

5 quick ways to Manage Stress



We are living in a busy, connected and over-communicated world. Many of us do not sleep well, feel overwhelmed by our never-ending to-do lists and rush rush rush from work to home to leisure in a seemingly endless flurry of frenzy. Granted, there is a lot we can ourselves to ensure that we are not overloaded and don't let everything in, but in the immediate term all of this simply creates stress that is not good for us.

Stress is nature's way of helping us to cope with threat and our bodies are geared up to handle this from primitive times when we faced genuine threat of death or being attacked.

Today's threats are simply multiple demands on us and the way we handle those coupled with our 24/7 way of living. Our bodies still respond in the same way.

Here are 5 ways to manage this:

1. Breathe,breathe,breathe

This is one of the easiest things you can throughout your day at any time helping to bring stress levels back to a more manageable state. Take three deep slow breaths letting oxygen move around your body whenever you feel like you are revving up to be stressed. Another great technique to try is 3-4-5 breathing: breathe in for 3, hold for 4 and breathe out for 5 and that longer outbreath activates your parasympathetic nervous system so that you feel more grounded.

2. Say "I'm excited"

Your brain is amazing! You can actually change your increased adrenalin or heartbeat just before you give that presentation or walk into that difficult meeting to work FOR you rather than rendering you unable to speak or feeling uncomfortable. By simply saying to yourself (aloud if you can) "I am excited" you will find that your body will work with you to get you performing at your optimum best instead!

3. Look for natural remedies

Trust your body. What is it telling you right now? Your body knows what you need but so often we fail to tune in. It may be sleep, it may be treating your headache with lavender oil or a homeopathic remedy rather than automatically reaching for the ibuprofen. Finding a natural strategy means your body (and your mind) will also become more resilient in the process.

4. “Slow down, you move too fast” Such a wonderful old song by Simon and Garfunkel. The next line is “you got to make that moment last”. The way we live now challenges that but try slowing down regularly throughout your day and notice the effect this has on your stress levels.

5. Move mindfully through your day

What does this mean? Simply things like sitting with your cup of tea and experiencing what is around you rather than mindlessly reaching for your mobile phone to check Facebook. Or next time you are on a journey just looking out of the window. Be there now wherever you are and stress simply melts away.