompts and motivates us to do the things we want, to achieve our goals, and function well, and to keep us to help us stay focused, alert and energized.

In other times stress can leave us feeling overwhelmed and unable to cope very well and we often end up feeling distressed.

Persistent stress increase the level of the hormone cortisol in our blood stream which subsequently decreased our immune system's ability to fight colds, flu's and other more serious illnesses such as heart disease, cancer and other diseases.

Finding ways to manage your stress (and distress) is important, you health and overall well being depends on it. So how do I manage stress worry and anxieties? It's a great idea and a great concept but is it realistic in today's fast paced changing world? Is it possible? Can I really balance my life and mange my stress?

The answer is yes it is possible and yes it is realistic – How? By learning, practicing, and managing good stress management and good self-care. You can do this by making it a part of your life and who you are by adjusting your thoughts, your feelings, your attitudes, and beliefs, your expectations and your actions.

Check out some of the great ideas we have for you.

Shrinking your worries and stress

Managing your worry, anxiety, and stress is important to your overall health and well being. Review this list and check (✓) the items that might help you shrink, reduce or eliminate your worries.

Question it

Is it really your problem? Does this problem belong to someone else?

Talk it out

Share with someone you trust. They will welcome your trust.

Write it out

Put your thoughts on paper. It's often easier to see things in perspective this way.

Shrug it off

Raise your shoulders, then drop them. Relax your whole body.

Breathe it away

Inhale deeply; exhale with a sigh a few times. Let your tension go as you breathe out. Try a relaxation tape.

Set a worry session

Give yourself 15 minutes to concentrate on your worry, then firmly leave it behind. (Do not do this late at night.)

Work it off

Do something physical. Give your tension an outlet.

Laugh it off

Look for some humour in the situation.

Distance it

Imagine it a few years from now. How much will it matter then?

Balance it

Find a good side as well as the bad. Make a list of pros and cons.

Exaggerate it

Picture the worst that can really happen. How likely is it?

Hold it

Say “Stop,” pause, and steady your thoughts. Now take a fresh look.

Escape it

Notice something enjoyable around you. Get into the present.

Plan for it

Get up earlier to prepare to face it. A good sleep gives perspective.

Make it positive

Surround yourself your joyful colours, sounds, and people. Use your strengths and abilities.

Address it

Take the first step to solving the problem.

Assert yourself for it

Believe in your rights, say “no” when needed.