



KaziHealth

www.kazibantu.org

What is Stress?

Stress is a natural physical and emotional reaction.

The perception of stress is very individual. Stress can be both positive (successfully completing a challenge) and negative (overwork and burnout).

Recognise Stress Early by Asking:

How do I know that I am stressed?

What are my physical stress reactions?

What thoughts / feelings do I have when stressed?

What do I do when I am stressed?

STRESS MANAGEMENT

Stress Management Techniques

Physical Activity and Sports:

Include 30 minutes of moderate intensity physical activity daily.



Correct Breathing:

When stressed, focus on your breathing. Inhale through your nose and exhale through your mouth. Slowing down your breathing will slow down your heart rate.



Follow a Healthy Diet:

Eat more complex carbohydrates. Avoid sugar, white flour, caffeine and alcohol. Increase fruit and vegetables in your diet. Stay hydrated by drinking 1.5-2L water daily.



Relaxing Exercises:

Include relaxation exercise daily such as stretching exercises or yoga.



Sleep:

Develop a sleep routine to improve quality of sleep.



Observe Thought Processes:

Recognise stress-inducing thought. Interrupt stress-inducing thoughts. Replace negative with positive thoughts. Laugh more, especially in stressful situations.



How Do I Know I am Stressed?



Fatigue



Muscle Tension and Headache

Depression and Irritability

Nervousness



Demotivated at Work

Sleep Disorder



High Blood Pressure