

# STRESS

“You are Braver than you believe, Stronger than you seem, and Smarter than you think.”

A. A. Milne Christopher Robin

We suffer from stress when we feel stretched, when we think we cannot, when we feel less than the tension against us.

The stress state has the following physical symptoms:

- The skin gets hot with pumped muscles
- Sweat is released to cool it down.
- All organs including the brain have reduced oxygen
- Sometimes a nauseous feeling in the stomach felt
- Brain function and capacity is diminished- you are more primitive, more animal.
- Adrenalin is released too and you feel strong, powerful, pumped.
- Breathe is shortened

Building resilience helps combat stress. These are the characteristics we would work to achieve in a stress management programme:

- To be self-aware
- To recognise when pressure is causing a problem
- To have strategies to cope with in-the-moment pressure
- To have strategies to cope with long-term pressure
- To take a positive outlook on things
- To develop confidence in one's own abilities
- To build connections with other people
- To grows and develop
- To have a sense of purpose and direction
- To knows that resilience is not a state but a process

You can measure how resilient you are by asking yourself to what extent you are -

- In touch with your thoughts and feelings?
- Able to live with an unresolved problem?
- Positive and optimistic about life?
- Able to think accurately about things?
- Sensitive to how people around you are feeling?
- Confident of solving problems?
- Willing to embrace the new in order to grow?

BOOK a session for stress management with Farah