

Tips to help you relax

Stress will not suddenly disappear in life. It may even increase, but it is how you cope with it that can make all of the difference.

To reduce and manage stress takes a commitment to do so.

If you make a commitment to practice or do any of the tips below, then chances are that your stress levels will begin to fall to a level where it is manageable. This will help prevent long-term damages to your health or relationships.

Exercise – Do some form of exercise that interests you. Begin a walking program or try something new, like swimming. Make sure to talk to your doctor before you start an exercise program.

Laugh – Laughter is a great way to relieve stress. If you find something funny, have a good belly laugh. Watch funny movies. Read funny stories.

Get rid of negativity – Take a hard look at the circle or environment you are standing in. People who are negative and prone to “moods” often spread negativity to others. Learn to say no to negativity and remove yourself from it whenever possible.

Write – Write out your complaints or troubles. Writing is no substitute for professional help but it does allow you to vent your feelings and frustrations. By writing with pen in hand or at the keyboard, you may discover an insight or solution to whatever is frustrating or bothering you.

Get a massage – Make an investment in yourself. Massage therapy can relax muscles, ease muscle spasm, increase blood flow to skin and muscles and help you deal with stress.

Be realistic in expectations – Do not expect everyone to be like you or behave to your list of “shoulds” and “oughts”. Do not expect to be right all the time. Do not expect harmony all the time. Real life has conflicts in it. Be willing to confront conflict and state your needs, then work at a solution or compromise. Sometimes it is okay to agree to disagree.

How are you communicating? – Aggressive and hostile communication with others antagonizes and alienates. Assertiveness training can help you learn to express your needs without offending others or feeling ignored.

You can only change yourself – Trying to change another person causes stress to both people. It can ruin relationships, damage relationships and cause others to withdraw from you. If you make statements such as –“if only he, if only she, if only they” – then you need to look in the mirror and say, what can I change about myself to make the situation better.

Accept – If you cannot leave a situation that is causing you extreme stress then try to accept it as it is. Adjust your approach to it. Look for ways to see positive things. Do not dwell on the negative. Above all, if the situation is abusive, either physically or emotionally (this includes work situations also) see a professional for help through counselling.

Questions



Ask to speak with a social worker.