

There are 3 areas that have been identified to help you reduce stress.

They are:

- 1) identify your social support
- 2) understanding your emotions and learning how to work through them
- 3) maintaining a healthy life balance

Let's explore each category

1) Identifying your Social Support

A problem shared is a problem halved. Talking to someone may not solve your problem, but it will help you get things off your chest. In addition hormones are released in your brain which reduce the effects of stress on your body.

Who can you turn to in times of stress? Name 3 people you can turn to for support

Name:	How they can help:

2) Understanding your emotions and learning how to work through them

Stress can trigger a variety of emotions such as anxiety, anger, depression and frustration. It's really important to acknowledge those feelings and not ignore them. Dealing with emotions is not about ignoring them, it is about accepting them and learning what is causing them and what makes them better.

What emotions do you experience when you are stressed?

How do you feel them physically? Where in your body do these emotions manifest themselves?

What thoughts go through your mind when you are stressed?

Once you have identified your emotions, allow yourself to sit with them and experience them. Emotions are like waves, they build slowly, then peak and then they will roll away. Reflect on your thoughts. Are they realistic, or are you catastrophising? What would you tell a friend in your situation?

3) Maintaining a healthy life balance

Stress can often lead to ignoring some areas of your life. For example you may focus too much on work and therefore your relationships and your health may suffer. In this exercise, rate the following areas below on how much time and attention you give to each.

On a scale, rate it out of 100. 1 means very little time - and 100 is all of your time.

Work	Family	Fun/Hobbies	Spirituality
Friends/socialising	Intimate Relationship	Education	Other

After completing the above exercise, what do you notice? What area of your life gets very little attention?

In the next step you can reflect on what you would like to change.

What would you like to change how you spend your time? Look at the above ratings and see if you can decide which area you can amend.

What steps can you take to make changes?

