

Managing stress

Top tips for coping under pressure

Sometimes the source of our stress is obvious, such as a looming deadline or unexpected bill, but often it's a result of many smaller factors.

If we're struggling to shut off, the pressure can build up and take its toll on our lives both at work and at home.

Though we can't control everything that happens to us in life, what we can control is our reaction to the situation.



The mind-body connection

While stress is usually linked to mental health, you may experience both physical and emotional symptoms.

Common signs that you're experiencing stress include:

- Headaches
- Difficulty concentrating
- Muscle soreness
- Raised heartrate
- Irritability
- Tiredness



Tips for dealing with stress

Plan ahead

While we can't predict the future, planning gives us some control over our time.

Give mindfulness a try

Meditation can change the pathways in the brain to reduce anxiety and boost your mood.

Keep in touch

A good chat with friends or colleagues helps you process your thoughts.

Stay active

Exercise is a great way to boost your feel-good hormones and release tension.



5-minute square breathing for calmness

Tap your fingers to your thumb to count along. Repeat for five minutes to help your body relax.

1. Breathe in for a count of four.
2. Hold your breath for 1...2...3...4.
3. Slowly exhale for a count of four.
4. Hold your breath out for four.