

Developing Better Skills for Managing Stress

When we are experiencing times of stress, it is important that we have the tools to manage that stress. If we are unable to manage our stress, it can result in negative outcomes, such as poor physical and psychological wellbeing.



1. **Exercise** Staying active not only keeps you physically fit, it releases chemicals in the brain that can offset the chemicals that are related to stress. Taking a walk, going for a jog, or playing a team sport can also get your mind off things for a little while.
2. **Hobbies** Having a hobby is a great way to take your mind off things and reduce feelings of stress.
3. **Meditation & Yoga** Both of these activities are focussed on *mindfulness*, that is, being in the present moment. Yoga also has the added value of being exercise!
4. **Nature** Getting back to nature can help you to feel calm and connected. Taking in fresh air is great for the mind and body. Going down to the beach, hiking through some bushland or visiting a nearby park are good ways to connect with nature. Better still, leave your mobile phone at home, so you can take some time to switch off from things that may be contributing to your stress.
5. **Time Management** When we are dealing with stressful situations, it can be easy to forget about our priorities, and inadvertently increase our stress levels by not attending to, or forgetting about, other important things. Managing your time is important, so it can be a good idea to keep a diary to ensure you are meeting the demands of daily life.
6. **Music** Listening to music, especially through headphones, is a great way to switch off and take some time away from thinking about the stressful situation.
7. **Therapy** If things are getting too much for you to bear, and no strategies seem to be helping to ease your feelings of stress, speaking to a counsellor or psychologist is a fantastic way to talk through what's going on for you and develop more personalised tools.

If you would like to speak to someone about your stress please contact us on **1300 639 072** or email us at mail@working-life.net