

Stress Management Guide

We understand that life comes with many different types of stress - work, family, relationships, friends.

We don't have a solution for removing this stress but we can help you manage it.

The way in which you and your body manages stress can determine what you do, what you eat, how you communicate, how you treat others and how you treat yourself.

Over the years we have helped many of our members by providing ways to best manage their stress.

Here are the pick of the crop with our top 9 strategies to manage stress.

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1 - Exercise (no surprise)

Exercise reduces stress hormones and increases the production of endorphins (these literally make you happier) in our body. This combination helps foster relaxation and the calming of your nervous system.

2 - Eat healthy (also, no surprise)

Consuming good food in healthy quantities while limiting alcohol and stimulants will make a massive difference. Additional pressure placed on your immune system, digestive system and cortisol (stress) levels will build over time and eating well can help reverse this while strengthening immunity.

3 - Get enough sleep

Ensuring you are sleeping an adequate amount (7-8 hours each night) will do wonders for your stress levels. Improving quantity and quality of sleep will allow your body to be better equipped to deal with the stresses that life throws at you.

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4 - Create time for hobbies

These are things we love to do and will be an outlet for you to manage chronic stress. It gives you something to look forward to and provides a sense of freedom that can be absent when you are feeling stressed.

5 - Shut off from technology

Even if it's just for 10 minutes each day. Read a book, eat lunch in the sun, sit in the silence of your own thoughts or meditate. Anything that will get you away from your phone, laptop, TV and will give you the opportunity to disconnect from some of those devices that can lead to all types of chronic stress.

6 - Talk to someone supportive

Note - they must be someone positive and supportive. This will allow you to voice some of the thoughts and challenges you're currently facing. Quite often, just talking about things will help improve the stress surrounding it.

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7 - Better work/life balance

Schedule your holidays each year, leave that email for tomorrow, don't bring your work home to your family. Easier said than done, I know but remember that we work to live not live to work.

8 - Play with your pet

Clinical studies highlight that spending time (no matter how short or long) with a pet can decrease your anxiety levels by nearly half. Interaction with your pet will also increase level of oxytocin which is a feel-good hormone. This is the same hormone that bonds mothers to babies.

9 - Journaling

Keeping a journal can serve as an escape or emotional release from negative thoughts and feelings. It helps identify struggles and bring awareness to personal issues that may otherwise go unnoticed.