

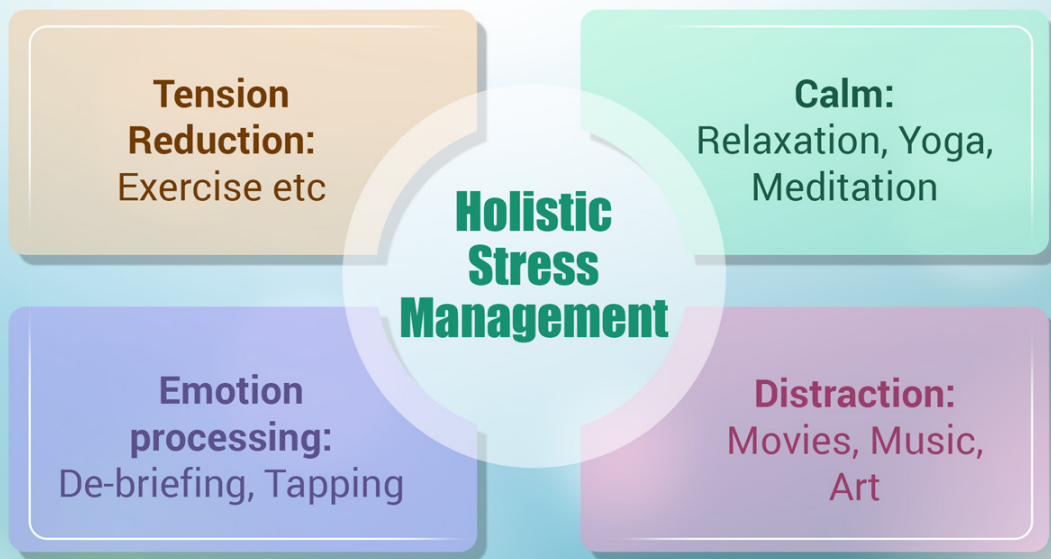
REDUCING YOUR STRESS WITH A HOLISTIC APPROACH

Firstly, Acknowledge that your stress levels are high. Give the stress a number. Let's say it's an eight so that you can aim to reduce it to a much lower level that you'll be able to measure if it's lower.

Stress has a physical component, so we need to move and stretch to release the tension.

Stress makes us over-think, so we need to find some calm using mindfulness and relaxation techniques.

Stress can be exhausting so it pays to have a break from worry and to do something that is a pleasant distraction. Finally, it helps to debrief with your partner and friends – see below



TAKE YOUR PARTNER OR FRIEND THROUGH THE ISSUE SO THAT YOU DEBRIEF AND ENLIST THEIR SUPPORT.

1. Today, when (say what happened),
2. I felt (process the emotions)
3. And I worried that (what's underneath it all)
4. I think I need (what would help right now)
5. So that (explain why it will help you)

Exhale – feelin' any better?

This approach allows some direct communication but avoids anyone being blamed and dumped on. The line, "I think I need" is better than just saying, "I need..." because it shows that you are floating solutions rather than demanding and if your partner has a better idea then you are receptive.