

STRESS AWARENESS



STRESS AWARENESS MONTH APRIL 2022

Stress is the body's way of responding to excessive, or too many pressures, just like a bridge that breaks due to a heavy load, and when this becomes overwhelming stress occurs. Since the pandemic began the number of stress related cases has increased significantly.

There are many signs of stress and there are also some very good tips on websites available to you, for instance at <https://www.stress.org.uk/national-stress-awareness-month> you can be part of a 30 day challenge which identifies ways to help your Mental/Physical and Emotional wellbeing by setting yourself 3 challenges each day,

Unlock your happy today, include the following in to your day to day lifestyle.

Serotonin - Being outside in nature, having a massage, breathing exercises, practising daily gratitude, aerobic exercise.

Dopamine - Celebrating success, getting enough sleep, mindfulness, listening to music, sunlight exposure

Endorphins - Having sex, creative activities, laughter, eating cacao rich foods, random acts of kindness, taking a hot salt bath.

Oxytocin - Practising yoga, cuddles and hugs, petting an animal, telling someone you care, spending time with friends.

Make sure you look out for the signs of stress, look after your own wellbeing and seek the support you need, remember communication is key and you are not alone.

At Sutton Medical Consulting Centre we offer a range of Psychology and Psychiatric support, for more information call 01213087774 or email admin.team@suttonmed.co.uk