

HOW TO MANAGE STRESS

- When life's demands become greater than your ability to cope, be aware of how your body and mind react to stress. Get to know your own 'tipping point'.
- Work on assessing the psychological causes.
- Get help from a counsellor or therapist who can help you to understand and 'dissect' the situation to gain a better understanding.
- If you realised that stress is caused by a certain perception of the issue at hand or an unfulfilled expectation you have of yourself or others, you should work on changing these yourself or with help in counselling and therapy or coaching.
- At the same time, take care of your physical and environmental condition.
- Exercise, be with friends, connect with nature, set aside time for rest and relaxation, meditation, yoga, going for a holiday and even retail therapy!