

STRESS!



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WHAT IS STRESS?

Stress is what happens when the pressure you're under is more than you think you can cope with. Some stress is a good thing, but we shouldn't have too much as it can affect our physical and mental health.

WHAT ARE THE SYMPTOMS?

Symptoms vary from person to person and can either be psychological (in your head) or physical (to do with your body). Psychological symptoms can include being irritable or snappy, finding it hard to concentrate and being tearful or getting upset easily. Physical symptoms involve nausea or stomach ache, a racing heart rate and raised blood pressure. Please note that this is not an exhaustive list and everyone's experience can be different.

WHAT ARE THE CAUSES?

Like the symptoms, causes of stress can vary depending on the person. It can be for several reasons from worrying about money, relationship breakdowns, having too much work pressure or problems with housing. Lifestyle plays a part too so an unhealthy diet, being inactive and not sleeping properly will make someone more vulnerable to stress.

WHAT CAN I DO TO MANAGE IT?

It's important to note that every one of us will experience stress at some point and it's how we deal with it that's important! Lifestyle factors such as getting a good sleep, eating healthily, reducing alcohol intake, not smoking and limiting caffeine can all increase the Zen in your life. What is key is having good coping strategies which are designed to distract your brain from your worries, making each day a little bit easier. Make time for yourself, to relax and do things you enjoy! If you're stuck for ideas, look on the internet for inspiration.