

5 ways to help reduce stress and anxiety

Stress is a feeling of being under abnormal pressure. Alongside this, those suffering from stress may also experience feelings of fear, anger, sadness, frustration, anxiety and for some even physical symptoms too. This pressure can come from different aspects of day-to-day life such as moving home or starting a new chapter in life.

Here are five things you can do to help yourself!



1. Be active

Being active can help to boost your feel-good endorphins. So any exercise, in any form, can act as a stress reliever. Exercise can distract you from your daily worries. Although it won't make them disappear, it may help to reduce some of the intensity that you may be feeling. Exercise may help you to clear your thoughts and let you deal with things more calmly. Remember you can be active both indoors and outdoors so the weather isn't an excuse!

2. Connect with people

When faced with a stressful situation, talking to friends, family or colleagues about it can allow you to share your worries and get things off your chest. Support services such as Samaritans are also available if you need someone to talk to. Stress can have a significant impact on your health and wellbeing. Speak to your GP if you are struggling to cope with stress.





3. Have some 'me time'

Everyone needs time to do something for themselves – whether it's to relax to gain perspective, or rejuvenate for another busy day. Why not have a relaxing soak in the bath? You could always go technology-free and turn off your phone to stop the notifications and enjoy the silence. You could even record your favourite programmes or 'binge watch' box sets! And remember, whether you are working from home or not, always take a lunch break and find a way to relax.

4. Avoid unhealthy habits

There are plenty of things that you shouldn't rely on as ways for coping with stress - with alcohol, smoking and caffeine being some examples of these. We all fall victim to bad habits. Whether it's not drinking enough water, overeating or not getting good quality sleep - these can all cause long-term health implications. Identify your triggers, enlist support and set yourself goals. You can do it!



5. Try to be positive

Are you a glass half-full or half-empty person? Look for the positives in life and things for which you are grateful, yet you may not often appreciate. Try writing down three things every day that went well, or for which you are grateful. Better still, get other people to write theirs down and share them. Surround yourself with positive people.