

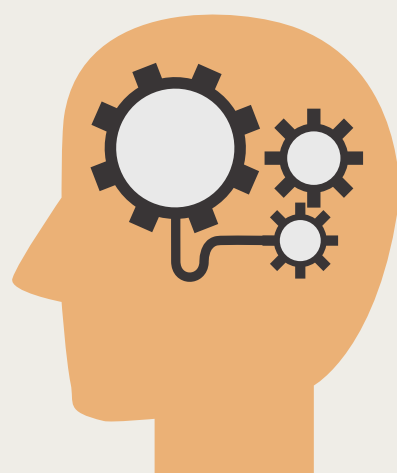
WELLBEING TIPS

Overcoming Stress

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STRESS INTERFERES WITH YOUR ABILITY TO:

- Choose calm and appropriate responses
- Make good decisions
- Prioritise



The stress response is normal and great when we are trying to keep safe from things that will kill us in the moment (like a tiger).

Trouble is, our brains see modern-day stressors (a toddler tantrum, a work task, a colleague, a messy kitchen) as threatening and we must run away or fight them in order to survive...which isn't really true.



UNMANAGED STRESS CAN CAUSE:

- Shouting
- Overwhelm
- Sleeplessness (tired but wired)
- Heart rate increases (feel dizzy)
- Headaches
- Anxiety
- Teeth grinding

THE AMYGDALA HIJACK

When your emotion part of your brain hijacks your wise and calculated part of your brain.



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WHAT CAN WE DO TO MANAGE STRESS?

(CHOOSE THE ONES THAT SUIT
YOU)

- Limit caffeine and alcohol
- Get to bed on time so we can have 7-9 hours of sleep
- Wake at the same time every morning (the first 8 mins have no phone, do deep breathing)
- Move - outdoor time and exercise
- Schedule and plan your day
- Share the load (someone else looking after the kids for a time)
- Let go of expectations around screen time.

EVERYDAY MINDFULNESS

- Choose a helpful thought or response in the 'space'
- Check in with your emotions - label them and rate their intensity from 1-10
- Deep breaths, with the exhalation longer than the inhalation to activate parasympathetic nervous system
- Box breathing - inhale for 4, hold for 4, exhale for 4, hold for 4 (repeat)
- Ask yourself - 'is this thought/action helpful or unhelpful?'
- Practice gratitude
- Do an act of kindness.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor E. Frankl