

RIVERSIDE GYM

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TOP TEN STRESS TIPS

1. STRESSED? Symptoms include irritability, indecision, humour loss, exhaustion, insomnia, early morning waking, tearfulness, suppressed anger, rage, overcontrol, depression, anxiety, inability to concentrate or finish tasks, low self esteem, low sex drive, mania, obsession, poor appetite or comfort eating, indigestion, headaches, , sweating, rapid heart beat, high blood pressure, nail biting, twitches & TATT (tired all the time).
2. WHY? Our nervous systems are built to respond instantly to stress with burst of hormones to enable fight or flight . If this response is repeatedly triggered by either ongoing or unpredictable stresses, which we feel we cannot control, our hormonal & nervous systems become exhausted.
3. WHAT TO DO? Losing control of your life? Just say no! Don't manage the mess solve the problem. Try lists – do the important things not the urgent & soon there will be fewer urgent. Overcontrolled? Instead try 'If its not broke don't fix it.' Worry less. 99% of the things we worry about don't happen.
4. IT'S SAFE TO CHANGE Deadlines? – take control & set your own. Learn to walk away from stressors & change your habitual responses for new more beneficial ones. Work hard but for less hours & make time for active rest eg massage, walking, yoga, gardening, cooking, holidays, new hobbies & sex!
5. CHAOS Our society expects to control & predict everything. Instead accept the chaotic nature of life - there will always be cancer & car crashes.
6. DOCTOR Visit him. Ask for time off & medication if needed, also if you feel stressed out you could be ill eg high blood pressure, thyroid or diabetes.
7. FITNESS Make time for fitness now or you will have to make time for illness later. There are plenty of indispensable people in the graveyards!
8. DRUGS If stressed avoid or reduce intake of caffeine, nicotine, alcohol & other recreational drugs. All are better tolerated & enjoyed more when less stressed.
9. ANGER Suppressed anger is bad for the body & letting it out can be bad for others. Use it to motivate you & don't let it build – exercise to defuse it.
10. HAPPINESS And finally happiness. The ability to be happy is due to both genes & learned behaviour. Stress isn't what happens to us – its how we react to it. Neither material wealth nor the 'perfect' relationship will bring happiness if you are not happy in yourself. Life is about being not having.