

“Stress release like a dream”



We discussed various "sources of stress" the last time. This time, we'll talk about "what happens to our minds and bodies when we're subjected to stress for extended periods," as well as "smart ways to deal with stress."



Stress-induced changes to the body: Fatigue, insomnia, headaches, stiff shoulders, dizziness, eyestrain, stomachaches, and dysmenorrhea, etc.

Stress-induced changes in the mind: Dissatisfaction, irritation, anxiety, depression, loss of vitality, and loss of interest in everyday life, etc.

Stress-induced changes in behavior: Conspicuous oversights and errors, absence from work, truancy, and alcohol or drug abuse, etc.

Illnesses commonly regarded as stress-related illnesses:

Depression, anxiety neurosis, irritable bowel syndrome, hyperventilation syndrome, autonomic imbalance, tension headaches, gastric and duodenal ulcers, high blood pressure, bronchial asthma, diabetes, dermatitis, etc.

A common feature of all the illnesses mentioned here is that the conditions worsen when stress levels are high and improve when stress levels are low. A surprising number of familiar illnesses are stress-related.

Smart techniques for handling stress

Technique 1: ➡ Find a way to relieve stress that fits you and that you can incorporate into your everyday life. Examples include a hobby, athletic activity, dining with friends, or conversation.

Make time to enjoy yourself away from customary duties at work, school, or home.

Technique 2: ➡ Come to terms with your problems and find ways to resolve them.

Clearly identify the problems you face and try to come up with solutions. Surprising numbers of people simply fail to confront their problems, having decided nothing can be done.

Technique 3: ➡ Find someone willing to offer mutual support and exchange advice with each other.

You can find solutions to problems you can't solve on your own by talking to your supervisors, colleagues, family, or friends. When life becomes difficult, it can be a relief just to sit down and spend some time with someone willing to listen to you.

Technique 4: ➡ Express unpleasant feelings.

When we fail at something or if we lose someone important to us, we're overwhelmed by strong emotions. If we stay silent and simply ignore such feelings, they can sometimes get the better of us. Learn to express these feelings by talking to someone or by writing about them in a diary.

Technique 5: ➡ Learn to try viewing things from different perspectives. Reconsider how you assess yourself (self-respect).

We're often reluctant to try things we find difficult. Why not take a different approach? Say to yourself: "This experience will be valuable in the future," or "It's worth doing because it's difficult." This can help change your frame of mind and spark the desire to succeed. It's also important to give yourself a pat on the back now and then by reflecting on all the things you've accomplished without a second thought - things you would find praiseworthy if done by someone else.

Technique 6: ➡ Regular daily routines

Well-balanced daily routines incorporating meals, sleep, rest, and adequate exercise help fend off all kinds of illnesses. The capacity to remain healthy is the key to enjoying each day.

Technique 7:  **Relaxation**

Find a way to relax that suits your own lifestyle. Examples include taking baths, aromatherapy, yoga, or listening to music.

A word from the staff

Stress is a fact of life no matter who you are or where you are in life.

Learn some stress management techniques that spice up your life in addition to relieving serious stress.

**** Next step of stress release like a dream ****

"Stress-relief techniques you can incorporate into your daily routine."