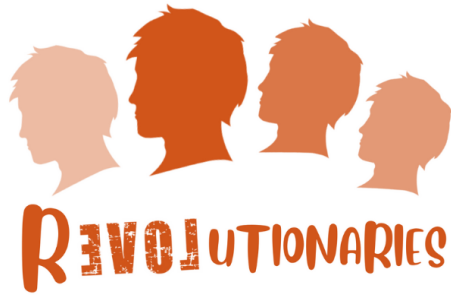


1 IN 4



Quick guides to Manage Stress to Protect your Health and Wellbeing

QUICK TIPS

PLAN

Plan your time and prioritise only the things you need to do. Write a 'to do' list to help. Breakdown big tasks into smaller steps. Accept that you can't always achieve everything.

ACCEPT CHANGE

It is impossible to control everything. Think about where your boundaries lie and things can change which you have no power over. You can be flexible with some changes but protect your wellbeing with flexible but clear boundaries

JUST BREATHE!

Stress affects the way we breathe and increases shallow breathing. Taking deeper slower breaths helps promote a calmer state and takes you the mind out of the 'fight, flight or freeze response

HAVE TIME OUT

Everyone needs time to unwind, it is important to take time out for yourself, especially when you feel stressed. Take sometime to do something you like

EXERCISE

Regular exercise such as a brisk walk, is beneficial as it helps to promote the 'feel good' hormones, and helps to lower cortisol levels and reduce feelings of stress.

SPEND TIME IN NATURE

Spending time outdoors surrounded by nature can help to reduce your stress levels. Being disconnected from nature, artificial light, sounds and feeling confined can negatively impact your wellbeing.

EAT A HEALTHY DIET

There is growing scientific evidence that the gut-brain axis impacts on our physical, mental and emotional wellbeing. Eat a balanced diet with the odd treat

MIND, BODY & SPIRIT

There is a tendency for people to focus on mental health without recognising the need to see people in a more holistic way. Our minds need the opportunity to learn new things. We need to be able to express our feelings, to reflect on our own needs and development. To be creative, to feel needed, and valued, and the inner reflection and growth is a form of spirituality

QUICK TIPS

MIND, BODY & SPIRIT CONTINUED

Practices such as Yoga and Tai Chi are good for reducing stress. They activate the parasympathetic nervous system restoring you to a calmer state and giving your mind a break, as you focus on your movement and breathing.

LEARN TO CONTROL YOUR BREATHING TO AID RELAXATION AND FOCUS

There are many different breathing exercises which can help to reduce stress, and increase a sense of calmness. One of these is square breathing. Where you trace an imaginary square. As you go up the vertical side take a slow deep breath in through your nose and count to four. As you go across the upper horizontal side hold that breath and count to four. Then as you go down the side slowly exhale through your mouth whilst counting to four. On the lower horizontal side pause and hold for a count of four and then repeat this sequence five times or until you feel calmer.

TRY A NEW HOBBY

Finding a new hobby or interest helps shift the mind's focus from the pressures of everyday life to something rewarding.

EXPERIMENT WITH DIFFERENT GROUNDING TECHNIQUES

Find a grounding technique which helps to shift the mind from everything going on to the "present time, here and now". An example would be to **NAME** 5 things you can **SEE**, four things you can **TOUCH**, three things you can **HEAR**, two things you can **SMELL** and one thing you can **TASTE**.

PRACTICE MINDFULNESS

Practice mindfulness by focusing on the present moment with all of your 5 senses. This helps to disrupt your mind from focusing on worries and helps bring stress levels down.

USE ESSENTIAL OILS

Certain essential oils can help you relax and reduce feelings of stress and worry. Try Benzoin, Rose, Chamomile, Bergamot, Frankincense or Ylang Ylang in a diffuser to aid the feeling of calm and promote inner reflection.



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If you are struggling then please seek help

Disclaimer

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