

STRESS

Stress is a part of everyday life, it's the body's reaction to any change that requires adjustment. Stress can be experienced from your environment, your body and your thoughts. Stress can be overwhelming and start negatively impacting on your life. If you feel stressed the below guide has some suggestions that you may find useful in helping you manage your stress.

Quick Tips for managing Stress

Triggers: Stress like most things has a physical, emotional and psychological response. What is it that is triggering your stress? Scale it from 1 – 5 with 5 being the most stressed you have ever felt. Where are you feeling your stress? Is it environmental? physical? or emotional? Once you know what is triggering your stress you can start to think about what can help to alleviate it.

Relaxation List: Keep a list of things you like to do for relaxation, when you know what your triggers are visit your list and pick an activity that is going to help you release some of your tension.

Breaks: Regular breaks whilst at work will help you remain focused overall. Short walks or making a drink can be enough time away from your work to help reduce your stress relief.

Worry Time: If you are prone to worrying set yourself aside the same portion of time each day to worry. 10 minutes allocated worry time in the morning could help you go about your day feeling less stressed

List: Create a list of the things that are worrying you separate that list into things you can do something about and things you have no control over. Then start working on the side of the list that you can do something about. Tear up the side of the list that you have no control over.

Edwina Hawkrige Counselling

07784 105 769

info@edwinahawkrigecounselling.com

www.edwinahawkrigecounselling.com

17 Gosfield Street, Fitzrovia, London, W1W 6HA

4 Broad Street, Stamford, Lincs, PE9 1PB



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Get Organised: Make a list of tasks that need doing. Tackle one job at a time starting with a task that you feel you can manage. Tackle one task at a time alternating dull tasks with interesting ones.

Declutter: Having an untidy workspace saps away willpower and motivation as your brain is having to process the task at hand as well as the cluttered space. Keep your spaces clutter free in order to hang on to your motivation and make work easier.

Get Active: Physical activity can help you feel better equipped to deal with emotional stress. Try an activity you enjoy.

Achievements: When you're feeling low or stressed out it can be helpful to revisit times when you have felt similarly but have achieved. Keep this list near by so that you can revisit it whenever you feel you need a boost.

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