

STRESS

The stress response in the body is a normal and natural way that our body keeps us "safe". You may have heard of "fight or flight". It is an immediate hormonal response and chemical reaction in our body in response to perceived "danger". While many things have evolved within nature and for humans, this prehistoric response is still very real today.

When our body perceives it is in danger, it shuts off all "non-essential" systems, including the digestive system, as it "prepares us" to fight, freeze or run. Humans release of a number of hormones including Adrenaline, Cortisol and Oxytocin (sound familiar?) during this process.

WHAT DOES STRESS LOOK LIKE FOR YOU?

Write your answers:

1. Consider what are the things that usually cause me stress/frustration? eg. Traffic, relationships, health etc.

What does this look like for you (ie. Heart racing, sweaty palms, anger, dry mouth etc):

What if anything has helped in the past:

2. Considering the above, what are the things that have caused me stress/frustration over the past week?

How are you managing this (what are your strategies for helping yourself)?

Are these strategies helping? YES / NO - Discuss:

Come into the FB group and watch today's video for new ideas and strategies for managing your day to day and long term stress.

MY PLAN FOR STRESS IS: