

TIPS TO MANAGE STRESS

Stress is the body and mind's way of preparing us to face a challenge. Whilst some level of stress can be helpful and motivate us to complete tasks, being over-stressed can have harmful effects on the quality of your life.

Here are some simple techniques which can help you manage your stress when practiced frequently.



Problem-solve

Having an understanding of what causes stress for you and how your mind and body responds can help you to anticipate problems and think of ways to solve them.

Use this problem solving approach to help get you started.

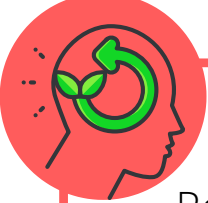
Notice your negative thoughts



When we experience stress, we tend to get stuck inside our heads thinking about all the worst case scenarios, over and over again.

Negative thoughts can cause high levels of stress and anxiety as well as limiting your ability to use problem solving skills.

Notice if you are spending a lot of time thinking negatively or worrying about the situation and replace it with the type of advice you would give to a friend.



Practice more helpful thoughts

Re-framing negative thoughts to more helpful positive thoughts helps you feel stronger and allows you to cope better.

For example:

Negative self talk

Switch

Positive self talk

I have never done it before



This is an opportunity to learn something new

I can't do this



I can try my best

This is too hard



I am sure everyone finds it challenging

I made a mistake



Mistakes help me learn better



Practice Mindfulness

Mindfulness involves observing your thoughts, feelings and breath and can help you feel more calm and give you a chance to respond more clearly.

Mindfulness meditation can help switch the "stress response" with the "relaxation response"

Join our Zoom mindfulness meditation sessions every
Wednesday at 4:30 pm
Thursday at 3:30 pm
Friday at 12 pm

Still stressed? Book a private phone or video appointment with a counsellor <https://counselling.monashcollege.edu.au>