

English

## Quick Fixes for Stress

There are various techniques that can be put into practice immediately to help deal with stress – experiment to find the ones that work best for you.

### **Slow, deep breathing**

You can quickly bring down your heart rate and blood pressure by breathing deeply and slowly. Close your eyes and concentrate on breathing in to a count of three and then out for a count of six. The slow out breath is 'nature's tranquiliser'. Repeat for a minute or two.

### **Don't bottle it up**

Talking to people is a good way to beat stress because it helps us see the problem more clearly – it may not be as bad as we thought, and other people may have different perspectives and solutions we hadn't considered.

### **Worries? What worries?**

Worrying about the 'what ifs?' in a situation takes a lot of time and energy, and anxiety can quickly escalate. First, find out the facts about a situation – your worries may turn out to be unfounded. If you're still concerned, plan your strategy, with a friend if necessary, so that you feel more in control of the situation.

### **Glass half-full or half-empty?**

Spend more time focusing on the positive things in your life and less time thinking negatively. The more you visualise a positive outcome, the more you'll believe it and the more likely it is to happen.

### **Enjoy the process**

Remember, 'good enough' is OK, there's no need to be perfect every time. Learn to enjoy the process rather than worry about the result – setting a time limit on tasks provides a reality check. If you do make a mistake, learn from the experience and move on.

### **Take time out**

Ring-fence time in your day to unwind and reflect – it will help you recharge your batteries and get things into perspective.

