

Managing stress

Top tips for coping under pressure

What makes us feel stressed?

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. This makes it difficult to shut off, and the pressure can take its toll on our lives both at work and at home.

The past year has been especially tough, and the constant change has impacted the nation's mental health. Though we might not have as much control as we'd like at the moment, what we can control is our reaction to the situation.



27%
of employees
are feeling more
anxious about
work this year

The mind-body connection

While stress is usually considered a mental health issue, you may experience both physical and emotional symptoms.

Common signs that you're experiencing stress:

- 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 well known to boost your feel-good hormones and release tension.



5-minute square breathing for calmness

Tap your fingers to your thumb to count along.

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

